

# DRINKING WATER WARNING

[Water System Name] water has high levels of nitrate -

## DO NOT GIVE THE WATER TO INFANTS UNDER 6 MONTHS OLD OR USE IT TO MAKE INFANT FORMULA

On [give date], we received notice that the sample collected on [give date] showed a nitrate level of [level] milligrams per liter (mg/L). This level is above the nitrate standard, or maximum contaminant level (MCL), of 10 mg/L. Nitrate in drinking water is a serious health concern for infants less than six months old.

### What should I do? What does this mean?

**DO NOT GIVE THE WATER TO INFANTS.** *\*Infants below the age of six months who drink water containing nitrate in excess of the MCL could become seriously ill and, if untreated, may die. Symptoms include shortness of breath and blue baby syndrome.\** Blue baby syndrome is indicated by blueness of the skin. Symptoms in infants can develop rapidly, with health deteriorating over a period of days. If symptoms occur, seek medical attention immediately.

Water, juice, and formula for children under six months of age should not be prepared with tap water. Bottled water or other water low in nitrates should be used for infants until further notice.

**DO NOT BOIL THE WATER.** Boiling, freezing, filtering, or letting water stand does not reduce the nitrate level. Excessive boiling can make the nitrates more concentrated because nitrates remain behind when the water evaporates.

Adults and children older than six months can drink the tap water (nitrate is a concern for infants because they cannot process nitrates in the same way adults can). However, if you are pregnant or have specific health concerns, you may wish to consult your doctor.

### What is being done?

[Describe corrective action and when system expects to return to compliance.]

For more information, please contact [name of contact] at [phone number] or [mailing address].

*\*Please share this information with all the other people 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 do this by posting this notice in a public place or distributing copies by hand or mail.\**

This notice is being sent to you by [water system name]. State Water System ID#: 41- [5-digit water system number]

Date distributed: [date].