

Kansas

Department of Health
and Environment

General Service Connection Flushing Procedures October 2018

1. Flushing a service connection should not be started until after the water main serving the service connection has been thoroughly flushed by the public water supply system's operating staff.
2. Once the waterline/water main has been thoroughly flushed, begin the process of flushing the service connection by locating the outside spigot/faucet that is closest to the water main.
3. Run the water with the outside spigot/faucet open for at least 10-15 minutes to flush the service line. Lengthy or complex service lines may require flushing for more than 10-15 minutes.
4. A hose may be attached to the outside spigot/faucet to redirect the water to avoid ponding. In doing so, make sure the flow is high and nothing is attached to the end of the hose. Additional flushing time may be necessary to compensate for any restrictions imposed by the attached hose.
5. Wait 30 – 60 minutes without using any water, if possible, to allow the water in the water main to settle.
6. Open the outside spigot/faucet again and check water clarity.
7. If necessary, flush the service line through the outside spigot/faucet for another 10-15 minutes. Depending on the flushing of the water main, it may be necessary to repeat the flushing of the service line checking water clarity each time.
8. After the water from the outside spigot/faucet appears clear, begin the general process of flushing the service connection's interior pipes and faucets.
9. If possible, begin flushing at a cold water faucet that is both on the lowest level of the service connection's structure and closest to its water meter.
10. Fully open each cold water faucet one at a time and run for at least five minutes. Prior to flushing remove all faucet attachments such as aerators, screens, etc. to maximum flow.
11. Flush remaining cold water faucets moving upwardly in the service connection's structure and away from its water meter. Be sure to include tubs and showers.
12. Individually open each remaining outside spigot/faucet and similarly flush as above.
13. Flush hot water heaters according to the manufacturer's instructions for flushing. Disconnect power to the hot water heater at the circuit breaker and allow the hot water heater to sufficiently cool before flushing to avoid being burned. Begin flushing hot water taps on the lowest level of the service connection's structure. Individually open the hot water faucets and run until the warm water turns to cold water. Restore power to the hot water heater once all hot water faucets have been thoroughly flushed.
14. Flush items such as in-line filters, treatment systems, water softeners, refrigerator water dispensers (direct or tanked) with enough water to replace at least 1-2 volumes of all connecting lines and tanks. To avoid contamination, consider replacing all filters, especially if they are at the end of their useful service life.
15. Refer to owner's manuals for flushing water softening systems, reverse osmosis systems, and other types of filtering systems. To avoid contamination, consider replacing all filters, especially if they are at the end of their useful service life.
16. Other items that utilize water such as coffee makers, pitcher type water filters, and dental cleaning appliances should be cleaned and their filters replaced.
17. If water from taps is not clear, repeat steps 2 through 16.
18. Once flushing has been completed, verify that all spigots and faucets are closed.

Please contact your public water supply system if you have questions.

Kansas Department of Health and Environment

Public Drinking Water Supply Section

Frequently asked Questions about Manganese in Drinking Water

What is manganese and where does it come from?

Manganese is a common, naturally-occurring mineral found in rocks, soil, groundwater, and surface water. Manganese is a natural component of most foods. Manganese is an essential nutrient, and eating a small amount of it each day is important to stay healthy.

How are people exposed to manganese?

The majority of manganese exposure in the general population comes from the food we eat. Grains, beans, nuts and teas are rich in manganese and it is also found in infant formula. A normal, balanced diet typically provides adequate manganese intake. The principal source of exposure to manganese is from food, but in situations where manganese levels in drinking water are elevated, the contribution from drinking water can increase the overall intake of manganese. Adults and children get enough manganese from the foods we eat. For example, EPA's drinking water health advisory for manganese says:

- food at 3.5 to 7 mg manganese/day is the greatest source of manganese exposure to the general population,
- an average intake from Western and vegetarian diets is 0.7 to 10.9 mg manganese/day,
- an average cup of tea may contain 0.4 to 1.3 mg of manganese, and
- 12% of the population takes manganese supplements that have a median concentration of 2.4 mg/day.

Is manganese regulated in Drinking Water?

No. Manganese is not currently regulated as a national primary drinking water standard which means there is no enforceable limit for manganese in drinking water. However, EPA is in the process of determining whether to regulate manganese due to updated health effects information and additional occurrence data. EPA included manganese testing in the fourth Unregulated Contaminant Monitoring Rule (UCMR4), which requires all public drinking water systems serving over 10,000 people and selected small systems to monitor for manganese. EPA will also consider any health effects in their regulatory determination and evaluate potential risks to adults, children, and infants based on recent studies. Some states have set their own standards for manganese. Kansas currently follows the National Primary Drinking Water Regulations secondary guidance levels (SMCL) for manganese.

Why are the drinking water advisories for manganese being issued now?

Recent guidance from EPA has prompted this action. The EPA health advisory levels for manganese were established in 2004. Based on more recent health studies, EPA has elevated their interest in manganese based on additional occurrence data through their fourth round of monitoring under their Unregulated Contaminant Monitoring Rule (UCMR4). EPA as a precautionary effort is recommending that States work with systems to notify the public when an existing health advisory level has been exceeded. The Kansas Department of Health and Environment will notify a public water system when testing indicates Manganese concentrations are above the health advisory levels. EPA recommends water systems issue an Advisory to their customers within 24 hours of notification.

More information on EPA's regulatory determination process can be found at the following link <https://www.epa.gov/dwregdev/how-epa-regulates-drinking-water-contaminants>

More information on the UCMR4 can be found at the following link: <https://www.epa.gov/dwucmr/fourth-unregulated-contaminant-monitoring-rule>

What level of manganese is a concern in drinking water?

The United States Environmental Protection Agency (US EPA) has developed a health advisory level (HAL) for manganese in drinking water of 0.3 mg/L which is intended to be protective of life-time exposure for the general

population. When manganese levels in drinking water are above 0.3 mg/L, infants under 6 months of age should immediately stop consuming the water and formula that was prepared with the water.

The US EPA recommends that infants up to 6 months of age should not be given water with manganese concentration greater than 0.3 mg/L for more than a total of 10 days per year, nor should the water be used to make formula for more than 10 days per year. These health advisories are intended to protect a 10-kg (22 pound) child consuming 1 liter of water per day.

The US EPA recommends that the general population should not ingest water with manganese concentrations greater than 1.0 mg/L for more than a total of 10 days per year. These health advisories are intended to protect a 70-kg (150-pound) adult consuming 2 liters of water per day.

Much lower manganese levels in water can result in noticeable staining and taste complaints. It is for this reason that the US EPA has a "secondary" drinking water guideline of 0.05 mg/L.

The US EPA health advisory levels of 0.3 mg/L and 1 mg/L were set based upon typical daily dietary manganese intake levels not known to be associated with adverse health effects. This does not imply that intakes above these levels will necessarily cause health problems. As a precaution, the general population should consider limiting their consumption of drinking water when levels of manganese are above the US EPA health advisory to decrease their exposures and to decrease the possibility of adverse neurological effects.

Currently, there is no regulatory maximum contaminant level (MCL) set by the US EPA or the Kansas Department of Health and Environment (KDHE)

What are the Potential Manganese Health Effects?

Too much manganese can increase the risk of health problems, particularly for infants under 6 months old. Infants are more at risk than older children and adults because their brains and bodies are developing quickly. Infants exposed to manganese over 0.3 mg/L may experience learning or behavioral problems. Some studies have shown that too much manganese during childhood may also have effects on the brain, which may affect learning and behavior.

Adult's drinking water with high levels of manganese for many years may experience impacts to their nervous system resulting in behavioral changes and other nervous system effects, including slow and clumsy movements. Exposure to high levels of manganese can cause harm to the nervous system. A disorder similar to Parkinson's disease called Manganism can result. Tremors, shaking, and an unsteady gait are characteristic of very high exposure to manganese. This type of effect is most likely to occur in the elderly after exposure to high levels of manganese or with individual exposed to welding vapor that contains high levels of manganese. The EPA's health advisory is intended to protect against this effect. Manganese is poorly absorbed through the skin. There are no concerns about manganese exposure through skin contact with food or water containing manganese.

If you are concerned about your health from manganese exposure, discuss your concerns with your healthcare provider.

How long is manganese retained in a person? Does it bioaccumulate?

The human body has a number of biological systems operating that control absorption of manganese from the diet and from manganese in drinking water. There are other biological systems that are responsible for removing manganese from the body. These biological control systems maintain the internal concentration of manganese within a narrow range. If excess manganese is absorbed, it is usually eliminated within 24 hours. Manganese typically does not bioaccumulate in a person.

Can I drink this water?

If the tap water contains manganese above 0.3 mg/L, it is recommended that you use an alternate water source for drinking. Elevated levels of manganese in the water can cause discoloration. If the water contains elevated levels of manganese or is discolored, it is recommended that you use an alternate water source for drinking.

If you have an in-home water softener or reverse osmosis treatment system you may wish to check with your service provider to ensure your system is effective at the removal of manganese.

How do I find out about manganese levels in my drinking water?

If you get your water from a public water supply system you should contact representatives of your public water supply system and request the concentrations of manganese. If you obtain your water from a private well and suspect high manganese in your drinking water, you should contact your local county health department.

Should I use this water to make formula for my baby? The most important thing to do is to switch to bottled water or water that is low in manganese to make formula. If you have concerns about your child, you should speak to your health care provider.

Should I stop drinking the water if I am breastfeeding my child? There is no correlation between manganese level in water and manganese levels in breast milk. If you are healthy and breastfeeding you should continue to do so.

Should I be concerned if I am pregnant? If you are concerned, you should talk to your health care provider.

Can I cook with the water? No. As a precaution, do not use the water for cooking.

Do not boil the water. Boiling will concentrate the levels of manganese.

Can I use the water to make ice and drinks? No. As a precaution, do not use the water for making ice or drinks.

Can I use the water to wash dishes? Yes.

Can I bathe, shower, or wash my hands with the water? Yes. Manganese is poorly absorbed through the skin.

Can I brush my teeth with the water? Yes.

Can I give the water to my pets and livestock? Information is not available on the effect of elevated manganese in drinking water on pets and livestock. Please contact your veterinarian.

For more information:

EPA's Office of Ground water and Drinking Water: <https://www.epa.gov/ground-water-and-drinking-water>

EPA's Drinking Water Health Advisory for Manganese: https://www.epa.gov/sites/production/files/2014-09/documents/support_cc1_magnese_dwreport_0.pdf

EPA's Secondary Drinking Water Standards: <https://www.epa.gov/dwstandardsregulations/secondary-drinking-water-standards-guidance-nuisance-chemicals>

EPA's Drinking Water Criteria Document for Manganese: <https://www.epa.gov/wqc/drinking-water-criteria-document-manganese>

Frequently Asked Questions About Manganese from the Centers for Disease Control:
<https://www.atsdr.cdc.gov/toxfaqs/tfacts151.pdf>

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