



# NH Choose Safe Places

## Private Well Water Testing Toolkit



**Choose Safe Places**  
For Early Care and Education  
A NH APPLE TREE Program



# Choose Safe Places

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A NH APPLETREE Program



Choose Safe Places for Early Care and Education is a part of the APPLETREE Program, implemented by the NH Department of Health and Human Services, in collaboration with the NH Department of Environmental Services, with funding from the Centers for Disease Control and Prevention. The APPLETREE Program is the Agency for Toxic Substances and Disease Registry's (ATSDR's) Partnership to Promote Local Efforts to Reduce Environmental Exposures.

Contact Laurie Rardin, Choose Safe Places Program Leader, if you need help or have questions about the contents of this toolkit or about the Choose Safe Places Program: (603) 271-0357, [laurie.r.rardin@dhhs.nh.gov](mailto:laurie.r.rardin@dhhs.nh.gov).

## Glossary of Terms and Abbreviations:

CSP – Choose Safe Places for Early Care and Education

NH DHHS – New Hampshire Department of Health and Human Services

DPHS – Division of Public Health Services (within NH DHHS)

NHDES – New Hampshire Department of Environmental Services

APPLETREE – ATSDR's Partnership to Promote Local Efforts to Reduce Environmental Exposures

CDC – U.S. Centers for Disease Control and Prevention

ATSDR – Agency for Toxic Substances and Disease Prevention

EPA – U.S. Environmental Protection Agency

MCL – Maximum Contaminant Level

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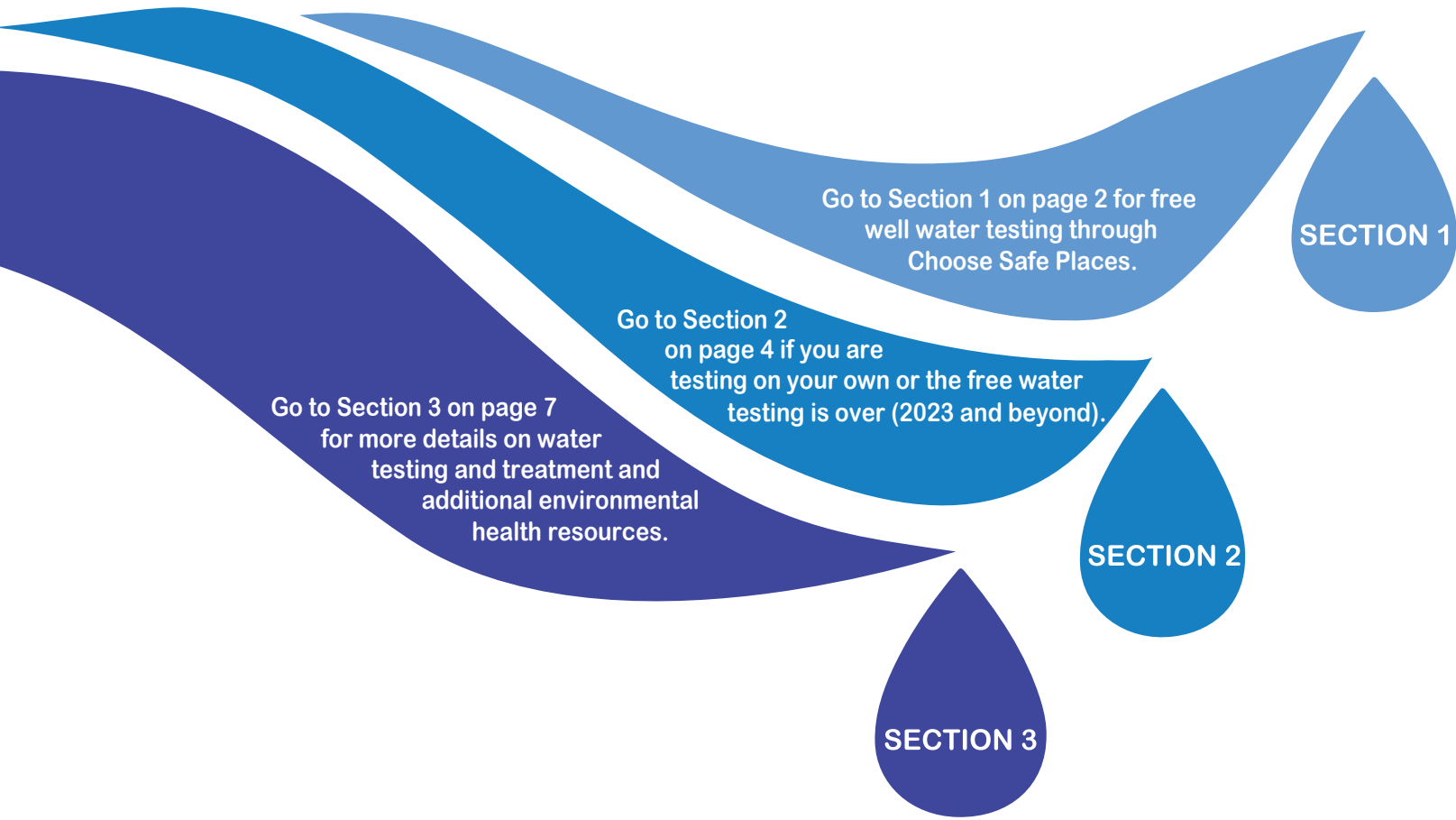
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Design: Community Health Institute/JSI, Bow, NH



# WELCOME!

This toolkit will help you understand how to test your private well water to be sure it is safe for the children in your care. Free well water testing is offered through Choose Safe Places while funding is available.



If you have a private well that supplies your Child Care Facility with drinking water and use your well for **25 or more** people, (children and adults combined) it is considered a public water system. Contact the NH Department of Environmental Services Drinking Water and Groundwater Bureau with questions about your well water testing schedule at (603) 271- 2513 and check out this fact sheet on drinking water safety for child care programs, <https://bit.ly/H2oSafety>.

**Why does this matter?** Drinking water or preparing formula with well water may expose children to harmful contaminants like arsenic, lead and uranium. Since private well water quality is not regulated by the State or Federal government, the only way to know if your water is safe to drink is to test it. Children are more susceptible to the possible negative health effects of consuming water that contains unhealthy levels of contaminants because a child's growing body may absorb more of a particular contaminant than an adult's body, and may be more sensitive to its damaging effects. Ensuring that your child care program's water supply is safe can have a profound impact on a child's lifelong health.



# SECTION 1: NH Choose Safe Places Private Well Water Testing Initiative: Steps for Free Water Testing

**START**

## 1. Start here!

This is where you need to be to learn more about the steps to take for the **FREE** water testing.



1



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## 2. Why Should You Register?

- Learn if contaminants of significant concern like radon, arsenic, uranium and PFAS are in your well water;
- Fulfill your CCLU testing requirements;
- Have your water samples delivered to the Lab for you! (bacteria testing is not included).



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## 3. REGISTER!

Fill out the online form (if you haven't already) using the link: <https://bit.ly/3Fd0NHd>. Or you can point your phone camera at this QR Code.



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## 5. Put your Sampling Appointment into your CALENDAR!

Set a reminder for yourself with the date and time the NHDES Sampler is coming to your facility.



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## 4. Lots of Questions?

After you register, read the FAQ insert provided and see Section 3 on page 7 for answers to the questions popping into your head.



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## 7. Review your test RESULTS!

Your test results will be mailed to you 6-8 weeks after your samples have been collected. The results will tell you if any of the contaminants in your water are above the safe standard.

## 6. On your Sampling Appointment DAY!

Before you run any water from any tap, collect the water samples for stagnant lead by following the instructions provided (water collection bottles and instructions will be mailed to you before your sampling date). The NHDES Sampler will take all water samples (including the lead sample bottles you collected) back to the Lab for you. See page 13 for details.

## 8. How do you KNOW if your water is safe or not?

If you see a **RED X** next to a contaminant in your results letter you will know that a contaminant is over the safe standard. Go to page 9 for information on next steps if your water is unsafe. Go to page 16 for information on types of treatment.

## 9. What do I NEED to do with the water TEST RESULTS?

If your test results indicate that your water is not over the standard (you will see a **GREEN ✓**), file your test results letter in a safe place where you can find it when you have your annual inspection from the CCLU or your local health officer (every three years). If your test results show contaminant(s) over the safe standards (**RED X**), notify:

- CCLU (per CCLU rules you may need to file a corrective action plan within 30 days of learning your water is over any safe standards—see page 9);
- NHDES (for all lead test results over the safe standard);
- The parents of the children you care for (recommended).

## 10. How do I know what type of treatment I NEED?

See page 14 for information on using the Be Well Informed online tool to learn which types of treatment will remove the contaminants in your water. See page 16 for information on treatment types and the contaminants they remove. Contact Cindy Klevens, NHDES, (603) 271-2948, [cynthia.m.klevens@des.nh.gov](mailto:cynthia.m.klevens@des.nh.gov) or Amy Hudnor, NHDES, (603) 271-5986, [amy.c.hudnor@des.nh.gov](mailto:amy.c.hudnor@des.nh.gov) for additional help.

## 11. How do I pay for TREATMENT?

See page 15 for information on funding options for water treatment.

## 12. Who can HELP ME?

Contact Laurie Rardin, Choose Safe Places Program Leader, (603) 271-0357 or [laurie.r.rardin@dhhs.nh.gov](mailto:laurie.r.rardin@dhhs.nh.gov), for any assistance you need!


# SECTION 2: How to Complete Your Required Child Care Licensing Well Water Testing



**START**


## 1. Start here!

Start here if you will be completing your well water testing on your own or if the NH CSP Private Well Water Testing Initiative is over (2023 and beyond).



## 2. What are you supposed to test for (based on CCLU Rules)?

See page 12 for the list of contaminants and frequency for testing. Review your last well water testing results to see what you last tested for and when.



## 5. Put your Long-term Well Water Testing Schedule into your CALENDAR!

Set a reminder for yourself to set up the water testing you need, and when you need to complete it.

## 4. Order the Tests

Order the water tests you need from the Lab you have selected.

## 10. How do I pay for TREATMENT if I need it?


See page 15 for information on funding options for water treatment.

## 3. Find an Accredited Lab

See page 12 or visit <https://bit.ly/Testh2o> and scroll to page 2 to choose the lab that works for you. We recommend testing for the additional contaminants listed on page 12. Or point your phone camera at the QR code.







**7. Review your test RESULTS!**

Look for any contaminants over the standard when the results are sent to you by email or snail mail.

**8.**



**8. How do you KNOW if your water is safe or not?**

Use the Be Well Informed online tool to help you understand your test results. See page 14.

**9. What do I Need to do with the water TEST RESULTS?**

If your test results indicate that your water is not over the standards, file your test results letter in a safe place where you can find it when you have your annual inspection from the CCLU or your local health officer (every 3 years); if your test results show contaminant(s) over the safe standards, notify:

- CCLU (per CCLU rules you may need to file a corrective action plan within 30 days of learning your water is over any safe standards—see page 9)
- NHDES (for all lead test results over the safe standard)
- The parents of the children you care for (recommended).

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**11. How do I know what type of treatment I NEED?**

See page 14 for information on using the Be Well Informed online tool to learn which types of treatment will remove the contaminants in your water. See page 16 for information on treatment types and the contaminants they remove. Contact Cindy Klevens, NHDES, (603) 271-2948, [cynthia.m.klevens@des.nh.gov](mailto:cynthia.m.klevens@des.nh.gov) or Amy Hudnor, NHDES, (603) 271-5986, [amy.c.hudnor@des.nh.gov](mailto:amy.c.hudnor@des.nh.gov) for additional help.

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**12. Who can HELP ME?**

Contact Laurie Rardin, Choose Safe Places Program Leader, (603) 271-0357 or [laurie.r.rardin@dhhs.nh.gov](mailto:laurie.r.rardin@dhhs.nh.gov), for any assistance you need!







# SECTION 3: More Detailed Information, Tools and Resources



# Private Well Water Testing and Reporting Your Test Results

What am I supposed to test for (based on CCLU Rules)?

Contaminant	Frequency
Arsenic	Once every year
Nitrate	Once every year
Nitrite	Once every year
*Stagnant Lead	Once every three years
Stagnant Copper	Once every three years
Fluoride	Once every three years
**Bacteria	Every three months



\*Lead testing is required by state law (RSA 485:17a, which was signed into law in 2018). This law applies regardless of whether a facility gets their water from a well or a town or city public water system. Every drinking fountain, kitchen sink, or faucet that children use must be tested because lead levels vary by outlet. Currently, three rounds of testing are required by June 30, 2024. To learn more about lead in drinking water visit [www.gettheleadoutnh.org](http://www.gettheleadoutnh.org)

What will the NH Choose Safe Places Private Well Water Testing Initiative Test for (2022)

CCLU Required Contaminants	➔ Plus these Additional Contaminants
Arsenic	Radon
Nitrate	Uranium
Nitrite	Per- and Polyfluoroalkyl substances (PFAS) (approximately 25 compounds)
Stagnant Lead	Volatile Organic Compounds (VOCs approximately 70 compounds)
Stagnant Copper	Iron
Fluoride	Chloride
	Manganese
	pH
	Hardness
	Sodium

\*\*We are not able to test for bacteria through the Choose Safe Places Private Well Water Testing Initiative. Please note that the cost for bacteria alone is \$15-30 from accredited labs (<https://bit.ly/Testh2o>, scroll to page 2). If you need more information on completing these quarterly bacteria tests, see page 10 in Section 3 or contact Laurie Rardin at [laurie.r.rardin@dhhs.nh.gov](mailto:laurie.r.rardin@dhhs.nh.gov) or (603) 271-0357.



## How do I Report My Test Results?

### Q. Who do I report my test results to?

Programs that receive test results above safe levels must report them to the Child Care Licensing Unit (CCLU) as required by the Rules, as described below. The CCLU staff will assist programs in the development of a plan that will allow the program to remain open while keeping children and staff safe from exposure to contaminated water. Additionally, programs must keep a copy of the water test results available on-site for review by CCLU staff or the local health official.

### Q. Besides CCLU, do I need to report results from the water tests to anyone else if they are over the safe standard?

We recommend that you report the results to the parents of the children in your care when the results of tests for any contaminant exceed the required levels. State law **requires** that you notify parents and guardians of any lead exceedances. Your lead test results need to be reported to the NHDES by contacting [info@gettheleadoutnh.org](mailto:info@gettheleadoutnh.org) or (603) 506-6469.

### Q. What do I do if there are contaminants in my water over the safe standard?

Your test results package will indicate if there are contaminants present in your water at concerning levels. See pages 14, 15 and 16 for types of treatment that might be suitable based on your specific water test results and funding sources. As stated above, notify the CCLU at: <http://www.dhhs.nh.gov/oos/cclu>, 1-800-852-3345, ext. 9025, 271-9025.

Specifically, for contaminants included in the CCLU Rules, within **30 days** of the date you learn that your facility is over a safe standard you need to: Submit to the CCLU an acceptable corrective action plan which details what action will be taken to correct the unsafe condition of the water and a date by which that action will be complete, unless the program requests, either verbally or in writing, and the department agrees, to extend that deadline, based on the following criteria;

1. The program demonstrates that it has made a good faith effort to develop and submit the corrective action plan within the 30 day period but has been unable to do so; and
2. The department determines that the health, safety or well-being of children will not be jeopardized as a result of granting the extension.

### Q. What are the legal or licensing consequences if I can't or don't take care of an exceedance over the safe standard within 30 days?

When a program fails to submit a written proposed corrective action plan within 30 days of receiving the unacceptable test result under the CCLU Rules, the department shall initiate action to suspend the license or permit in accordance with He-C 4002.44(q) and (r), until such time as laboratory results meeting those requirements are received by the department.



# Testing for Bacteria in Your Well Water

## How will I know if I have bacteria in my well water?

You won't know unless you **have your water tested**. Coliform bacteria have no smell or taste. And, your water will look the same as usual.

Bacteria are also known as germs. Bacteria are part of the natural world and are everywhere. Some are harmful. Most are not. Coliform bacteria are a general class of bacteria that are useful as an early warning sign, and do not usually cause health problems. But, if they have seeped into your well water, it means *harmful* bacteria like *Escherichia coli* (*E.coli*) bacteria could get in too. Time for action.

**Use a State-accredited lab to test your water.** Find a list of labs here: <https://bit.ly/Testh2o> (and scroll to page 2).

If a water test shows coliform bacteria are present, the lab will test for *E.coli*. *E. coli* bacteria comes only from human or animal waste and can make people sick. Those at highest risk include babies, young children, and adults whose germ-fighting immune systems are not working well.

**The U.S. Environmental Protection Agency limit, Maximum Contaminant Level, for coliform bacteria and *E.coli* bacteria is zero (0).**

If the lab results show bacteria present in the water, follow the action steps listed **on the next page**.

## What health problems can bacteria cause?

If you have *E.coli* bacteria in your drinking water, you should boil it for 1 minute before using for drinking or cooking. It's possible for bacteria to cause diarrhea, cramps, headache, feeling sick to your stomach or tired, and jaundice. However, there are many other possible causes for all these conditions that may not be related to your drinking water at all.

If you detect Total coliform (Total coliform is a general class of bacteria) in your water, it is an indicator that other potentially harmful bacteria such as *E.coli* could enter your well. Follow the action steps **on the next page** to investigate and correct the bacteria source.

## How do bacteria get into well water?

It's easy for bacteria to get into certain wells. This includes wells that are:

- Without water-tight covers or have a compromised casing;
- Older dug wells, spring-fed systems and cistern-type systems as these allow for surface water contamination and should not be used for consumption;
- Recently repaired wells that were not treated with chlorine (disinfected) after the work was done.

### Sometimes:

- Insects or small debris can enter the well if the cover is not sealed.
- Close proximity of storm water or seasonal wetlands can infiltrate your well and introduce contamination.
- The water faucet used for testing is not clean and introduces bacteria.

If you are trying to find out how bacteria have gotten into your well, evaluate both the area immediately around your well, including the well cover, and where the water was sampled from, such as the faucet spout.

## What can I do about bacteria in my well water?

You may need to take 1 or 2 or all 4 of these actions:

### Action 1: Find and fix the source of the problem.

Taking one of these actions may solve the problem:

- Replace a leaky well cap or dug well cover
- Divert surface water away from the well
- Reseal the well casing
- Keep livestock or pets away from the well area
- Abandon dug wells or spring sources and contract a certified well driller to install a properly constructed bedrock well.



**Action 2: Disinfect the well with chlorine bleach.** Use regular household bleach that does not have scents or other additives. Find directions to disinfect your well here:

<https://bit.ly/2disinfectwell>

7 – 10 days after you disinfect, retest the water for bacteria. If bacteria persists, go to Action 3.

**Action 3:** Repeat disinfection procedure until results are “absent” for *E.coli*. If *E.coli* cannot be eradicated, abandon the well. If results are negative for *E.coli* but still positive for Total coliform / non-pathogenic bacteria, go to Action 4.

**Action 4:** Install UV disinfection for Total Coliform. Once the well is absent for *E.coli* but still present for Total Coliform, UV disinfection (approximately \$1500) may be used along with continued testing to ensure *E.coli* does not enter the well. Other disinfection techniques are available but are not practical for residential use.

**Important:** Before you install a treatment system, call NHDES (see contact information below) for expert advice. *Before* you buy a system, ask how it will be installed and what the installation cost and annual maintenance costs will be. Get at least 3 price quotes. Learn the questions to ask. *After* you buy a system, be sure to:

1. Keep all the paperwork and directions.
2. Learn what you must do to maintain the system and do it.

Contact Cindy Klevens at NHDES at (603) 271-2948 or Amy Hudnor at NHDES at (603) 271-5986.

*Reference: This factsheet was adapted from the Safe Well Water Rhode Island Tip Sheet Series, tip sheet #3, with permission from the authors.*



# Well Water Quality Testing

## How Do I Find an Accredited Water Testing Lab if I Am Testing Well Water on My Own?

Go to <https://bit.ly/Testh2o> and scroll to page 2. Request a water test kit from an accredited private lab that you select from the list at the link above. After you receive the test kit, follow the directions provided to collect the water samples and return them to the Lab in the timeframe required.

## How Much Does Water Testing Cost?

The cost for water testing from an accredited lab depends on the type of testing you need. **Table A.** shows the Child Care Licensing Testing requirements and the range of costs for each test. **Table B.** shows the additional tests recommended by the NH Department of Environmental Services (NHDES) to be sure you have the safest water possible.

Table A. Well Water Tests Required by CCLU		
Contaminant	Frequency	***Approximate Cost
Arsenic	Once every year	\$15-30
Nitrate/Nitrate	Once every year	\$12-25
*Stagnant Lead	Once every three years	\$12-25
Stagnant Copper	Once every three years	\$15-30
Fluoride	Once every three years	\$12-24
Bacteria	Every three months	\$15-30

Table B. Recommended Additional Contaminants	***Approximate Cost
Radon	\$20-40
Uranium	\$15-30
**PFAS (approximately 25 compounds)	\$250-550
Volatile Organic Compounds (VOCs) (approximately 70 compounds)	\$120-150
Iron	\$15-30
Chloride	\$15-30
Manganese	\$15-30
pH	\$10-20
Hardness	\$15-30
Sodium	\$15-30

For all contaminants except lead, only the primary drinking water outlet used by the facility should be tested.

\*State Law requires that all child care facilities test their drinking water for lead at every drinking water outlet that children use for consumption, as levels can vary by outlet. See page 13 for additional information.

\*\*Per-and polyfluoroalkyl substances (PFAS) – While we are still learning about the extent of PFAS contamination and about the health impacts of PFAS, NHDES recommends testing for PFAS contamination.

\*\*\*The cost for a Standard Analysis water testing package plus Radon (this does not include PFAS) is approximately \$105.00 depending on the lab you select. This package includes all of the recommended tests and the CCLU required tests listed above.

# Testing Drinking Water for Lead at Child Care Programs

New Hampshire state law requires all licensed child care programs to test their drinking water for lead at least three times between 2016 and 2024.



Drinking water must be tested for lead whether the child care program gets water from a well or from a town or city.



Every water outlet used for drinking, cooking, or preparing formula must be tested for lead because lead levels can be different at each location.



Locations where lead is found at levels greater than 5 parts per billion (ppb) must be repaired.

*Note: the 2022 NH Choose Safe Places Private Well Water Testing Initiative which includes free stagnant lead testing counts for one of your three required lead tests for Get the Lead Out of Drinking Water Program.*

## Lead Testing Checklist for Child Care Programs

- ✓ Contact **Get the Lead Out of Drinking Water** to sign up for free water testing.
- ✓ Identify locations, including drinking fountains, kitchen and classroom sinks, and refrigerator dispensers, where water is used for drinking, cooking and preparing formula.  
*Note: most outdoor hoses are not drinking water safe and should not be used for drinking water.*
- ✓ Collect drinking water samples and send them back to the lab for testing.
- ✓ Tell parents and guardians about test results.
- ✓ Take action to fix locations where lead is found.

## Free Water Testing for Licensed Child Care Programs

Free testing for lead in drinking water is available to licensed child care programs through the **Get the Lead Out of Drinking Water** program.

Learn more at:  
[gettheleadoutnh.org](http://gettheleadoutnh.org)



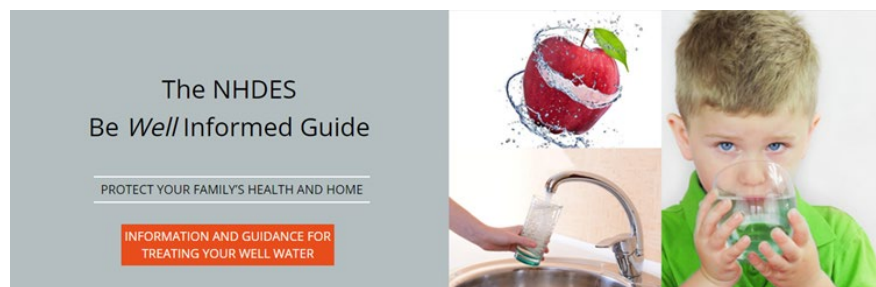
## Contact the Get the Lead Out of Drinking Water Program



info@gettheleadoutnh.org  
(603) 506-6469

# Use Be Well Informed to Understand Your Well Water Test Results!

Contaminated well water is common and can be easily overlooked without regular well water testing. The **Be Well Informed** (<https://tinyurl.com/BeWellInformed>) interactive web tool, developed by the New Hampshire Department of Environmental Services (NHDES), interprets the results in your well water testing lab report and summarizes potential health issues and appropriate water treatment options for contaminants found in your water.



The only way to know what is in your well water is to **TEST it**. Even if you are using bottled water exclusively for drinking and cooking and preparing formula, you need to know what is in your well water. While we are still learning about the extent of PFAS contamination and about the health impacts of PFAS, NHDES recommends testing for PFAS contamination. Water quality testing and treatment resources are available for PFAS from NHDES based upon eligibility. You should continue to test your water even if you use a treatment system to ensure that your system is working properly. Check out this [list of recommended tests and New Hampshire accredited labs](https://bit.ly/Testh2o) (<https://bit.ly/Testh2o>).

## Need Help Understanding Your Lab Results or Water Treatment Options?

Any contaminants detected in your drinking water that may affect your health will be highlighted in your lab results. If there is a contaminant in your well water that is greater than state or federal health standards or recommended action levels, treatment options are available and [Be Well Informed](https://tinyurl.com/BeWellInformed) (<https://tinyurl.com/BeWellInformed>) will help you learn what you need to know to move forward.



**Make sure to use BE WELL INFORMED to understand your well water results!** For health concerns, NHDES and NH Division of Public Health Services work with the Agency for Toxic Substances and Disease Registry (ATSDR) under a cooperative agreement to evaluate and reduce exposures to harmful substance in New Hampshire. For water testing and treatment questions, contact Cindy Klevens at NHDES at (603) 271-2948 or Amy Hudnor at NHDES at (603) 271-5986. For concerns and questions about your results, you can also contact the NHDES Environmental Health Program or the NH APPLETREE Team at (603) 271-6802.

*Photo Courtesy of Dartmouth College/NHDES*



# Well Water Treatment Funding Sources

## What do you need to do?

If your water testing results letter shows you are above a safe level for a particular contaminant:

- Step 1. Find the contaminant type in the table below
- Step 2. Read across the table to see what type of funding will pay for treatment
- Step 3. Go to the **How to Apply Column** for information on how to apply for this funding
- Step 4. Check the deadlines for your application

Contaminant	Water Treatment Funding Source	How to Apply for Funding	Deadlines
<b>Arsenic, Chloride, Copper, Fluoride, Hardness, Iron, Lead, Manganese, Nitrate/Nitrite, pH, Radon, Sodium, Uranium. Blue = CCLU required Testing</b>	<ul style="list-style-type: none"> <li>ARPA Funds managed through the NH DHHS Bureau of Child Development and Head Start Collaboration (BCDHSC) for existing ARPA Grantees</li> </ul>	*See information at the bottom of this page	
<b>Stagnant Lead</b>	<ul style="list-style-type: none"> <li>ARPA Funds managed through the NH DHHS Bureau of Child Development and Head Start Collaboration for existing ARPA Grantees</li> </ul>	*See information at the bottom of this page	Ongoing
<b>Per- and Polyfluorinated Substances (PFAS)</b>	<ul style="list-style-type: none"> <li>If you run your child care from your home: PFAS Removal Rebate Program</li> <li>If you run your child care from a center: NHDES-PFAS Treatment Design Service Reimbursement</li> <li>Additional funding: Bureau of Child Development and Head Start Collaboration existing ARPA Grantees</li> </ul>	PFAS Removal Rebate <a href="https://bit.ly/PFASRebate">https://bit.ly/PFASRebate</a> Follow these instructions  PFAS Reimbursement <a href="https://bit.ly/PFASReimburse">https://bit.ly/PFASReimburse</a> Follow these instructions  *See Information at the bottom of this page	Ongoing  Funding ends June 30, 2023  Ongoing
<b>Volatile Organic Compounds-VOCs</b>	MtBE: Contact the MtBE Remediation Bureau: 603-271-8520  Other VOCs: Contact the Oil Remediation and Compliance Bureau: (603) 271-7372		

Use **BE WELL INFORMED** <https://tinyurl.com/BeWellInformed> to help you understand your water testing results and treatment options!

*\*Once you schedule your testing appointment the BCDHSC ARPA team is notified and a funding allocation is set aside and an invoice produced. You will receive an email with a link to confirm acceptance of the “drinking water remediation” allocation and then a check processed. There is no application necessary for the funds. The funding is not a guarantee of 100% of remediation costs, but the allocation is based on the “best estimates” for completing remediation by industry professionals. Any funds remaining AFTER the remediation work can be applied to other allowable ARPA expenses. You will include the project and expense detail in your regular ARPA reporting.*

# What Type of Water Treatment Do You Need?

If your well water test results show that any of the contaminants you tested for are over the safe standard listed, you should:

- ✓ Use bottled water until your well water is safe to drink;
- ✓ Develop an action plan with CCLU to address the water quality in your child care facility per CCLU rules;
- ✓ Use *Be Well Informed* to understand what type of treatment you need based on your well water test results;
- ✓ Review the information in the links below to learn about treatment types and the contaminants they remove;
- ✓ Call Cindy Klevens or Amy Hudnor at NHDES to answer your questions and identify the best type of treatment for your situation (see contact info below).



- 1. Bottled water** can offer a short-term solution to reducing exposure to contamination in your water. It is not recommended as a long-term solution. Using it for an extended period of time can be expensive and inconvenient if used for the water you drink and cook with. This fact sheet, <https://bit.ly/3I1hNBH> has more information on the pros and cons of using bottled water. Check out the Environmental Working Group information on bottled water here, <https://bit.ly/3R1wXe4>.
- 2. Notify the CCLU** at: [CCLUoffice@dhhs.nh.gov](mailto:CCLUoffice@dhhs.nh.gov), 1-800-852-3345, ext. 9025, 271-9025 within 30 days of the date you learn that your facility is over a safe standard for its well water. Per the CCLU rules you may need to submit an acceptable corrective action plan to the CCLU with the actions you will take to correct the unsafe condition of the water, and include the date you will have completed the actions, unless you ask for an extension of the deadline.
- 3. Determining the type of treatment system you need** has to do with your unique water chemistry, and is based on your water testing results. Use *Be Well Informed* <https://tinyurl.com/BeWellInformed>, for recommended treatment options. See page 14 for details.
- 4. Check out this great summary of treatment types and what they remove** <https://bit.ly/H2oTreat> from the Environmental Working Group.
- 5. Review this fact sheet, <https://bit.ly/3I1hNBH>** from the NH APPLETREE team to help you **navigate choosing a treatment system** and why careful selection is important.

**Contact Cindy Klevens** at NHDES at (603) 271-2948, [cynthia.m.klevens@des.nh.gov](mailto:cynthia.m.klevens@des.nh.gov) or **Amy Hudnor** at NHDES at (603) 271-5986, [amy.c.hudnor@des.nh.gov](mailto:amy.c.hudnor@des.nh.gov)

# Well Water Testing Toolkit Checklist!

- Contact** Laurie Rardin, Choose Safe Places Program Leader at 603-271-0357 or [laurie.r.rardin@dhhs.nh.gov](mailto:laurie.r.rardin@dhhs.nh.gov) for help and questions!
- Register** for the Choose Safe Places free Private Well Water Testing Initiative if you have a well that serves fewer than 25 people (children and adults combined)! To register, use this link: <https://bit.ly/3Fd0NHd>
- If you are **testing on your own**, find an Accredited Lab (see page 12) and use Be *Well* Informed (see page 14) to understand your test results and learn about treatment options for your unique water.
- Follow the CCLU Rules** for well water testing, make a schedule for yourself and put it into your calendar. See the Rules page 48, section He-C 4002.27, <https://bit.ly/CCLURules>
- Learn more about the **required Lead Testing** through the Get the Lead Out of Drinking Water Program, [gettheleadoutnh.org](http://gettheleadoutnh.org) and see page 13 for details.
- File your well water test results** in a safe and accessible place so they are ready for review during your annual inspection from the Child Care Licensing Coordinator and your health officer inspection (every three years).
- See page 16 for **treatment options** and page 15 for **treatment funding** help.
- Notify the CCLU** at: [CCLUoffice@dhhs.nh.gov](mailto:CCLUoffice@dhhs.nh.gov), 1-800-852-3345, ext. 9025, 271-9025 within 30 days if you learn that your facility is over a safe standard for its well water. See the Rules page 48, section He-C 4002.27, <https://bit.ly/CCLURules> for details.
- Keep this toolkit where you can access it easily** when you need to review information about well water testing, treatment or environmental health information.
- Take advantage of this **FREE Children’s Environmental Health e-course** <https://bit.ly/3sc06IO>. It is a free online training on the ProSolutions website: Eco-Healthy Child Care. Use Code **NHECO** at checkout. The training was produced and created by the Eco-Healthy Childcare Program of the Children’s Environmental Health Network.
- Use the New Hampshire Environmental Health Guide** <https://bit.ly/3btQ3Jy> to find the information you need on any question you might have related to water, air, soil, waste, etc.
- This Toolkit will be available online** here: <https://bit.ly/NHAppleTree> under the Resources tab.



# Free Environmental Health Training is Here!

**Take** advantage of this **FREE Children's Environmental Health e-course!**

It is a **free** online training on the ProSolutions website: Eco-Healthy Child Care <https://bit.ly/3sc06lO>. Use **Code NHECO** at checkout. The training was produced and created by the Eco-Healthy Childcare Program of the Children's Environmental Health Network.



## Why is it important?

Learn about low-cost, effective tips for reducing potential environmental hazards like unsafe plastics, pesticides and lead, and improving environmental quality in water, air, soil and dust to support healthy children as they learn and grow.



**Take** advantage of this **FREE Children's Environmental Health e-course!** Enjoy this free online training on the ProSolutions website by clicking here: Eco-Healthy Child Care <https://bit.ly/3sc06lO>. Use **Code NHECO** at checkout.

## This training counts as part of your required annual Health and Safety training hours.

Brought to you by a collaboration between the Children's Environmental Health Network and Choose Safe Places for Early Care and Education in partnership with the Bureau of Child Development and Head Start Collaboration at the NH Department of Health and Human Services.

## What is Choose Safe Places?

Choose Safe Places for Early Care and Education is a program focused on promoting practices and policies to protect children from harmful chemicals where they spend time learning and growing.

## We welcome your feedback!

If you are interested in providing feedback, call or email: Laurie Rardin, Environmental Health Coordinator, NH Department of Health and Human Services at 603-271-0357 or [laurie.r.rardin@dhhs.nh.gov](mailto:laurie.r.rardin@dhhs.nh.gov).

## Learn more:

Visit the Children's Environmental Health Network website <https://cehn.org/>.

## About us:

The NH Department of Health and Human Services, in collaboration with the NH Department of Environmental Services, is implementing the Choose Safe Places Program as part of the APPLETREE Program with funding from the Centers for Disease Control. The APPLETREE Program is the Agency for Toxic Substances and Disease Registry's (ATSDR's) Partnership to Promote Local Efforts to Reduce Environmental Exposure.



**CHILDREN'S ENVIRONMENTAL HEALTH NETWORK**  
A healthy environment for all children





# Choose Safe Places

For Early Care and Education  
A NH APPLETREE Program



## What is Choose Safe Places?

Choose Safe Places for Early Care and Education is a program focused on promoting practices and policies to protect children from harmful chemicals where they spend time learning and growing.

## Why is it important?

The program works to protect children from naturally occurring contaminants like arsenic, uranium and radon, as well as manufactured contaminants such as lead, pesticides and other chemicals that can be found in air, water, soil and dust.

## How can we work together?

Our goal is to help professionals, families and communities in early care and education, childcare licensing, community planning, public health and environmental protection work together to create safe practices to make sure children are learning and growing in the safest places possible. We will:



Listen to your concerns about environmental exposures.



Provide training on safe practices to avoid chemical hazards.



Support environmental testing and treatment for contaminants.

## We welcome your feedback!

Contact: Laurie Rardin, Environmental Health Coordinator, NH Department of Health and Human Services at 603-271-0357 or [laurie.r.rardin@dhhs.nh.gov](mailto:laurie.r.rardin@dhhs.nh.gov).

## Learn more:

Visit the Choose Safe Places website  
<https://bit.ly/3Neazez>

Open the camera on a smartphone, point it at this QR code, and the website link will appear.



Visit the Children's Environmental Health Network website  
<https://bit.ly/3AccltV>

Open the camera on a smartphone, point it at this QR code, and the website link will appear.



## About us:

The NH Department of Health and Human Services, in collaboration with the NH Department of Environmental Services, is implementing the APPLETREE Program with funding from the Centers for Disease Control. The APPLETREE Program is the Agency for Toxic Substances and Disease Registry's (ATSDR's) Partnership to Promote Local Efforts to Reduce Environmental Exposures.



# Don't Forget!

## Clean Water Means Healthy Children!

### A review of the Choose Safe Places Private Well Water Testing Initiative:

"The sampling process was great! Good communication. Friendly. Provided great information during the testing process and all my questions were answered."

~ Todd S., Hummingbird Hill Play Garden Child Care

**Remember!** You will have to complete at least three rounds of lead in drinking water testing between 2016 and June 30, 2024. All drinking water faucets available to children for consumption must be tested (drinking water fountains, sinks used for food preparation, etc.), since lead levels can vary from faucet to faucet. All schools and child care facilities must do this based on recent changes to NH state law. The Choose Safe Places free water testing for Child Care providers with private wells (serving fewer than 25 people, children and adults combined) includes this lead testing and it will count toward one of your required rounds of testing. Contact Laurie Rardin, Choose Safe Places Leader at (603) 271-0357, [laurie.r.rardin@dhhs.nh.gov](mailto:laurie.r.rardin@dhhs.nh.gov) or the Get the Lead Out of Drinking Water Program, (603) 506-6469, [info@gettheleadoutnh.org](http://info@gettheleadoutnh.org) for more information.

### For additional information:

- ✓ Review the NHDES fact sheet on drinking water safety requirements for Child Care Facilities <https://bit.ly/H2oSafety>
- ✓ Contact Cindy Klevens, (603) 271-2948, [cynthia.m.klevens@des.nh.gov](mailto:cynthia.m.klevens@des.nh.gov), or Amy Hudnor at NHDES at (603) 271-5986, [amy.hudnor@des.nh.gov](mailto:amy.hudnor@des.nh.gov) for specifics about water testing or treatment
- ✓ Consult the NH Environmental Health Guide: <https://bit.ly/3btQ3Jy>
- ✓ Child Care Licensing Unit: 1-800-852-3345, ext. 9025, (603) 271-9025, [CCLUoffice@dhhs.nh.gov](mailto:CCLUoffice@dhhs.nh.gov)
- ✓ Bureau of Child Development & Head Start Collaboration: (603) 271-8153, DHHS. [ChildDevelopment@dhhs.nh.gov](mailto:ChildDevelopment@dhhs.nh.gov)
- ✓ Child Care Aware of NH: 1-855-393-1731 or (603) 578-1386
- ✓ NHDES Drinking Water & Groundwater Bureau: 603-271-2513, [welltest@des.nh.gov](mailto:welltest@des.nh.gov)
- ✓ NH APPLETREE Program: (603) 271-1417, [robert.thistle@des.nh.gov](mailto:robert.thistle@des.nh.gov)
- ✓ NH Department of Health and Human Services: 1-844-275-3447
- ✓ Children's Environmental Health Network, Eco-Healthy Child Care Program: (202) 543-4033, [cehn@cehn.org](mailto:cehn@cehn.org)

**Request a Free Radon test kit!** Go to: [www.aelabs.com/nh](http://www.aelabs.com/nh)

**Thank You!**  
**For all you do to keep children healthy and safe.**  
**You are appreciated.**

If you have any feedback on this toolkit, please be in touch! Laurie Rardin, Choose Safe Places Program Leader, (603) 271-0357, [laurie.r.rardin@dhhs.nh.gov](mailto:laurie.r.rardin@dhhs.nh.gov).





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