**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 Fluoride</td>
<td></td>
</tr>
<tr>
<td>Bacteria Nitrate</td>
<td>Once a Year</td>
</tr>
</tbody>
</table>

**IN YOUR WELL WATER**

**URANIUM**

**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
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.

WHAT IS URANIUM?

Uranium is a naturally-occurring, mildly-radioactive compound that is commonly found in rocks, soil, and water. Uranium in well water is caused by uranium in the rock where the well is drilled or by mining and refining processes that contaminate the well water.

WHAT ARE THE HEALTH CONCERNS?

The greatest health risk from drinking uranium is damage to the kidneys. Although this can be a problem for adults, this is more a concern for young children because they eat and drink more per pound of body weight than an adult and their bodies are still developing. Fortunately, the damage can be reversed. Once exposure to uranium has stopped the kidneys can repair themselves. There is no evidence that drinking water with uranium alone will cause cancer.

TESTING FREQUENCY AND TREATMENT LEVEL

<table>
<thead>
<tr>
<th>Contaminant</th>
<th>When to Test</th>
<th>When to Treat Drinking Water</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uranium</td>
<td>Once every 3 to 5 years</td>
<td>If 30 µg/L or higher</td>
</tr>
</tbody>
</table>

µg/L = micrograms per liter of water

WHAT CAN I DO TO REMOVE URANIUM FROM MY WATER?

NSF International certified treatment devices such as reverse osmosis and ion exchange systems can be used to remove uranium from water. To determine the best method of removing uranium from your water, call the NSF International Consumer Hotline at 1-800-673-8010.

Note: Boiling water will not remove uranium.