HEALTH DISTRICT CONTACT INFORMATION

Panhandle Health District
208-415-5200
www.phd1.idaho.gov
(serving Benewah, Bonner, Boundary, Kootenai, and Shoshone counties)

North Central Health District
208-799-3100
www.idahopublichealth.com
(serving Clearwater, Idaho, Latah, Lewis, and Nez Perce counties)

Southwest District Health
208-455-5400
www.publichealthidaho.com
(serving Adams, Canyon, Gem, Owyhee, Payette, and Washington counties)

Central District Health
208-375-5211
www.cdhd.idaho.gov
(serving Ada, Boise, Elmore and Valley counties)

South Central Public Health District
208-737-5900
www.phd5.idaho.gov
(serving Blaine, Camas, Cassia, Gooding, Jerome, Lincoln, Minidoka, and Twin Falls counties)

Southeastern District Health
208-233-9080
www.sdhdidaho.org
(serving Bannock, Bear Lake, Bingham, Butte, Caribou, Franklin, Oneida, and Power counties)

Eastern Idaho Public Health District
208-522-0310
www2.state.id.us/phd7
(serving Bonneville, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, and Teton counties)

IDAHO DEPARTMENT OF HEALTH AND WELFARE
Bureau of Community and Environmental Health
1-866-240-3553
bceh@dhw.idaho.gov

Idaho Bureau of Laboratories
208-334-2235
statelab@dhw.idaho.gov
www.statelab.idaho.gov

NSF INTERNATIONAL
Consumer Hotline 1-800-673-8010
www.nsf.org

SUGGESTED TESTING SCHEDULE

The table below shows how often you should test your well for contaminants.

<table>
<thead>
<tr>
<th>Contaminants</th>
<th>How often should I test?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arsenic</td>
<td>Once every 3 to 5 years</td>
</tr>
<tr>
<td>Uranium</td>
<td></td>
</tr>
<tr>
<td>Fluoride</td>
<td></td>
</tr>
<tr>
<td>Bacteria</td>
<td>Once a Year</td>
</tr>
<tr>
<td>Nitrate</td>
<td></td>
</tr>
</tbody>
</table>
Private wells can provide a clean, safe source of water if they are properly located, built, and maintained. As a private well owner, it is your responsibility to make sure that your water is safe to use by testing for contaminants. This brochure provides information on iron and helps you understand the possible problems you may encounter with high levels of iron in your drinking water.

WHAT IS IRON?
Iron is a mineral that is naturally-occurring. Our bodies need iron for many bodily functions. For example, iron is needed in blood to carry oxygen from our lungs to the rest of the body.

WHAT ARE THE FORMS OF IRON?
The forms of iron are soluble, insoluble, and organic. **Soluble iron**, also known as “clear water,” causes reddish brown particles that will settle at the bottom of a glass of water. **Insoluble iron**, also known as “red water,” gives water a rusty, red or yellow color. **Organic iron** is formed from organic acid and iron and is typically yellow or brown in color, but it can be clear. There are also organisms that eat iron known as iron bacteria. **Iron bacteria** create a “biofilm” that is a red or brown slime (typically the slime is in the toilet tank and in plumbing materials) and can make an iron problem even worse.

WHAT CAN I DO TO REMOVE IRON FROM MY WATER?
The form of iron you have will determine the type of treatment that you use. Currently, there are no NSF International certified treatment devices for iron; however, there are methods than can be used to reduce the amount of iron in your water. Soluble and organic iron can be treated with methods such as a water softener, ozonation or various types of filtration. Methods such as oxidation and filtration can be used to remove insoluble iron from water. Iron bacteria is typically treated by shock chlorination. To determine the best method for removing iron from your well, call the NSF International Consumer Hotline at 1-800-673-8010.

WHAT CAN I DO TO MAINTAIN MY WATER SYSTEM?
If you install a treatment device, follow the manufacturer’s suggested maintenance schedule to be sure your water is safe.

Also, your well should be maintained to keep it in good working order. To help keep track of well maintenance, it is recommended that you create and maintain a "system maintenance log." The log should include the location of the well, construction and contractor details, as well as results of any water tests. A copy of a log is available by calling the Idaho Department of Health and Welfare at 1-866-240-3553.

For questions about your well water, contact your local public health district (numbers are located on the back of this brochure).