



Prescriptions for PREVENTION



Guidance from the Western States
Pediatric Environmental Health Specialty Unit

Water



Did you know?

Drinking water can sometimes be contaminated with many different toxic chemicals including radon, lead, nitrates, gasoline, pesticides, and PFAS. Other concerns include harmful algal blooms and bacteria or other contaminants that can make water unsafe. Extra cautions should be taken if you drink from a private well.



Do

- ✓ **Information on drinking water** can be found here: [CDC Drinking Water FAQs](#).
- ✓ **View your local drinking water report** [here](#).
- ✓ **Reliable laboratories for drinking water testing** can be found here: [US EPA Web portal](#).
- ✓ **If chemicals or toxins are in your water source**, consider using a [home water treatment system or filter](#).
- ✓ **If you use a private well:**
 - ✓ **Be sure to test** your water;
 - ✓ **Review guidance** for testing and water treatment for owners of private wells;
 - ✓ **Flooding and proximity to agriculture or livestock can pollute well water**. Use extra caution under these conditions.



Don't

- ✗ **Don't drink from untreated** or unfiltered water sources.
- ✗ **Don't swim in bodies of water** with active [algae blooms](#):
 - **State level resources** [here](#).
- ✗ **Don't store water** in or drink from plastic bottles, especially plastics with the recycle codes 3, 6 or 7.
 - **Choose glass or unlined metal** instead.
 - **If you must buy bottled water** in plastic bottles, discard after first use and don't reuse the bottle.
- ✗ **Don't boil water to sterilize it** unless there is a boil water order in your town. Boiling water does not effectively remove chemicals like lead and other toxic chemicals.



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