

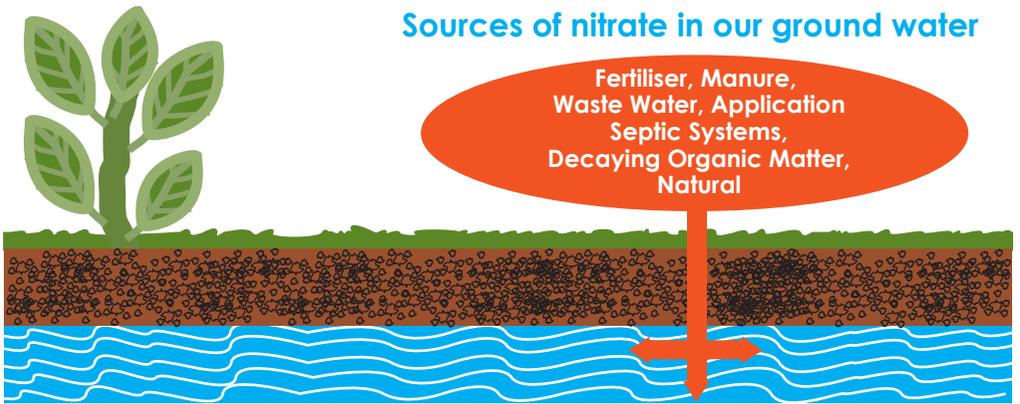
Breckland Council

Nitrates in your private water supply



**What this means for your health
and that of your family**

Sources of nitrate in our ground water



Within the Breckland area, farming is carried out where nitrate based fertilisers are used. This inevitably means that the groundwater supply can be affected by elevated levels of nitrates. Some areas of Breckland do not have an elevated nitrate level in their water, but others have very high concentrations which can have health issues for those who drink from that supply.

This is why it is important that the water is tested to ascertain whether or not your supply is wholesome.

There are three specific categories of nitrate results, these are set out below:

0mg/l to 50mg/l

This result is satisfactory and there is no health risks associated with this level of nitrates in the water supply.

51mg/l to 100mg/l

This result is a fail. However, as long as a signed undertaking is returned confirming the advice given to the occupier in a letter is understood, and that measures are put in place to protect infants less than 12 months, no notice will need to be served.

Over 100mg/l

This result is a fail. Further investigation will need to be carried out as to why this is happening and treatment will need to be installed on the supply to reduce the nitrate levels to a satisfactory level. A notice will also be served to prohibit the use of the water until this work has been carried out.

What do these results mean?

51mg/l to 100mg/l

Infants tend to be more susceptible to nitrate, especially when they are under one year old, and so children who are being bottle-fed should not be given tap water with nitrate concentrations higher than 50 mg/l. We recommend that you either use ready made baby milk or make up the feed with an alternative low nitrate water supply. If you choose to use bottled water, check that the sodium content is no higher than 200 mg/l. Bottled water is not sterile and will therefore need to be boiled, and used according to the guidelines from the baby food manufacturer.

Nitrates do not accumulate in breast milk and babies can safely continue to be breast-fed. There is no concern either for pregnant women or for their unborn babies. Boiling the tap water will not reduce the nitrate levels.

Over 101mg/l

Nitrate levels over 100mg/l are unsafe for consumption and should not be used for drinking, cooking or teeth cleaning purposes. It is recommended that bottled water be used until your water supply is within the limit stated in the above Regulations.

What can you do to reduce nitrates in your water supply?

You can install a nitrate filter within your property; this can be installed beneath your kitchen sink. Local equipment suppliers and installers of water treatment and storage equipment can be found in the Yellow Pages or on www.yell.com under "Water Treatment". These companies should be able to provide you with a free quote. We recommend that you get a number of quotes. If you explain your sample results to any of these companies, they should be able to offer you advice on which filtration systems would be most suitable for your supply.

Contact details

For further information regarding any aspect of your private water supply please contact:

Environmental Protection Team

Breckland Council

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