HEALTH DISTRICT CONTACT INFORMATION

Panhandle Health District
208-415-5200
www.phd1.idaho.gov
(serving Benewah, Bonner, Boundary, Kootenai, and Shoshone counties)

North Central Health District
208-799-3100
www.idahopublichealth.com
(serving Clearwater, Idaho, Latah, Lewis, and Nez Perce counties)

Southwest District Health
208-455-5400
www.publichealthidaho.com
(serving Adams, Canyon, Gem, Owyhee, Payette, and Washington counties)

Central District Health
208-375-5211
www.cdhd.idaho.gov
(serving Ada, Boise, Elmore and Valley counties)

South Central Public Health District
208-737-5900
www.phd5.idaho.gov
(serving Blaine, Camas, Cassia, Gooding, Jerome, Lincoln, Minidoka, and Twin Falls counties)

Southeastern Idaho Public Health
208-233-9080
www.sdhdidaho.org
(serving Bannock, Bear Lake, Bingham, Butte, Caribou, Franklin, Oneida, and Power counties)

Eastern Idaho Public Health District
208-522-0310
www.phd7.idaho.gov
(serving Bonneville, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, and Teton counties)

IDAHO DEPARTMENT OF HEALTH AND WELFARE

Bureau of Community and Environmental Health
1-866-240-3553
bceh@dhw.idaho.gov

Idaho Bureau of Laboratories
208-334-2235
statelab@dhw.idaho.gov
www.statelab.idaho.gov

NSF INTERNATIONAL

Consumer Hotline 1-800-673-8010
www.nsf.org

SUGGESTED TESTING SCHEDULE

The table below shows how often you should test your well for contaminants.

Contaminants	How often should I test?
Arsenic Uranium Fluoride	Once every 3 to 5 years
Bacteria Nitrates	Once a Year

ARSENIC

IN YOUR WELL WATER

IDAHO DEPARTMENT OF HEALTH & WELFARE

Private wells can provide a clean, safe source of water if they are properly located, built, and maintained. However, naturally occurring contaminants such as arsenic, fluoride, and uranium in the rocks and soil near your well can contaminate the well water. As a private well owner, it is your responsibility to make sure that your water is safe to use by testing for contaminants. This brochure provides information on arsenic and helps you understand the possible health effects of drinking arsenic contaminated water.

WHAT IS ARSENIC?

Arsenic is a naturally-occurring semi-metal found in the environment. You can't taste or smell arsenic. It can enter well water from natural deposits or from agricultural and industrial sources.

Arsenic in water may be in two forms: arsenic 3 or arsenic 5. Arsenic 3 is more toxic and is more difficult to remove from water.

WHAT ARE THE HEALTH CONCERNS?

Arsenic is known to cause cancer. Drinking water with high levels of arsenic over a long period of time may cause:

- Lung Cancer
- Bladder Cancer
- Skin Cancer
- Liver Cancer

People can also experience non-cancer health effects from drinking water with arsenic. The possible health effects of arsenic vary depending on the person, level of exposure, and amount of time exposed. Health effects of drinking low levels of arsenic in water may include:

- Upset stomach
- Decrease in white blood cells that help fight disease
- Abnormal heart rhythm
- A feeling of 'pins and needles' in the hands and feet
- Darkening of the skin and the appearance of corns or warts on the body

TESTING FREQUENCY AND TREATMENT LEVEL

Contaminant	When to Test	When to Treat
Arsenic	Once every 3 to 5 years	If 0.01 mg/L or higher

mg/L = milligrams per liter of water

WHAT CAN I DO TO REMOVE ARSENIC FROM MY WATER?

NSF International certified treatment devices such as reverse osmosis, distillation, and carbon block filters can be used for removing arsenic. Arsenic levels at 0.01 mg/L or higher should be removed from your water as soon as possible. If your total arsenic test result is higher than 0.01 mg/L, ask the lab to determine the level of arsenic 3.The amount and type of arsenic in your water will determine the type of treatment you should use. To decide the best method of removing arsenic from your water call the NSF International Consumer Hotline at 1-800-673-8010.

Until you can install a treatment device, the EPA recommends using another source of water, such as bottled water, for drinking and cooking.
Note: Boiling water will not remove arsenic

WHAT CAN I DO TO MAINTAIN MY WATER SYSTEM?

If you install a treatment device, follow the manufacturer's suggested maintenance schedule to be sure your water is safe.

Also, your well should be maintained to keep it in good working order. To help keep track of well maintenance, it is recommended that you create and maintain a "system maintenance log." The log should include the location of the well, construction and contractor details, as well as results of any water tests. A copy of a log is available by calling the Idaho Department of Health and Welfare at 1-866-240-3553.

For questions about your well water, contact your local public health district (numbers are located on the back of this brochure).