**Your tap water is contaminated with nitrate. Nitrate can cause serious illness for infants less than 12 months old, pregnant women, and other susceptible individuals. Do not use the water to make formula or juice for infants.**

**What’s the problem?**

The Water System, ID # , in County, received drinking water sample results on \_\_\_\_\_\_\_\_\_\_\_\_\_ showing nitrate levels of\_\_\_\_\_\_\_\_\_ parts per million (ppm). This level is above the 10 ppm nitrate standard, or Maximum Contaminant Level (MCL), allowed by State Board of Health regulations.

Nitrate in drinking water can come from natural, industrial, or agricultural sources (including septic systems and run-off). Levels of nitrate in drinking water can vary throughout the year. Most household water filtration systems will not remove nitrate.

The main risk is to infants less than 12 months old who could become seriously ill and, if untreated, may die. Symptoms include shortness of breath and “blue baby syndrome,” indicated by blueness of the skin. Symptoms in infants can develop rapidly, with health deteriorating over a period of days. Other susceptible individuals include pregnant women and people with certain blood disorders. These individuals may wish to consult their doctor regarding risk of consuming high-nitrate water. Susceptible individuals should use an alternative source of drinking water until further notice.

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| **Do’s** | **Don’ts** |
| * Adults (except pregnant women) and children older than 12 months can drink the tap water. Nitrate is a problem for infants less than 12 months old because they can't process nitrate as well as adults can.
* If an infant shows signs of “blue baby syndrome” (bluish skin, shortness of breath) **get medical attention immediately.**
* Share this information with others who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools, and businesses). You can post this notice in a public place, mail it, or hand deliver copies.
* **If you have blood enzyme disorders** that affect your ability to convert methemoglobin to hemoglobin, use another source of water until further notice (glucose-6-phosphate dehydrogenase (G6PD) or cytochrome b5 reductase deficiencies).
 | * Don’t give the water to infants under 12 months old.
* Don’t use the water to make formula or juice for infants under 12 months old.
* **If you are pregnant** or think you may be, don’t drink the water or eat food prepared with it.
* **Don’t try to make the water okay by boiling it.** Boiling, freezing, filtering, or letting water stand does not reduce nitrate levels. Excessive boiling can even make the nitrate more concentrated, because it stays behind as water evaporates.
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**What’s being done?**

Your water system is taking these corrective actions:

For more information, please contact \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at ( ) \_\_\_-\_\_\_\_\_ or email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

This notice is sent to you by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Water System on \_\_\_/\_\_\_/\_\_\_\_