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

If the nitrate level is higher than 10 mg/L, do not drink the water.



Have more questions?

Call **509-249-6508** or visit YakimaHealthDistrict.org/Nitrate



Nitrate in Drinking Water

Questions & Answers for Private Well Users

Use bottled water for drinking, cooking, and preparing baby formula.



For information on how to test your well, call the following labs:

- **Cascade Analytical**
1008 W Ahtanum, Yakima, WA 98903
(509) 452-7707
- **Valley Environmental Laboratory**
201 E. 'D' St., Yakima, WA 98901
(509) 575-3999
- **Ag Health Laboratories**
445 Barnard Blvd.
Sunnyside, WA 98944
(509) 836-2020

Do not boil your water.

Boiling your water may increase the concentration of nitrate in the water.



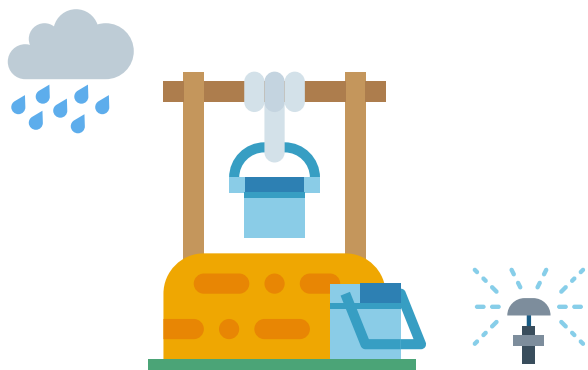
What is nitrate?

Nitrate is a chemical found in most fertilizers, manure, and human 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 groundwater.

How does nitrate affect health?

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



Infants who drink high levels of nitrate may develop a serious health condition called **blue baby syndrome** due to the lack of oxygen.



People with the following conditions may also be susceptible to health problems from nitrate:

- People who are or may become pregnant
- People with certain blood disorders
- People who don't have enough stomach acids

How can I tell if my well water has nitrate?

The only way to know if your well water has nitrate is to test it. Most certified labs charge \$40 to \$55 for nitrate tests.



How often should I test my well?

It is recommended you test your well water at least once a year.



If your nitrate test results are 5 mg/L or higher, you should test your water quarterly for at least a year to determine if levels are increase or vary seasonally.