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

Do not drink the water with nitrate level above 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.

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



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

Have more questions?

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



Certified drinking water testing labs:

- **Ag Health Laboratories**
609 Franklin Ave
Sunnyside, WA 98944
509) 836-2020
- **Eurofins**
1008 W Ahtanum Rd Suite # 9
Union Gap, WA 98903
509-490-4385
- **Anatek Labs**
4802 Tieton Dr.
Yakima, WA 98908
(509) 225-9404
- **Lab Test**
201 E. 'D' St.
Yakima, WA 98901
(509) 575-3999

Nitrate in Drinking Water

Questions & Answers for Private Well Users



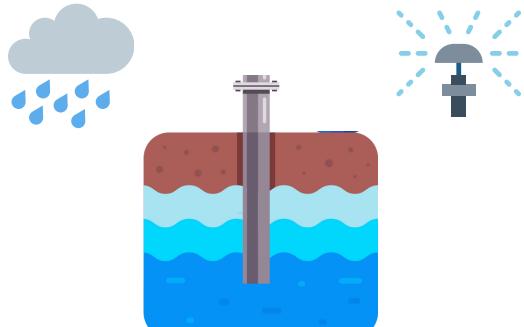
What is nitrate?

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

How can I tell if my well water has nitrate?

Nitrate has no taste, color or odor. The only way to know if it is in your well is to have your water tested.



How often should I test my well?

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



If your water has more than 5 mg/L of nitrate, consider retesting it in 6 months to monitor its nitrate level.