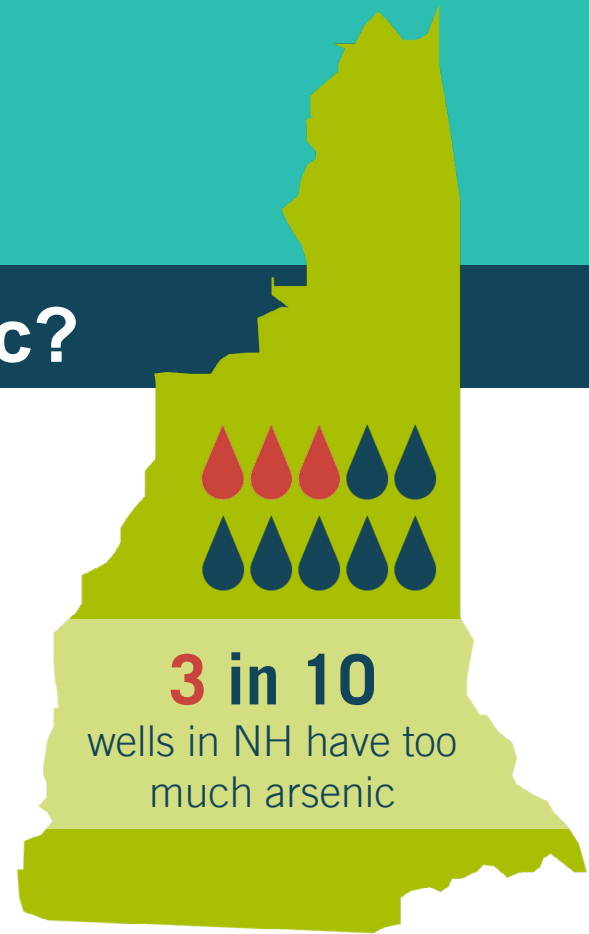


Do You Know What's In Your Well

WATER?

Have you tested for arsenic?

- You can't see, smell, or taste arsenic, yet most people are exposed to low levels of arsenic through water, food, and other sources.
- In many areas of New Hampshire (NH), arsenic occurs naturally in the bedrock and moves into the groundwater supplying private wells.
- If you have a private well, **test** your drinking water and **take action** if your well has arsenic above 5 parts per billion (ppb).



What's being done about it?

The U.S. Environmental Protection Agency set a Maximum Contaminant Level (MCL) of 10 ppb for arsenic in 2001. However, growing scientific research shows **arsenic has long-term health effects even at lower doses, so the state of NH reduced the MCL for public water systems to 5 ppb in 2019** (<https://bit.ly/3hyOQ0P>). The state does not regulate private wells.

Why 5 ppb?

Arsenic is linked to:



Increased risk of bladder and other cancers



Increased blood pressure



Diabetes that occurs during pregnancy



Harmful changes to the body's hormones



Altered immune system response to lung infections

What does this mean for private well users?

The new arsenic standard (5 ppb) for public water systems is more protective of long-term health. We recommend that private well users follow this guideline, too.

Do you have a private well?

Since you can't see, taste, or smell arsenic, the only way to know what is in your water is to **TEST** it every 3-5 years. Tests range in price -- you can just test for arsenic or do a comprehensive test.

Test Your Drinking Water

- What should I test for, and how often should I test (<https://bit.ly/3qYljSB>)?
- Order a test from the NH State Lab (<https://bit.ly/32Bk97i>) or an accredited water testing lab (<https://bit.ly/2ZREp1Z>).

Understand Your Results

Use the Be Well Informed (<https://bit.ly/3mmeGch>) guide to understand your water test results and access information on water treatment choices and health concerns.

Treat Your Drinking Water

- Use an alternative source of water and/or find out more about purchasing a water treatment system specific to your water chemistry. For more information and resources:
 - Be Well Informed (<https://bit.ly/3mmeGch>)
 - Arsenic and You (<https://bit.ly/2Ea5bvw>)
 - Call the NH Department of Environmental Services Drinking Water and Groundwater Bureau at 603-271-2513.
- Please note that boiling your water will not remove arsenic.



Why was the MCL Lowered? (<https://bit.ly/3hy0QOP>)

