

Is there *Arsenic* in your drinking water?

DO YOU LIVE IN NH?

DO YOU GET YOUR WATER FROM A PRIVATE WELL?

THEN YOU MAY HAVE

ARSENIC

IN YOUR DRINKING WATER.



**4 out of 10
homes in NH
get their water from
private *WELLS***



What is arsenic and why is it dangerous?

Arsenic is a chemical that is naturally found in the environment. Even though it is natural, it can still be very harmful to your health. If you drink or cook with water that contains arsenic, then you could develop health conditions such as:

- ❖ Bladder cancer
- ❖ Other cancers like lung cancer, prostate cancer, and liver cancer
- ❖ Heart disease and diabetes
- ❖ Brain and nerve diseases
- ❖ Effects on brain development and decreased IQ in children

How do I know if my well water has arsenic?

**1 out of 5
wells in NH may contain
dangerous amounts of
*ARSENIC***



Bottom line: you won't know it's there unless you test for it. Arsenic has no smell, no taste, and no color. You can take a water sample from your tap and send it to a lab for testing. Most well water testing will look for arsenic and other dangerous contaminants. You should test your private well every 3 years.

The NH Department of Environmental Services (DES) provides a list of companies that offer water testing:

<http://des.nh.gov/organization/divisions/water/dwgb/nhelap/documents/labs-private-wells.pdf>

What can I do if my water contains arsenic?

You can treat the water in your home to remove the arsenic. You can use simple filters on your kitchen tap or more complicated systems to treat all the water in your home. The NH DES provides information on treating private well water for arsenic and other chemicals:

<http://des.nh.gov/organization/commissioner/pip/factsheets/dwgb/documents/dwgb-3-2.pdf>

For more information on well water testing in NH, please contact the New Hampshire Public Health Labs:



29 Hazen Drive, Concord, NH 03301
(603) 271-4661
<http://www.dhhs.nh.gov/dphs/lab/biomonitoring.htm>