

## What should I do if there is nitrate in my well water?

**Do not drink the water if the nitrate level is higher than 10 mg/L.** Nitrate levels below 10mg/L are considered safe.



### Do not boil your water.

Boiling your water will increase the amount of nitrate in the water.

## Additional resources

**Free nitrate tests** are available to certain homes in the Lower Yakima Valley.



Call 1-866-886-7117 or scan the QR code below for more information.



If your well water has more than 10 mg/L of nitrate, use bottled water for:



- Drinking
- Baby formula
- Cooking
- Washing fruits and vegetables
- Brushing teeth

To learn more about nitrate, visit:  
[www.YakimaHealthDistrict.org/Nitrate](http://www.YakimaHealthDistrict.org/Nitrate)

# Nitrate in Drinking Water

## Questions & Answers for Private Well Users



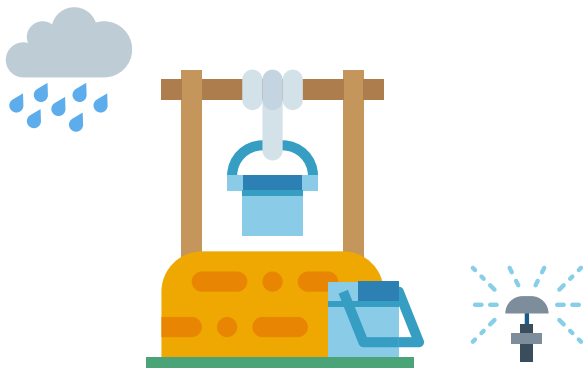
## What is nitrate?

A chemical that can be found in fertilizers, manure, agricultural runoff, and liquid waste discharged from septic tanks.



## How does nitrate get into well water?

Rainwater or irrigation water can carry nitrate through the soil into groundwater.



Your well water may contain nitrate if it is drawn from this contaminated groundwater.

## How does nitrate affect health?

Drinking high levels of nitrate can make it harder for your blood to carry the oxygen your body needs.



Infants and pregnant women are at higher risk of health effects from nitrate. Infants can develop a serious health condition called “blue baby syndrome”, due to a lack of oxygen.



Other high risk adults include those with:

- Anemia
- Low stomach acid levels
- Heart or lung disease
- Acidosis or sepsis

## How can I tell if my well water has nitrate?

The only way to know is to test your water. Certified labs may charge between \$25-\$50 for nitrate tests.



## How often should I test my well?

You should test your well water at least once a year.



If your nitrate test shows 5 mg/L or higher, consider testing your water again in 6 months to monitor potential increases in nitrate levels.