Private wells can provide a clean, safe source of water if they are properly located, built, and maintained. However, naturally occurring contaminants such as arsenic, fluoride, and uranium in the rocks and soil near your well can contaminate your well water. 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 fluoride and helps you understand your test results.

WHAT IS FLUORIDE?
Fluoride is a naturally-occurring compound that comes from fluorite mineral deposits found in rocks and soil. Fluoride can also be found in water that passes through rocks and soil that contain fluoride.

WHAT DO MY FLUORIDE LEVELS MEAN?
The chart below shows levels of fluoride in water and the amount of time an individual would need to drink that level of fluoride in order to experience the possible health effects.

<table>
<thead>
<tr>
<th>Approximate Level of Fluoride</th>
<th>Amount of Time</th>
<th>Possible Health Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between 0.7 - 1 mg/L</td>
<td>Lifetime</td>
<td>Best amount for good health</td>
</tr>
<tr>
<td>More than 2 mg/L</td>
<td>1 year or more</td>
<td>Chance of teeth staining (dental fluorosis)</td>
</tr>
<tr>
<td>More than 4 mg/L</td>
<td>More than 20 years</td>
<td>Increased risk of broken bones</td>
</tr>
<tr>
<td>More than 5 mg/L</td>
<td>More than 20 years</td>
<td>Chance of pain and tenderness in joints and bones (skeletal fluorosis)</td>
</tr>
</tbody>
</table>

WHAT CAN I DO TO REDUCE THE FLUORIDE IN MY WATER?
Installing a NSF International certified treatment device can reduce the levels of fluoride in your water. Installing a reverse osmosis system can lower the amount of fluoride in your water by filtering it. Reverse osmosis systems that install under your kitchen sink cost between $150 and $400 and can be purchased at local hardware stores. Until you can install a treatment device, the EPA recommends using another source of water, such as bottled water, for drinking and cooking.

Note: Boiling water will not remove fluoride.
WHAT CAN I DO TO MAINTAIN MY WATER SYSTEM?

If you install a reverse osmosis system, 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.

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>Once a Year</td>
</tr>
<tr>
<td>Bacteria</td>
<td></td>
</tr>
<tr>
<td>Nitrates</td>
<td></td>
</tr>
</tbody>
</table>

**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 Idaho Public Health  
208-233-9080  
www.sdhidaho.org  
(serving Bannock, Bear Lake, Bingham, Butte, Caribou, Franklin, Oneida, and Power counties)

Eastern Idaho Public Health District  
208-522-0310  
www.phd7.idaho.gov  
(serving Bonneville, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, and Teton counties)

**IDAHO DEPARTMENT OF WATER RESOURCES**

Licensed Well Drillers  
www.idwr.idaho.gov/apps/well/licensedwelldrillers/

Ground Water Protection Section  
Boise: 208-287-4800  
www.idwr.idaho.gov

Northern Region, Coeur d’Alene: 208-769-1450

Eastern Region, Idaho Falls: 208-525-7161

Southern Region, Twin Falls: 208-736-3033

Western Region, Boise: 208-334-2190

**IDAHO DEPARTMENT OF AGRICULTURE**

Water Program  
Boise Office 208-332-8597  
www.agri.state.id.us

**IDAHO DEPARTMENT OF HEALTH AND WELFARE**

Bureau of Community and Environmental Health  
1-866-240-3553  
www.healthandwelfare.idaho.gov  
bceh@dhw.idaho.gov

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

**NSF INTERNATIONAL**

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