Do Not Drink Your Water

Use Only Bottled Water Until Further Notice

Failure to follow this advisory could result in serious illness

Test Result: _____ mg/L

Nitrate in your well was found to exceed the drinking water standard of 10 mg/L established for safe drinking water.

- **Pregnant women are at increased risk** for potential health effects and should not drink water with high levels of nitrate. Drinking water with high nitrate levels may also cause serious complications in pregnancy.
- **Do not give the water to infants.** Infant formula and other edible products should be prepared with bottled water or other water with low levels of nitrate. Infants are at increased risk to become seriously ill or even death from consumption of high levels of nitrate.
- **Do not boil your water.** Boiling your water may increase nitrate levels

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This notification was provided by:

APN	County
Coalition	Member ID
Name *(of Landowner/Member)*	Contact Phone #
Signature	Date

- ☐ No one drinks or cooks with this well water.
- ☐ Notification has been provided to the user(s) or appropriate landowner(s).
- ☐ Replacement water has been provided to the user(s).

Please submit a signed copy of this notification to the **Central Valley Water Board***:*

Fresno Office:
1685 “E” Street
Fresno, CA 93706
☎ (559) 445-6188
Email: ryan.west@waterboards.ca.gov

Nitrate Fact Sheet

What is nitrate?

Nitrate can occur naturally in surface and groundwater at levels that do not cause health problems. However, levels of nitrate in excess of the standard drinking water are dangerous, especially for infants and pregnant women. Nitrate contamination in groundwater is generally associated with septic systems, confined animal feeding operations, or fertilizer use.

What health concerns are associated with nitrate in drinking water?

High nitrate levels can interfere with the ability of red blood cells to carry oxygen to the tissues of the body, producing a condition called methemoglobinemia. This is of greatest concern in infants; clinical effects on infants ingesting high levels of nitrate are often referred to as the "blue baby syndrome." Symptoms include shortness of breath and blueness in the skin. Symptoms in infants can develop rapidly, with health deteriorating over a period of days. If symptoms occur, seek medical attention immediately. High nitrate levels may also reduce the oxygen-carrying ability of the blood in pregnant women and increase the risks for complication in their pregnancies.

What can consumers do to reduce exposure to nitrate in drinking water?

Use bottled water until an appropriate treatment system is in place.
Drinking water may be treated to remove nitrate. Home filters such as Brita filters do not remove nitrate from drinking water, but other systems can be used to remove nitrate. Please consult the State Water Board's residential water treatment approved list.
<www.waterboards.ca.gov/drinking_water/certlic/device/Documents/wtd2017/76Registered%20Models%20for%20Nitrate%20listing%20081117_WITH%20LINKS%20TO%20PDS.pdf>

Boiling water is not a solution, as it can concentrate the nitrate level.

Do not make infant formula with drinking water that contains nitrate levels above 10 mg/L.

Can nitrate-contaminated water be used to bathe babies and children?

Yes. Babies and children can be bathed in water with high levels of nitrate. Showers may also be taken. Nitrate is only a concern for ingestion (eating and drinking). Nitrate is not absorbed through your skin. People who install filter systems for nitrate often install them just for their kitchen sink faucet, because they use that faucet for their cooking and drinking water.

Can nitrate-contaminated water be used to wash fruits and vegetables before they are eaten?

Generally, fruits and vegetables can be washed with water with high nitrate levels. The amount of water used for this purpose is small, and if the fruits and vegetables are wiped or blotted dry after washing, there should be no health risk. The water should not be used for cooking.

For more information

Visit the Central Valley Water Board's Drinking Water Well webpage.
<www.waterboards.ca.gov/centralvalley/water_issues/irrigated_lands/drinking_water/>

Or, for more information about nitrate in wells used for drinking water, visit the Groundwater Information Sheet regarding Nitrate online.
<www.waterboards.ca.gov/gama/docs/coc_nitrate.pdf>