



RESIDENTIAL WATER Guidelines Fact Sheet

PARAMETERS	ACCEPTABLE LEVEL	UNITS	POTENTIAL HEALTH RISKS & ISSUES
Total Coliform Bacteria 	Absent	/100mL	Diarrhea, cramps, nausea headaches, or other symptoms. Special health risks for infants, young children, and people with severely compromised immune systems.
E. coli Bacteria 	Absent	/100mL	Diarrhea, cramps, nausea headaches, or other symptoms. Special health risks for infants, young children, and people with severely compromised immune systems.
Nitrate-N 	10	mg/L	Serious health effects for infants. Symptoms include shortness of breath and blue-baby syndrome.
Fluoride 	4.0	mg/L	Bone disease (pain and tenderness of the bones); children may get mottled teeth.
Arsenic 	0.005	mg/L	Skin damage, circulatory systems, damage, increased cancer risk.
Uranium 	30.0	ug/L	Increased risk of cancer, kidney toxicity.
Chloride 	250	mg/L	Increased risk of certain cancers.
pH 	6.5-8.5	SU	Can corrode pipes and leach metals such as lead.
Sodium 	N/A	mg/L	Increased hypertension..
Iron 	0.300	mg/L	Stomach problems, nausea, vomiting, and other issues.
Manganese 	0.050	mg/L	Black stains on fixtures and laundry; bitter taste.
Radon 	See note	pCi/L	Breathing gas increases chances of lung cancer; may increase risk of stomach, colon and bladder cancers.
Total Hardness 	N/A	mg/L	Damaging mineral buildup on fixtures and poor soap and/or detergent performance.
 Inorganic chemical  Radionuclides  Microorganism			

RADON NOTE: There is currently no legal or regulatory limit for radon in water. The EPA has a proposed limit of 4000 pCi/L. Maine and Vermont have recommended limits of 4000 pCi/L, and Massachusetts 10,000 pCi/L. New Hampshire DES recommends treatment for levels above 10,000 pCi/L, or above 2000 pCi/L if Radon in Air levels exceed 4 pCi/L. More information at www.epa.gov/radon.

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