



Nitrate in Well Water

**Do not drink water with nitrate levels above 10 mg/L.
Do not boil your water! This will increase the amount of nitrate in the water.**

Alternative Water Sources

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



Drinking and ice



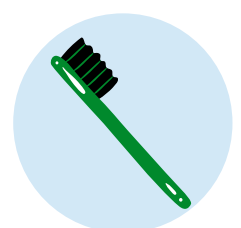
Cooking



Baby formula



Washing produce



Brushing teeth

Nitrate does not easily absorb through the skin, so it is safe to use your well water for bathing and laundry. Nitrate levels up to 40mg/L are considered safe for pets and livestock.

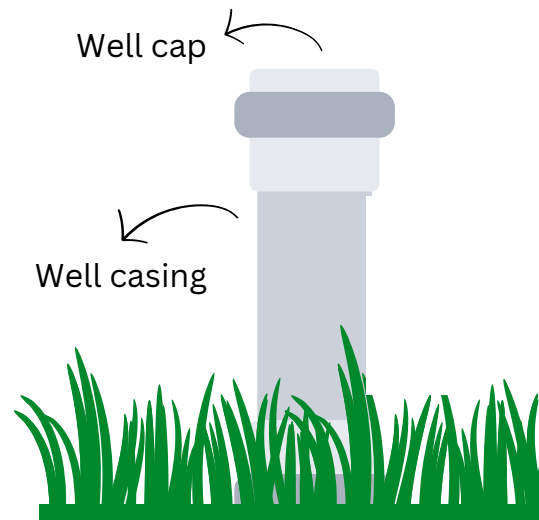
Identify Potential Sources of Contamination

Inspect the area around your well and make sure animal pens, compost, septic systems, or agricultural chemicals are at least 100 feet away from the well.

Contaminants are more likely to enter damaged wells. Check your well for any damages on the well casing or well cap.

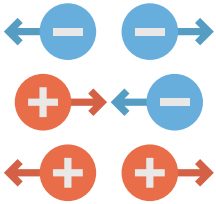
If you see any problems, contact a licensed well professional for repairs.

While drilling a new or deeper well can be an option, it may not guarantee better water quality. Check local well drilling rules or talk to a certified well driller for more information.



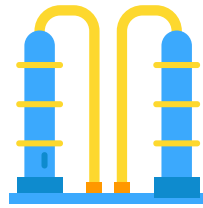
Consider Installing a Water Treatment System

There are three types of treatment systems that can remove nitrate from water.



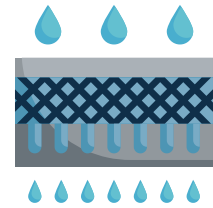
Ion Exchange

Ion exchange works like a magnet, attracting and removing unwanted substances, such as minerals and contaminants.



Distillation

Distillation purifies water by heating it to make steam, leaving impurities behind, and then cooling the steam back into clean water.



Reverse Osmosis

Reverse osmosis uses a fine filter to block impurities and contaminants, allowing only pure water to pass through.

For more information about each treatment system, contact a water treatment expert and consider the following factors:

- **Certified Systems:** Choose a system that is certified by the National Sanitation Foundation (NSF). This means it meets strict standards for removing nitrate in your water.
- **One Faucet or Whole House Treatment:** Consider whether you want to treat water at a single faucet using a Point of Use (POU) system or treat all of the water in your home with a Point of Entry (POE) system.
- **Maintenance:** Treatment systems need to be properly maintained to remain effective over time. Understand the maintenance needs of each system such as changing filters, cleaning, and waste disposal.
- **Costs:** Consider the total cost, including installation, energy costs, and ongoing maintenance.



Test Your Well Water

Continue to test your water for nitrate, even if you install a treatment system.

Regular testing ensures your water remains safe. Testing is recommended every year or seasonally if nitrate levels are greater than 5mg/L.