

DRINKING WATER WARNING

Precautionary

City of Highland, KS Water May Have High Levels of Nitrate
Confirmation Sample Being Collected, You Will Be Notified of the Results

**DO NOT GIVE THE WATER TO INFANTS UNDER 6 MONTHS OLD OR
USE IT TO MAKE INFANT FORMULA**

A water sample collected on 03/23/2020 showed a nitrate level of 13 mg/L. This is above the federal nitrate standard, or maximum contaminant level (MCL), of 10 mg/L. Confirmation samples are being collected to determine if there is a nitrate problem with the water quality. We expect to notify you within the next 30 days on the results of the confirmation sample. In the meantime, as a precaution, please follow the warning of this notice.

What should I do?

- **DO NOT GIVE THE WATER TO INFANTS.** *Infants below the age of six months who drink water containing nitrate in excess of the MCL could become seriously ill and, if untreated, may die. Symptoms include shortness of breath and blue baby syndrome.* Nitrate is an acute toxin to infants less than six months of age. In infants, it can cause a condition known as methemoglobinemia, or “blue-baby syndrome” which can be fatal. The most obvious symptom is a bluish skin coloring, especially around the eyes and mouth. Other symptoms can include shortness of breath, nausea, vomiting and dizziness. An infant with bluish skin should be taken immediately to a medical facility for treatment. It is safe to bathe or shower in tap water with elevated nitrate levels.
- Water, juice, and formula for children under six months of age should not be prepared with tap water. Bottled water or other water low in nitrates should be used for infants until further notice.
- **DO NOT BOIL THE WATER.** Boiling, freezing, filtering, or letting water stand does not reduce the nitrate level. Excessive boiling can make the nitrates more concentrated, because nitrates remain behind when the water evaporates.
- Adults and children older than six months can drink the tap water (nitrate is a concern for infants because they cannot process nitrates in the same way adults can). However, if you are pregnant or have specific health concerns, you may wish to consult your doctor.

What happened? What is being done?

Nitrate in drinking water can come from natural, industrial, or agricultural sources (including septic systems and run-off). Levels of nitrate in drinking water can vary throughout the year. We are distributing this notice as a precautionary measure. We expect to let you know within the next 30 days the results of the confirmation sample that is being collected.

For more information, please contact JOANN KARN at 785-442-3765
Or By Mail: 220 W MAIN ST, PO BOX 387, HIGHLAND, KS 66035.

Please share this information with all the other people who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools, and businesses). You can do this by posting this notice in a public place or distributing copies by hand or mail.

This notice is being sent to you by City of Highland, KS
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