

## DRINKING WATER WARNING

CITY OF HIGHLAND Water Has High Levels of Nitrate

DO NOT GIVE THE WATER TO INFANTS UNDER 6 MONTHS OLD OR  
USE IT TO MAKE INFANT FORMULA

A water sample collected on 11/3/2020 showed a nitrate level of 12 mg/L. This is above the federal nitrate standard, or maximum contaminant level (MCL), of 10 mg/L. Nitrate in drinking water is a serious health concern for infants less than six months old.

### What should I do?

- **DO NOT GIVE THE WATER TO INFANTS.** *Infants below the age of six months who drink water containing nitrate in excess of the MCL could become seriously ill and, if untreated, may die. Symptoms include shortness of breath and blue baby syndrome.* Blue baby syndrome is indicated by blueness of the skin. Symptoms in infants can develop rapidly, with health deteriorating over a period of days. If symptoms occur, seek medical attention immediately.
- Water, juice, and formula for children under six months of age should not be prepared with tap water. Bottled water or other water low in nitrates should be used for infants until further notice.
- **DO NOT BOIL THE WATER.** Boiling, freezing, filtering, or letting water stand does not reduce the nitrate level. Excessive boiling can make the nitrates more concentrated, because nitrates remain behind when the water evaporates.
- Adults and children older than six months can drink the tap water (nitrate is a concern for infants because they cannot process nitrates in the same way adults can). However, if you are pregnant or have specific health concerns, you may wish to consult your doctor.

### What happened? What is being done?

Nitrate in drinking water can come from natural, industrial, or agricultural sources (including septic systems and run-off). Levels of nitrate in drinking water can vary throughout the year. We'll let you know when the amount of nitrate is again below the limit.

The City of Highland will provide, free of charge, an alternate source of drinking water for all infants less than six months of age, nursing mothers of infants less than six months of age, pregnant women, and other at-risk customers as identified by a health care provider. Following receipt of notice of being above the federal nitrate standard, or maximum contaminant level (MCL), of 10 mg/L, the city is reviewing all available options, including seeking funds for a water treatment plant, so the system can return to compliance as soon as possible.

For more information, please contact JOANN KARN at 785-442-3765  
Or By Mail: 220 W MAIN ST, PO BOX 387, HIGHLAND, KS 66035.

*Please share this information with all the other people who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools, and businesses). You can do this by posting this notice in a public place or distributing copies by hand or mail.*

This notice is being sent to you by CITY OF HIGHLAND.  
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