

WATER EXPOSURE FAQ

What filter should we use? Which is the best?

There are pros and cons to each of the filters listed in our previous report, and choosing a filter must be done with consideration to your specific circumstances. That being said, we often recommend folks to install a Reverse Osmosis filter because it can remove a greater number of different metals than some alternatives.

Do I need to be worried about the water in my shower?

When we think about routes of exposure through household water, we are primarily thinking about dermal exposure (contact with the skin) and ingestion (consumption through the mouth). Research has shown that when consuming water with metals, we can expect the adult body to absorb 80% - 90% of the metals in that water. This is a much larger concern than dermal exposure. When water with metals is exposed to the adult body via the skin, we would only expect the body to absorb 1% - 2.5% of those metals. From a health perspective, we are more concerned with the water that is used for drinking, food preparation, brushing teeth, etc.

Do I need to filter all water used in my home?

We are primarily concerned with the water used for drinking, food preparation, brushing teeth, etc. Whole-home filter systems are very expensive. Point-of-use filter systems can be installed in one or two locations (e.g. kitchen sink, bathroom sink), are much more affordable, and can filter the water most used for consumption.

What about babies and small children in the home?

Infants and children are at higher risk for experiencing the health impacts of metals exposure than adults. Their bodies are still developing and have a different metabolism. Reducing the amount of non-filtered water consumed by infants/children is the best way to protect their health.

Infants and small children are known to engage in hand-mouth behaviors. Putting their hands in their mouth during baths can increase the amount of ingested unfiltered water. Consider using filtered water from the kitchen for bathing, until they grow out of this behavior (typically around 2-3 years of age).