

Do you own a well?

If your well water contains...

Iron

Did you know?

Iron is a chemical element that occurs naturally in the ground. It can dissolve in groundwater.

In small quantities, iron is an essential element for all living organisms. Although iron can sometimes be present in drinking water, many foods contain it (red meat, dark green vegetables), as well as certain dietary supplements.

To not affect the taste, smell or colour, water should not contain more than 0.3 mg/L of iron.

Caution

Boiling the water will have no effect.

What are the health risks?

- Iron does **not present a health risk** in the concentrations usually found in Quebec wells.
- When iron is present in concentrations greater than 0.3 mg/L, it may affect the taste, smell and colour of the water, can stain household appliances as well as laundered clothes.

When should you do water tests?

- If there is a taste, smell or reddish-brown colour, it is advisable to have the water tested for iron content.

What should you do to protect your health?

- Although iron does not cause health problems, you can choose to treat your water to improve its taste, colour or odour.

What should you do to fix the problem?

- You can install a domestic treatment device to reduce the concentration of iron in the water to an acceptable level. You must be sure to install a certified system that conforms to NSF/ANSI standards and then maintain it following the manufacturer's recommendations.

If you suspect health problems related to the quality of your water, contact **Info-Santé**, by calling 811.

For more information, go to “**The Quality of My Well Water**” on the **MDDELCC** website: mddelcc.gouv.qc.ca

Centre intégré de santé et de services sociaux des Laurentides: santelaurentides.gouv.qc.ca