

Fluoride Testing

The right amount of fluoride in water can help prevent tooth decay. Based on CDC recommendations, the ideal level of fluoride in drinking water is 0.7mg/L. Union County Environmental Health offers a reduced-rate fluoride test with a physician's written referral.

SPECIAL ACTIVITIES THAT MAY REQUIRE ADDITIONAL TESTING

- If you replace or repair any part of your well system.
- If you experience problems with your well such as flooding or have waste disposal, agricultural or construction activities nearby.
- If you notice a change in water quantity or quality (i.e., taste, color, odor).



UNIONCOUNTY
ENVIRONMENTAL HEALTH

How can I test for these contaminants?

For more information, contact
Union County Environmental Health:

unioncountync.gov/wells

T 704.283.3553

E unioncountyeh@unioncountync.gov



Safe Drinking Water for Your Baby

Does your drinking water come from a private well?

If you are pregnant or have a baby at home, you should get your well water tested for unsafe pollutants. Babies are at a greater risk of harm from water contaminants.



Babies drink more water for their size than older children and adults. Babies developing brains and organs can be damaged more easily and their bodies are not very good at getting rid of harmful substances.

In addition, some contaminants can pass from mother to baby during pregnancy. It is important to test the water from a private well that you use for drinking or preparing baby formula.



Contaminants & The Frequency You Should Be Testing Them

NITRATES EVERY TWO YEARS

High levels of nitrates can cause "Blue Baby Syndrome," which affects oxygen transpiration in the blood and can cause babies to turn blue.

COLIFORM BACTERIA EVERY YEAR

Coliform bacteria can indicate that other infectious bacteria, viruses or parasites may be in your well water.

LEAD EVERY TWO YEARS

Lead can slow development and cause learning, behavior, or hearing problems for children.

MANGANESE EVERY TWO YEARS

High levels of manganese can cause problems with memory, attention and motor skills.

ARSENIC EVERY TWO YEARS

High levels of arsenic can contribute to reduced intelligence in children and increased risk of cancer, diabetes and heart disease.

Reduce Potential Exposure to Lead in Your Drinking Water

✔ **RUN YOUR TAP**

If your water has been unused for more than six hours, let the water run for 30 seconds from the tap before using it for drinking or cooking.

✔ **USE COLD TAP WATER**

Hot water more easily dissolves lead from plumbing pipes and fixtures, which can increase levels of lead in the water. Always use cold tap water for drinking, cooking and making baby formula. Boiling water does not get rid of lead.

✔ **CLEAN YOUR FAUCET SCREENS**

Periodically, take off faucet strainers from all taps and run the water for 3 to 5 minutes to avoid lead build-up.