

# CHILDREN'S ENVIRONMENTAL HEALTH IN NEW HAMPSHIRE

## Drinking Water

### Children's Health & Drinking Water

Children can get sick from contaminants in drinking water, which typically have no color, taste, or odor. Contaminants like bacteria, nitrates, and manganese can pose immediate health risks for children.

Long-term exposure to substances like arsenic and per- and polyfluoroalkyl substances (PFAS) may lead to cancer and other diseases. **The only way to know what is in your water is to test it.**

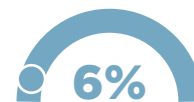
### Private Well Drinking Water



About **46%** of families who live in New Hampshire get their drinking water from private wells.<sup>1</sup>



Arsenic is found in around **24%** of well water in New Hampshire at elevated levels.<sup>2</sup>



Manganese is found in around **6%** of well water in New Hampshire at levels unsafe for children under 12 months old.<sup>2</sup>



**What to do if you have a private well:** The New Hampshire Department of Environmental Services (NHDES) recommends that homeowners with private wells test every three to five years for common contaminants, including arsenic, bacteria, lead, manganese, and uranium. Test your well water at a commercial lab or the DHHS Public Health Lab. [www.des.nh.gov/water/drinking-water/private-wells](http://www.des.nh.gov/water/drinking-water/private-wells)

### Public Drinking Water



About **54%** of families who live in New Hampshire get their drinking water from a regulated public water system.<sup>3</sup>



Public water systems are required to test the water frequently and meet state and federal drinking water standards. This helps protect the health of public water users, including sensitive populations such as children and pregnant women.<sup>4</sup>




**What to do if you have public water:** Review your water provider's annual water quality report or request a copy from your property owner. These reports can help you understand what is in your drinking water. Additionally, consider testing your water for lead, which may be present in pipes or plumbing fixtures. If you can't test your water, you can reduce exposure by flushing the cold water tap for a few minutes every morning before use and using only cold water for drinking, cooking, or making baby formula. [www.des.nh.gov/water/drinking-water/public-water-systems](http://www.des.nh.gov/water/drinking-water/public-water-systems)

Contact NHDES Drinking Water and Groundwater Bureau with questions about water quality, water sources, and water testing recommendations:

 **Call:** (603) 271-2513

 **Email:** [dwgbinfo@des.nh.gov](mailto:dwgbinfo@des.nh.gov)

 **Don't know if you have public or private water? Visit this website to look up your address and find out:** [Community Water System Service Area Boundaries | US EPA](#)

For more information about children's environmental health, visit:

[Children's Environmental Health | New Hampshire Department of Health and Human Services \(nh.gov\)](#)



Department of  
**HEALTH &  
HUMAN SERVICES**



<sup>1</sup> Private Wells | NH Department of Environmental Services

<sup>2</sup> NH DHHS Data Portal Drinking Water

<sup>3</sup> Drinking Water | NH Department of Environmental Services

<sup>4</sup> America's Children and The Environment (epa.gov)