



Prescriptions for PREVENTION



Guidance from the Western States
Pediatric Environmental Health Specialty Unit

Arsenic



Did you know?

Arsenic that may be harmful to children can be found in drinking water, some baby foods including rice and some juices, and older pressure treated wood. Inorganic arsenic is recognized as a carcinogen linked to lung, bladder, and skin cancer.



Do

- ✓ Eat a **well-balanced diet** of fruits, vegetables, and a variety of grains (other than rice) whenever possible.
- ✓ Eat a diet low in **rice-based ingredients** – when choosing rice, white rice is lower in arsenic than brown.
- ✓ Test for high levels of arsenic if you use **well water**.
- ✓ All public water supplies are required to provide an annual **Consumer Confidence Report** on water quality. **Read** your local report and determine if arsenic levels are too high (**exceeding 10 ppb**).
- ✓ If arsenic is present at a high level in your water, treat your water with a home water distiller, or a reverse osmosis filter to remove arsenic.



Don't

- ✗ Don't boil water to try to remove arsenic.
- ✗ Don't use untested private well water or water with high levels of arsenic to dilute infant formula or make baby food.
- ✗ For pregnant people or people trying to get pregnant:
 - Don't drink water with high levels of arsenic or use it to prepare foods (like coffee or soup).
- ✗ Don't play in playgrounds built with arsenic contaminated (CCA-treated) wood made prior to 2004.
 - Do not grow anything for human consumption in soil under where CCA treated wood is or was previously used.



For more information, scan the code or visit
wspehsu.ucsf.edu/prescriptions-for-prevention-environmental-hazards