

## Contact Information



[www.co.cowlitz.wa.us/HHS](http://www.co.cowlitz.wa.us/HHS)



(360) 414-5599



207 4<sup>th</sup> Avenue North  
Kelso, WA 98626  
Mon-Thurs, 7:30am to 5:30pm  
(closed Friday)

## Cowlitz County Health & Human Services

Healthy People, Healthy Communities



Healthy People.  
Healthy Communities.

## Know What You're Drinking!

Well water should be tested for:



**Nitrate**  
(Annually)

**Coliform Bacteria**  
(Annually)

**Arsenic**  
(At least once)

**Lead**  
(At least once)

**Manganese**  
(Prior to a baby drinking the water)

Testing is even more important if young children drink the water. Consult your healthcare provider if you should test for other contaminants such as iron or sodium.

## Additional Questions?

### Cowlitz County Health & Human Services

Main Campus: 1952 9th Avenue  
Longview, WA 98632  
Phone: (360) 414-5599  
Fax: (360) 425-7531  
Web: [www.co.cowlitz.wa.us/hhs](http://www.co.cowlitz.wa.us/hhs)

# Cowlitz County

## Arsenic In Well Water



Access this  
Information  
Online



SCAN QR CODE

## What is Arsenic?

**Arsenic** is a naturally occurring element found in rocks and soil that can seep into groundwater. Drinking water with arsenic can lead to increased risks of cancer and other serious health issues. Because arsenic cannot be tasted, seen, or smelled, it's important to test your well water at least once to determine its levels. Knowing the arsenic concentration helps you decide whether further steps are needed. Arsenic levels can vary greatly, even between neighboring wells, and there's no way to predict levels before drilling.

## Is There a Drinking Water Standard?

The U.S. Environmental Protection Agency (EPA) sets the maximum allowable arsenic level in community water systems at 10 micrograms per liter ( $\mu\text{g/L}$ ), or .01 part per million (ppm). However, even long-term exposure to arsenic below this standard can increase the risk of cancer. To minimize health risks, the EPA's ultimate goal for arsenic in drinking water is non detect levels.

## Are There Health Risks?

Drinking water with low levels of arsenic over time can increase the risk of serious health issues, including cancers of the bladder, lungs, liver, and other organs. Long-term exposure is also linked to diabetes, cardiovascular and respiratory diseases, reduced intelligence in children, and skin problems such as lesions, discoloration, and corns. The effects of arsenic exposure often take years to appear.

## Environmental Laboratories Accredited for Drinking Water Analyses

Located in or adjacent to Cowlitz County Area

### Washington State Department of Ecology Lab Accreditation Program

-This list is sorted alphabetically by lab name-

<b>ALS Environmental</b>	1317 S 13 <sup>th</sup> Ave. Kelso, WA 98626 (360) 577-7222
<b>Additional ALS Drop Off Site</b>	Dale McGhee & Sons Well Drilling 4409 Pleasant Hill Road Kelso, WA 98626 (360) 423-8493 <a href="mailto:office@dalemcgheewelldrilling.com">office@dalemcgheewelldrilling.com</a>
<b>BSK Associates</b>	2517 E Evergreen Blvd. Vancouver, WA 98661 (360) 750-0055
<b>BSK Associates Drop Off Sites</b> <i>In the Longview area, contact BSK directly for options to meet a courier for pickup of samples.</i>	<b>Hi-School Pharmacy/Ace</b> 1365 Lewis River Road Woodland, WA 98674 (360) 225-9475  <b>Ace Hardware</b> 720 W. Main Street Battle Ground, WA 98605 (360) 702-0123

A complete list of labs is available online!

Scan QR Code



Or visit:

<https://fortress.wa.gov/ecy/laboratorysearch/>

## Should I Test My Well Water?

It's important to test your well water for arsenic at least once. Use an accredited laboratory to ensure accurate results—contact the lab for sample containers and instructions or check with us for testing options.

If arsenic was not detected in your initial test, your water is unlikely to contain arsenic in the future. However, if arsenic was found in a new well, retesting about six months after construction is recommended. Depending on your location, we may also suggest testing for other potential contaminants.

## How Can I Protect My Family?

If arsenic is found in your water, you can protect your family by installing a treatment system or using an alternative source for drinking water. Long-term consumption of arsenic increases the risk of serious illnesses, such as cancer.

Water with arsenic is generally safe for non-drinking uses like washing dishes, clothes, brushing teeth, bathing, showering, and watering plants, unless levels exceed 500  $\mu\text{g/L}$ .

To further reduce arsenic exposure, avoid burning arsenic-treated wood, seal treated wood structures, and check for arsenic in medications and folk remedies. Wash and peel underground vegetables, limit foods like rice and grains that may contain arsenic, and avoid using old pesticides or soil additives with arsenic.