



What should I do if my water has a problem?

- Stop drinking and cooking with water from the tap. (Bottled water can be a good short term alternative.)
- Call experts toll-free in Maine at 866-292-3474 or 207-287-4311, to talk through your options.

What if I can't afford to treat my well?

You might qualify for help to pay for treating your water. Call [MaineHousing](#) at [800-452-4668](#) or [Maine Relay 711](#), or visit [mainehousing.org](#) for more information.

Who We Are

About Us

The Environmental Health Strategy Center is a Maine-based nonprofit organization that works for a world where all people are healthy and thriving in a safe environment. Everyone deserves access to safe food and drinking water, and toxic-free, climate-friendly products.

You can help ensure safe water for all! Contact us if you want more information, have a story to share, or want to volunteer:

Sergio Cahueque, Organizer

Phone: 207-699-5799

Email: scahueque@preventharm.org

Web: www.ourhealthyfuture.org



ENVIRONMENTAL
HEALTH
STRATEGY CENTER

565 Congress Street, Suite 204
Portland, ME 04101

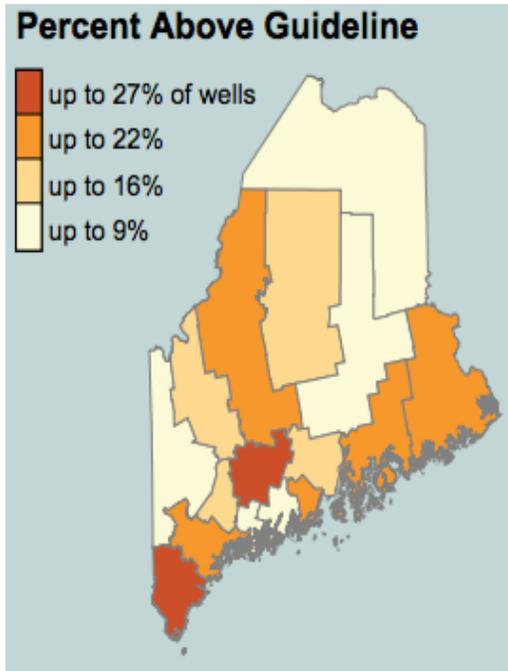
6 State Street, Suite 504
Bangor, ME 04401



Test Your Well Water!

The only way to know if your water is safe to drink is to test it.

Unsafe Well Water



This map shows the percent of household wells tested in each county that have arsenic levels that exceed the current federal health standard, based on water testing results by the State of Maine lab with data up to 2013.

Arsenic Hot Spots

Kennebec, York, Hancock, Knox, Cumberland, Somerset, and Washington counties show the **highest percentage** of household wells tested that **exceed the federal health standard for arsenic**. Other cities and towns across Maine show **more than 50%** of household wells that exceed the federal standard.

Arsenic harms health for a lifetime.

Beginning with prenatal exposure, arsenic can harm health for a lifetime. Many pregnant women drinking well water have no idea of the health threats they and their children may face.

“Arsenic is the biggest public-health problem for water in the United States – it’s the most toxic thing we drink.”

–Yan Zheng, scientist at Columbia University

Arsenic in drinking water causes bladder, skin, and lung cancer.

In Maine and other northern New England states, bladder cancer rates are 20 percent higher than in the rest of the nation.

Arsenic in drinking water harms children’s brain development.

A 2014 study of Maine school children with elevated levels of arsenic in their water showed a decline of average IQ scores five to six points lower than their peers.

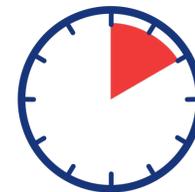
1 in 6

wells in Maine has too much arsenic.

You can’t see, smell, or taste arsenic in drinking water. Without testing, no one can tell if it’s there.

How do I test my well?

Visit **wellwater.maine.gov** or call **1-866-292-3474** to find a certified well water-testing lab.



10 minutes is all it takes to test your well water