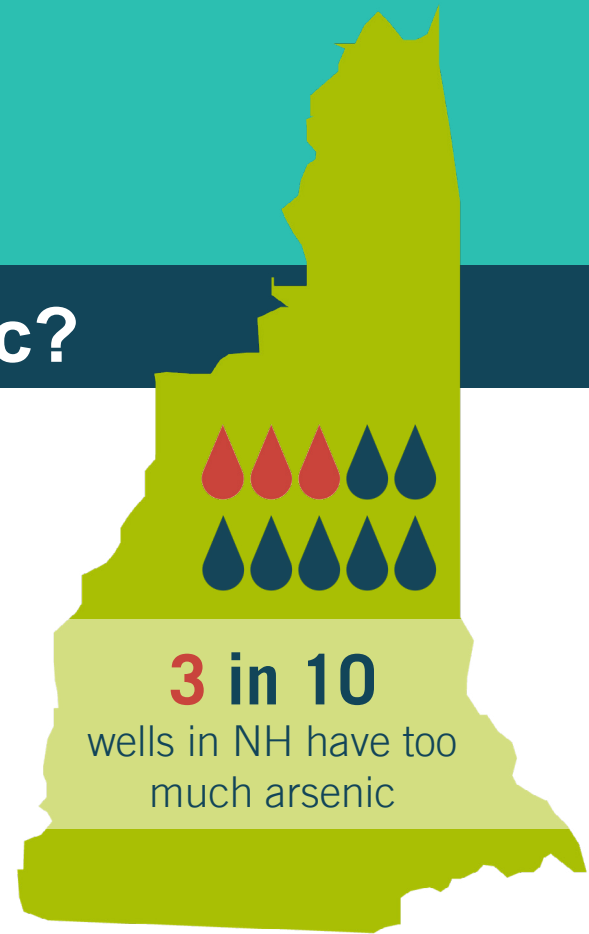


Do You Know What's In Your Well

# 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.** 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?](#)
- Order a test from the [NH State Lab](#) or an [accredited water testing lab](#).

## Understand Your Results

Use the [Be Well Informed](#) 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](#)
  - [Arsenic and You](#)
  - 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? Read the FAQ

