



# Arsenic in Drinking Water

## A Guide for Private Well Owners in Arizona

**Arsenic** is a naturally occurring metal-like substance commonly found in Arizona's groundwater. Using water with arsenic in it can potentially harm your health.

### Health Effects of Drinking Water with Arsenic

If you drink water with arsenic, you may have a higher chance of developing:

- **Skin problems:** Thickening and discoloration of the skin
- **Nervous system problems:** Numbness in the hands and feet and pain
- **Cancer:** Higher chance of skin, lung, bladder, liver, kidney, or prostate cancer
- **Lung and heart diseases**
- **Childhood development issues**

Too much arsenic in a short time may cause symptoms such as:

- Nausea and vomiting
- Abdominal pain and bloody or rice water diarrhea
- Numbness and tingling the hands and feet

Arsenic carries potential health risks depending on your personal health status and exposure. Exposure includes how much arsenic you were in contact with, how you were exposed (drinking, eating, breathing, or skin contact), how often you were exposed, and how long you were exposed. Not everyone who is exposed to arsenic experiences negative health effects. Children, older adults, those with chronic illnesses, and unborn babies are more sensitive to arsenic exposure.

If you are concerned about your health, please **consult your doctor**.



### Test Your Well Water

Labs offer water testing for a fee. To find the closest certified lab to test your water, visit [azhealth.gov/labs4h2o](https://azhealth.gov/labs4h2o) or call (602) 364-0720.

**! Test your well water for arsenic every 5 years**



Scan the QR code to learn about the recommended testing schedule, treatment options, and the **Be Well Informed App**. Keep an eye on this page for updates on our water testing program for private well owners (limited registration). Visit our website at [azdhs.gov/wellwater](https://azdhs.gov/wellwater).

# Be Well Informed

Do you have a well and want to understand your water testing results? Use the [Be Well Informed App](#) to get feedback on health concerns and water treatment options. Visit [bewellinformed.info/workbench](http://bewellinformed.info/workbench) to get started.

**Tip:** Compare your results to the [EPA's Maximum Contaminant Level \(MCL\)](#), which is the highest allowed concentration of a substance in drinking water. The MCL for arsenic in drinking water is **10 ppb (parts per billion)**.

## Remove Arsenic From Drinking Water



**Home water filters** like reverse osmosis remove arsenic from water.



Boiling water does not remove arsenic and **may increase the concentration**.

## Use Water with Arsenic Safely



Washing Clothes



Grooming Habits



Washing Dishes



Brushing Teeth



Watering Plants



Cooking Food



Drinking Water



Hydrating Animals

**UNSAFE: OVER 200 PPB**  
Find a different water source or filter water.



**CAUTION: 10-200 PPB**  
Higher risk for long-term health effects.



**SAFE: BELOW 10 PPB**  
Safe for drinking and cooking.



Safe for Use



Not Safe for Use

**Contact Us**



WellWaterQuality@azdhs.gov



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