# [DATE]

# DRINKING WATER WARNING

[SYstem’s] water has high levels of Nitrate

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

Water sample results analyzed on [DATE] and [DATE], showed nitrate levels of \_\_\_\_mg/L. This is above the nitrate maximum contaminant level (MCL) of 10 mg/L. **Nitrate in drinking water is a serious health concern for infants younger than six (6) months of age.**

## What should I do?

* **DO NOT GIVE THE WATER TO INFANTS**. Infants under the age of six (6) 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.
* Use an alternative source of water such as bottled water to prepare drinking water, juice, and formula for children under six (6) months of age until further notice.
* If you are pregnant or nursing children under 6 months of age, use an alternate source of water such as bottled water.
* **DO NOT BOIL THE WATER**. Boiling, freezing, filtering, or letting water stand does not reduce the nitrate level. Boiling can make the nitrate more concentrated, because nitrates remain behind when the water evaporates.
* Other adults and children older than six months can drink the tap water.

## What may be the health effects?

* Blue baby syndrome (methemoglobinemia) can cause the skin the turn a bluish color and can result in serious illness or death. Other symptoms connected to blue baby syndrome include decreased blood pressure, increased heart rate, headaches, stomach cramps, and vomiting. Symptoms in infants can develop rapidly, with health deteriorating over a period of days. If symptoms occur, seek medical attention immediately.
* For more information, visit [Nitrate in Drinking Water (https://www.health.state.mn.us/communities/environment/water/contaminants/nitrate.html#HealthEffects](https://www.health.state.mn.us/communities/environment/water/contaminants/nitrate.html#HealthEffects)).

## What happened?

Nitrate can come from natural, industrial, or agricultural sources (including septic systems, storm water run-off, amd fertilizers). Levels of nitrate can vary throughout the year. [System provides additional information]. The affected area includes: [include geographical description, street boundaries, etc.]

## What are we doing?

We will let you know when the amount of nitrate in the [system name] water supply is safely below the maximum contaminant level. We expect nitrate levels to go down within [estimated time]. [Describe any additional corrective action, seasonal flucuations, etc*.*]

**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.**

## For more information

Please contact [system contact] at [phone number].

This notice is being sent to you by [system]. Public Water System ID #\_\_\_\_