If you have a private well,
the Office of Environmental Health recommends that all private wells be tested at least once per year for total coliform bacteria and nitrates. You should test your well for arsenic, fluoride, and uranium every five years.

In addition to the schedule above, test your well when:
- There are known problems with well water in your area.
- You have experienced problems near your well (flooding, wildfires, land disturbances, nearby waste disposal sites).
- You notice a change in water quality (taste, color, odor).
- If anyone in your family has an unexplained illness.

Independent laboratories can test the water from your private well. For a list of current laboratories certified for testing water samples:

Visit [http://azhealth.gov/labs4h2o](http://azhealth.gov/labs4h2o)
Or call (602) 364-0720

**Office of Environmental Health**
150 N 18th Avenue, Suite 140
Phoenix, AZ 85007
Phone: (602) 364-3118
Fax: (602) 364-3146
Toll Free: (800) 367-6412

[www.azhealth.gov](http://www.azhealth.gov)
Arsenic is a naturally occurring metal in soils. Drinking water with too much arsenic can cause health problems.

How can arsenic affect me and my family?
Arsenic in small amounts, taken over many years, can cause certain cancers. Skin cancer is the most common. Exposure to arsenic can increase your risk of developing cancer or other health outcomes.

Health Effects of Arsenic Exposure
Possible health effects from low levels:
- Nausea, vomiting, decreased red and white blood cells levels, damage to blood vessels, “pins and needles” sensation
Possible health effects from high levels:
- Skin cancer, liver cancer, bladder cancer, lung cancer, and possibly death.

How can arsenic be removed from the water?
Arsenic can be removed from the water by several methods, but the most common method for household use is by a reverse osmosis filtration system.

How much arsenic is too much arsenic?
The Office of Environmental Health has developed a simple method to determine if the arsenic levels are too high, using a color code. In public water systems, 10 ppb is the maximum level arsenic may be present.

Units:
- ppb is parts per billion
- mg/L is milligrams per liter

In Arizona, arsenic is present in almost all groundwater supplies. Because private wells are the primary source of water for rural residents of Arizona, it is important to make sure the water is safe to drink.

The Office of Environmental Health (OEH) recommends testing all new wells for 3 metals: arsenic, lead, and uranium, as well as fluoride, nitrates, and bacteria, before the water is used for drinking or cooking purposes.

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