



# Drinking Water and Health



## 1. Drinking Water in Nebraska

Did you know, water from private wells is not required to be tested or treated? Therefore, the only way to know if your water is safe to drink is to test to find out for yourself.

## 2. Common Water Contaminants

Throughout much of Nebraska, water monitoring shows several harmful contaminants. The most common contaminant is nitrate- related to nitrogen fertilizer use.

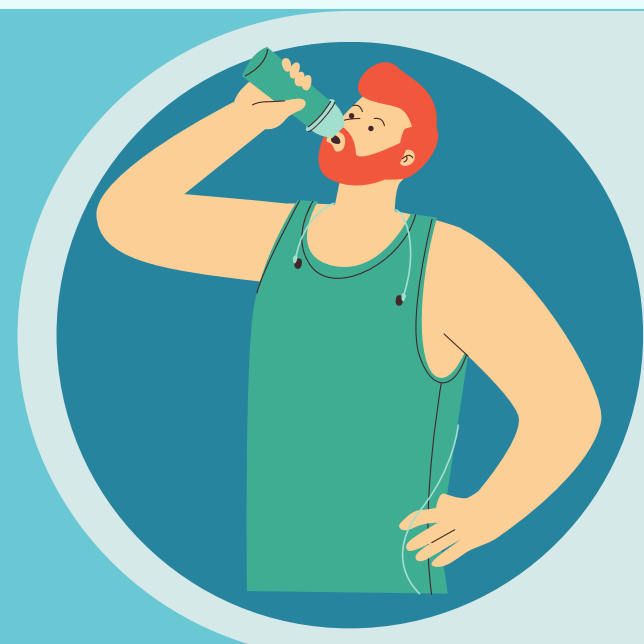


## 3. Lifetime Health Impacts

There are known health impacts for drinking nitrate contaminated water. The strongest linked are: blue baby syndrome, preterm birth issues, birth defects, pediatric cancers and adult cancers.

## 4. Who is the Most at Risk?

The most vulnerable populations are pregnant women and their fetuses, young infants, children, and people with oxygen transport/delivery conditions.



## 5. Test Your Well Water!

The only way to be sure of what is in your drinking water is to test it! The recommended way to test is to order a testing kit from an official Nebraska lab. After knowing what's in your water, you can begin building a treatment plan if necessary.

