



Haddaad isticmaasho biyaha ceel ama durdur gaar ah, Waaxda Caafimaadku waxay kugula talinaysaa tijaabinta biyahaaga ee si joogto ah adigoo isticmaalaya agabkan saddexda ah, oo loo yaqaan **Bushqadda Tijaabinta Mulkiilaha Guriga Vermont (Vermont Homeowner Testing Package)**:

- Wadarta tijaabada bakteeriyada coliform iyo *E.coli* ee **sanad kasta**
- Tijaabada kiimikaad ee aan orgaaniga ahayn **shan sano kasta**
- Baarista shucaaca gross alpha ee **shan sano kasta**

Waxaad kaga dalban kartaa **Bashqadda Tijaabada Mulkiilaha Guriga Vermont** \$159 ama agabka baaritaanka biyaha ee khaaska ah oo aad ka dalbato Shaybaarka Waaxda Caafimaadka 800-660-9997 ama 802-338-4724 – ama isticmaal shaybaar biyaha la cabbo ah oo muctarif ah. Si aad u hesho liiska shaybaadhada muctarifka ah, booqo [HealthVermont.gov/lab/drinking-water](https://HealthVermont.gov/lab/drinking-water) (Ingiriisi ku qoran).

## Tijaabada Bakteeriyada (sanad kasta)

Bakteeriyada Coliform waa bakteeriya ka kooban koox ballaaran oo laga helo carrada, dhirta, iyo mindhicirka aadanaha iyo xayawaanka. Bakteeriyada coliform ma aha inaad mar kasta ku xanuusato, laakiin waxa dhici karta inay ceelkaaga ku dhalato.

Haddii natiijadaadu muujiso in bakteeriyada "la ogaaday," karkarinta biyaha muddo hal daqiiqo waxay dili doontaa bakteeriyada markaa waa la cabbi karaa waxna lagu karsan karaa.

## Tijaabada Kiimikaad ee aan Orgaaniga ahayn (shan sano kasta)

Ka tijaabi kiimikooyinkan: **arsenic, chloride, copper, fluoride, hardness, iron, lead, manganese, nitrate, nitrite, sodium iyo uranium.**

Curiyayaashan waxa aad looga helaa biyaha dhulka hoostiisa ee Vermont oo dhan waxayna ku keeni karaan isbaddal biyaha, sida midabka ama dhadhanka, ama waxay keeni karaan saamayn caafimaad oo badan.

## Baarista Shucaaca Gross Alpha (shan sano kasta)

Tijaabadani waxay cabbirtaa saamaynta curiyayaasha shucaaca leh ee dabiiciga ah, sida uranium iyo radium, oo caam ah looga helo biyaha dhulka hoostiisa ee Vermont. Natiijooyinka gross alpha iyo natiijooyinka uranium waxa loo isticmaali karaa in lagu ogaado haddii tijaabo ama daawayn dheeraad ah loo baahan yahay. Waxii macluumaad dheeraad ah booqo [HealthVermont.gov/water/radioactive-elements](https://HealthVermont.gov/water/radioactive-elements) (Ingiriisi ku qoran).

## Dhibaatooyinka Biyaha ee Kale

Haddii biyahaagu leeyihiin ur, dhadhan, midab ama dhalaal aan caadi ahayn, u baddalo meel kale oo biyaheegu ammaan yihiin ilaa natiijooyinka tijaabadu soo baxayaan. Waxii macluumaad dheeraad ah booqo [healthvermont.gov/water](https://healthvermont.gov/water) (Ingiriisi ku qoran) ama ka wac Barnaamijka Biyaha la Cabbo ee Gaarka ah 800-439-8550 or 802-951-5790 si aad u hesho tilmaamo.

Wax badan ka baro tijaabinta biyaha [HealthVermont.gov/water/testing](https://HealthVermont.gov/water/testing) (Ingiriisi ku qoran)

## Waa maxay walaacyada caafimaad ee la qabo?

**Bakteeriya.** Saamaynta bakteeriyada coliform waxay iskugu jiraan qaar aan waxyeelo lahayn iyo qaar keena casiraad iyo shuban daran. Booqo [HealthVermont.gov/water/bacteria](https://www.healthvermont.gov/water/bacteria) (Ingiriisi ku qoran) si aad u hesho macluumaad dheeraad ah.

**Arsenic** waxa lagu xiriiriyaa sare u kac ku yimaadda halista kansarka kaadi haysta, sambabka ama maqaarka. Heerka (MCL) faddaraynta ee ugu badan ee biyuhu waa 0.010 miligaraam halkii litir (mg/L).

**Chlorides** ma keenaan dhibaatooyin caafimaad, laakiin heerar sarreeya oo chloride ah waxay u yeelaan biyaha la cabbo dhadhan aan fiicneyn waxayna calaamad u noqon kartaa dhibaatooyin kale. Heerka ugu badan marka laga hadlayo biyaha waa 250 mg/L.

**Maarta (copper).** Heerarka sarreeya ee maarta biyaha ku jirto waxay uskagayn kartaa qasabadaha waxayna biyaha ka dhigi kartaa qaar birbir u dhadhama. Xaddiyada sarreeya ee maarta biyaha ku jirtaa waxay keeni kartaa calool-xanuun, matag ama shuban. Heerka ugu badan marka laga hadlayo biyaha waa 1.3 mg/L.

**Fluoride** waa macdan iyadoo dabiici ah la helo oo ka caawisa in ilkaha uusan suus galin. Waa inaad ogaato haddii ceelka biyaha fluoride ku jirto si aad ugu miisaanto caanaha ilmaha yar ama cuntooyinka nafaqada ah ee carruurta. Heerka ugu badan marka laga hadlayo biyaha waa 4.0 mg/L.

**Hardness** lama oga haliso caafimaad oo ay keento laakiin waxay saabuunta ku keenta in xoorkeedu yaraado, waxay ku ururtaa kulayliyayaasha biyaha, maacuunka wax lagu karso iyo qasabadaha.

**Xadiid/birta (iron).** Heerarka sarreeya ee xadiiddu waxay wasaqeyn kartaa maryaha, suxuunta/macuumta, musqulaha iyo suxuunta/alaabta tuushka. Xadiiddu waxay biyaha u yeeshaa dhadhan birbir ah, laakiin lama oga inay keento saamayno caafimaad oo badan. Heerka ugu badan marka laga hadlayo biyaha waa 0.3 mg/L.

**Lead** waa bir sun ah taasi oo ka iman karta qasabadaha duugga ah. Waxay dhaawici kartaa maskaxda, kelyaha iyo habdhiska dareenwadka/neerfaha, gaar ahaan carruurta iyo haweenka uurka leh. Heer kasta oo lead ah oo jirka ku jiraa waa khatar, waxayna Vermont u dejisay inuusan ka badnaan caafimaad ahaan 0.001 mg/L.

**Manganese** waa curiye daruuri ah, laakiin heerarkiisa sarreeya waxay saamayn karaan habdhiska dareenwadka/neerfaha. Wuxuu baddali karaa midabka biyaha wuxuuna uskageeyaa/wasaqeyaa maryaha, agabka xamaamka oo uu ka dhigo caddaan-madow/madow, caadi ahaan marka heerarkiisu ka sarreeyaan 0.05 mg/L. Heerka ugu badan marka laga hadlayo biyaha waa 0.300 mg/L.

**Nitrate/Nitrite.** Heerarka sarreeya ee nitrate ee nidaamka biyahaaga ku jiraa waxay sidoo kale muujinaysaa faddarow/sameyn-wasaq kayimid ilaha sida nidaamka bullaacadaha, bacrimiyayaal ama beero. Heerka ugu badan ee nitrate marka laga hadlayo biyaha waa 10.0 mg/L, nitrites-kana waa 1.0 mg/L. Hase yeeshee, heerar ka nitrate waa isbadbaddali karaan. Haddii heerar ugu sarreeya ee nitrate-kaagu ka badan yahay 5.0 mg/L, tijaabi nitrate-ka biyahaaga 3 ilaa 6 bilood kasta.

**Sodium.** Biyaha sodium-tu ku badan tahay waxay u dhadhamaan dhannaan, waxay daxal u sameeyaan qasabadaha birta ah, waxayna qayb ka noqdaan cadaadiska dhiigga ee sarreeya. Cusbada loo isticmaalay in barafka waddooyinka lagaga dhalaaliyo ayey dhici kartaa inay sare u qaadaan heerar ka sodium-ta ee ceesha ku dhaw waddooyinka. Heerka ugu badan marka laga hadlayo biyaha waa 250 mg/L.

**Uranium** waa curiye shucaac leh oo dabiici ah, waxaana laga helaa carrada, biyaha, dhagaxaanta, dhirta iyo cuntada. Heerarka sarreeya ee uranium waxay kordhin karaan halista qofka ee

dhaawaca kelyaha ama halista in qofka kansar ku dhaco. Heerka ugu badan ee biyaha loo oggol yahay waa 0.020 mg/L.



If you are on a private well or spring, the Health Department recommends testing your water regularly using these three test kits, called the **Vermont Homeowner Testing Package**:

- Total coliform and *E.coli* bacterial test **every year**
- Inorganic chemical test **every five years**
- Gross alpha radiation screening **every five years**

You can order the **Vermont Homeowner Testing Package** for \$159 or individual drinking water test kits from the Health Department Laboratory at 800-660-9997 or 802-338-4724 – or use another certified drinking water lab. For a list of certified labs, visit [HealthVermont.gov/lab/drinking-water](https://www.healthvermont.gov/lab/drinking-water) (in English).

## Bacterial Test (every year)

Coliform bacteria are a large group bacteria found in soil, plants, and the intestines of humans and other animals. Coliform bacteria do not necessarily make you sick, but may mean your well is contaminated.

If your result shows bacteria are “detected,” boiling water for one minute will kill bacteria so it can be used for drinking and cooking.

## Inorganic Chemical Test (every five years)

Test for these chemicals: **arsenic, chloride, copper, fluoride, hardness, iron, lead, manganese, nitrate, nitrite, sodium and uranium.**

These elements are widely found throughout Vermont groundwater and can cause nuisance problems, like color or taste, or can cause negative health effects.

## Gross Alpha Screening (every five years)

This test measures the activity of naturally occurring radioactive elements, such as uranium and radium, commonly found throughout the groundwater in Vermont. Gross alpha results and uranium results can be used to find out if additional testing or treatment is needed. For more information visit [HealthVermont.gov/water/radioactive-elements](https://www.healthvermont.gov/water/radioactive-elements) (in English).

## Other Water Problems

If your water has an unusual smell, taste, color or sheen, switch to another safe water source until test results are known. For more info visit [healthvermont.gov/water](https://www.healthvermont.gov/water) (in English) or call the Private Drinking Water Program at 800-439-8550 or 802-951-5790 for guidance.

Learn more about water testing at [HealthVermont.gov/water/testing](https://www.healthvermont.gov/water/testing) (in English)

## What are the health concerns?

**Bacteria.** Effects from coliform bacteria can range from no effects to severe cramps and diarrhea. Go to [HealthVermont.gov/water/bacteria](https://www.healthvermont.gov/water/bacteria) (in English) for more information.

**Arsenic** has been linked to increased lifetime risk for bladder, lung or skin cancer. The maximum contaminant level (MCL) in water is 0.010 milligrams per liter (mg/L).

**Chlorides** do not cause health problems, but high chloride levels give drinking water an unpleasant taste and may be a sign of other problems. The maximum level in water is 250 mg/L.

**Copper.** Elevated levels of copper can stain plumbing fixtures and give the water a metallic taste. High amounts of copper in water can cause stomachaches, vomiting or diarrhea. The maximum level in water is 1.3 mg/L.

**Fluoride** is a mineral found in nature that helps the body resist tooth decay. You should know if well water contains fluoride so you can make adjustments to infant formula or children's supplements. The maximum level in water is 4.0 mg/L.

**Hardness** causes no known health risks but can cause reduced lathering of soap, and buildup of scale in water heaters, cookware and plumbing.

**Iron.** Elevated levels of iron can stain clothing, sinks, toilets and bathtubs. Iron can give water a metallic taste, but is not known to cause negative health effects. The maximum level in water is 0.3 mg/L.

**Lead** is a toxic metal that can come from older plumbing. It can hurt the brain, kidneys and nervous system, especially for children and pregnant women. There is no safe level of lead in the body, and Vermont has set a health advisory level of 0.001 mg/L.

**Manganese** is an essential element, but high amounts could affect the nervous system. It can discolor water and stain clothing and bathroom fixtures grey/black, usually when levels are higher than 0.050 mg/L. The maximum level in water is 0.300 mg/L.

**Nitrate/Nitrite.** High nitrate levels in your water system may also show contamination from sources such as septic systems, fertilizers or farm fields. The maximum level for nitrates in water is 10.0 mg/L and for nitrites is 1.0 mg/L. However, nitrate levels can fluctuate. If your nitrate level is more than 5.0 mg/L, test your water for nitrate every 3 to 6 months.

**Sodium.** Water with high levels of sodium tastes salty, can corrode metal piping, and can contribute to high blood pressure. Salt from road de-icing may cause sodium levels to rise in wells close to roads. The maximum level in water is 250 mg/L.

**Uranium** is a radioactive element found in nature, including soil, water, rocks, plants and food. Elevated levels of uranium may increase a person's risk of kidney damage or lifetime risk of cancer. The maximum level in water is 0.020 mg/L.