Uranium in Your Well Water

What to do if Your Well Has Too Much Uranium

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Switch to bottled water.

Finding out your well water has too much uranium in it may make you worry. There are things you can do to protect yourself and your family from too much uranium. **One thing you can do right away is switch to bottled water for drinking and making drinks such as coffee, tea, juice and infant formula.**

You can use this tipsheet to help you decide what to do next. Call the Maine CDC at 866-292-3474, toll-free in Maine, or 207-287-4311 to speak to an expert about uranium in your well water.

Is there too much uranium in your water?

Your test results will have a number then the letters "ug/L." These letters mean micrograms per liter and are a unit of measurement, like pounds or ounces.

Your water has too much uranium if your test result is 30 ug/L or higher.

If your result is 30 ug/L or higher, follow the advice below.

Is your uranium between 30 and 130?

- Don't drink your water or use it to make drinks like coffee, tea, juice, or infant formula.
- You can use your water to cook and for other uses.

Is your uranium above 130?

- Don't drink your water or use it to make drinks like coffee, tea, juice, or infant formula.
- Don't use your water to make soups and stews, or to cook dried foods such as rice, beans, oatmeal and pasta. These foods absorb a lot of water during cooking.
- You can use your water for other uses such as brushing teeth, bathing, washing dishes, and watering the garden.

Uranium and Health

In most cases, you can protect yourself if you stop drinking water with too much uranium in it. People who drink water with too much uranium are more likely to have changes to their kidneys that make their kidneys work in the wrong way. These changes go away once you stop drinking water with too much uranium and they have not been linked to kidney disease or damage.

Call 866-292-3474 (toll-free in Maine) or 207-287-4311 to talk to an expert about health concerns.

Solving Uranium Problems

One way to solve uranium problems is to buy bottled water for drinking and cooking. Or you can install a water filtration system. There are two types:

1. **Point of use** systems fit under the kitchen sink. This system is good if you are worried about drinking and cooking.

2. **Point of entry** treatment systems treat all the water in the house. You may want this kind of system if there are young children in your house.

To figure out which system is best for you, call 866-292-3474 (toll-free in Maine) or 207-287-4311 to talk to an expert.

Protect your family. Test your well.

- For more information: wellwater.maine.gov
- Call for advice: **866-292-3474 • TTY: Call Maine Relay 711**

Maine Center for Disease Control and Prevention
An Office of the Department of Health and Human Services
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