



Mu gihe ufise ikinogo canke iriba ryawe, igisata kijejwe amagara y'abantu kikugira inama yo gupima ayo mazi yawe buri gihe ukoreshe ibi bikoresho vyo gupima bitatu, vyitwa **Ibikoresho vyo gupima amazi imuhira i Vermont (Vermont Homeowner Testing Package)**:

- Ibipimo vya bagiteri zo mu bwoko bwa Total Coliform hamwe *n'izitwa E.colin* bipimwa **buri mwaka**
- Igipimo c'ubumara budakomoka ku binyabuzima **gikorwa uko imyaka itanu iheze**
- Igipimo citwa Gross alpha radiation screening **gikorwa uko imyaka itanu iheze**

Urashobora gusaba kuronswa **umugwi w'ibikoresho vyo gupima amazi imuhira** ku madorare \$159 canke ibikoresho vyo gupima amazi yo kunywa ku giti cawe mw'isuzumiro ry'igisata kijejwe amagara y'abantu kuri 800-660-9997 canke 802-338-4724 - canke ukabisaba mu rindi suzumiro ryemewe n'amategeko. Wipfuzwa kumenya amasuzumiro yemewe n'amategeko ja ku rubuga HealthVermont.gov/lab/drinking-water (mu rurimi rw'Icongereza).

Igipimo co gusuzuma amabagiteri (uko umwaka utashe)

Ubwoko bwa bagiteri bwa Coliform bacteria ni umugwi munini w'amabagiteri dusanga mw'ivu, mu biterwa, hamwe no mu mara y'abantu n'ay'ikoko. Imigera yo mu bwoko bwa Coliform bacteria ntitegerezwa kugutera ingwara, ariko iyo iri mw'iriba ry'amazi yawe bishobora gusigura ko iryo riba ryanduye.

Iyo ibipimo vyerekanye ko amazi "arimwo" amabagiteri, kuyashusha mu kiringo kingana n'umunota umwe biraheza bikica izo bagiteri hanyuma amazi agashobora gukoreshwa mu kuyanywa canke kuyatekesha.

Igipimo c'ubumara budakomoka ku binyabuzima (uko imyaka itanu iheze)

Igipimo co kuraba ubu bumara: **ubumara bwa arsenic, ubumara bwa chloride, ubumara bwa copper, ubumara bwa fluoride, ubumara bwa hardness, ubumara bw'icuma, ubumara bwa plomb, ubumara bwa manganese, ubumara bwa nitrate, ubumara bwa nitrite, ubumara bwa sodium hamwe n'ubumara bwa uranium.**

Ubu bumara buboneka akenshi mu mazi yo musu y'ubutaka muri Vermont kandi burashobora guteza ingorane, nko guhindura ibara canke ingene amazi ameze mu kanwa, canke bigashobora guteza ingaruka mbi ku magara y'abantu.

Igipimo ca Gross Alpha Screening (uko imyaka itanu iheze)

Iki gipimo gipima ibipimo vy'ama radioactivite aba mu bidukikije, nka iranium hamwe na radium, ubwo bumara bukaba bukunda kuboneka mu mazi yo musu y'ubukaka muri Vermont. Inyishu z'ubumara bwa Gross alpha hamwe na uranium birashobora gukoreshwa mu kumenya nimba ibindi bipimo vy'inyongera canke vyo kuyatunganya bikenewe. Ku yandi makuru ja ku rubuga rwa HealthVermont.gov/water/radioactive-elements (mu congereza).

Izindi Ngorane z'Amazi

Iyo amazi yawe afise akamoto kadasanzwe, afise ukuntu ameze mu kanwa, ibara canke ayagayaga, koresha amazi yo mu rindi soko gushika inyishu z'ibipimo zimenyekaneye. Ku yandi makurur ja ku rubuga healthvermont.gov/water (mu congereza) canke wakure umugambi wa Private Drinking Water Program kuri

800-439-8550 canke 802-951-5790 kugira bakugire inama.

Menya vyinshi ku vyerekeye gupima amazi kuri HealthVermont.gov/water/testing (mu congereza)

Ni izihe mpungenge zijanye n'amagara y'abantu?

Bagiteri. Ingaruka z'ama bagiteri yo mu bwoko bwa coliform zirarobora kuva ku rugero atazihari gushika ku bubabare bukomeye hamwe no gucibwamwo. Ja ku rubuga [HealthVermont.gov/water/bacteria](https://www.healthvermont.gov/water/bacteria) (mu congereza) ku yandi makuru.

Ubumara bwa arsenic vyemejwe ko butezwa ivyago mu buzima vyo kugwara uruhago, amahaha canke kanseri yo ku rukoba. Urugero rwo hejuru rwo kwandura mu mazi ni 0.010 milligrams kw'iritiro (mg/L).

Ubumara bwa chlorides ntibuteza ingorane zijanye n'amagara y'abantu, ariko urugero ruri hejuru rwa chloride rutuma amazi yo kunywa abiha kandi gishobora kuba ikimenyetso c'izindi ngorane. Urugero ntarengwa mu mazi ni 250 mg/L.

Ubumara bwa copper. Urugero ruri hejuru rw'ubumara bwa copper burashobora kwanduza ibikoresho bizana amazi hanyuma bigatuma amazi agira akanovera umenga harimwo icuma. Urugero ruri hejuru rw'ubumara bwa copper mu mazi rurashobora gutera ububabare mu mushishito, kudahwa canke gucibwamwo. Urugero ntarengwa rw'ubwo bumara mu mazi ni 1.3 mg/L.

Ubumara bwa Fluoride ni icunyunyuru dusanga mu bidukikije gifasha umubiri kugwanya ingwara y'amenyo. Utegerezwa kumenya nimba amazi yo mu kinogo arimwo icunyunyuru ca fluoride kugira ushobore kucongeramwo mu gutunganya ibinyobwa bigenewe umwana muto canke mu vya nkenerwa vy'umwana. Urugero ntarengwa mu mazi ni 4.0 mg/L.

Ubumara bwa Hardness ivyago butera ku magara y'abantu ntibiramenyekana ariko burashobora kugabanya urufuro rw'isabuni, kandi bugateza ingese mu bikoresho bishusha amazi, ibikoresho biteka hamwe n'ibikoresho bitwara amazi.

Ubumara bw'a Iron. Ingero ziri hejuru z'ubumara bwa iron burashobora kwanduza impuzu, urukarabiro, ubwiherero hamwe n'ubwogero. Ubumara bwa iron burashobora gutuma amazi agira akanovera kabi k'icuma, ariko ntibuzwiko guteza ingorane zijanye n'amagara y'abantu. Urugero ntarengwa mu mazi ni 0.3 mg/L.

Ubumara bwa plomb ni ubumara bw'icuma bwica bushobora guturuka mu bikoresho bitanga amazi vya kera. Burashobora gukomeretsa ubwonko, amafyigo hamwe n'imitsi yo mu mubiri, na cane cane ku bana hamwe n'abagore bibungenze. Nta rugero rwa plomb rudateza ingorane ruhari mu mubiri, kandi Vermont yatanze impanuro z'urugero ntarengwa rwa 0.001 mg/L.

Ubumara bwa manganese ni ikintu ca nkenerwa, ariko urugero ruri hejuru gwayo rurashobora kugira ingarura ku mitsi yo mu mubiri. Ubwo bumara burashobora guhindura ibara ry'amazi hamwe no kwanduza impuzu hamwe n'ibikoresho vy'ubwogero bigasa n'ivu/bikirabura, akenshi na kenshi iyo urugero rurenga 0.050 mg/L. Urugero ntarengwa mu mazi ni 0.300 mg/L.

Ubumara bwa nitrate/Nitrite. Urugero ruri hejuru rwa nitrate mu mazi yawe rurashobora kwerekana ukwandura kw'amazi guturutse mu binogo vyakira imyanda ivuye mu nzu, mu mafumbire y'ikizungu hamwe no mu mirima. Urugero ntarengwa rw'ubumara bwa nitrate mu mazi ni 10.0 mg/L ni urwa nitrites ni 1.0 mg/L. Ariko, urugero rw'ubumara bwa nitrate burashobora guhindagurika. Mu gihe urugero rw'ubumara bwa nitrate rurenga 5.0 mg/L, pima nitrate mu mazi yawe buri mezi 3 gushika kuri 6.

Ubumara bwa Sodium. Amazi arimwo urugero ruri hejuru rw'ubumara bwa sodium aba ameze nkayarimwo umunyu, arashobora gutera ingese ivyuma vy'imiringoti, kandi arashobora kwongereza umuvuduko w'amaraso. Umunyu wo basuka mu mabarabara mu kugwanya urubura urashobora gutuma urugero rwiyongera mu binogo vy'amasoko vyegereye amabarabara. Urugero ntarengwa mu mazi ni 250 mg/L.

Ubumara bwa uranium ni ubumara bwa radioactive dusanga mu bidukikije, harimwo n'ubutaka, amazi, ibitare vy'amabuye, ibitegwa hamwe n'ivyo kurya. Urugero ruri hejuru rwa uranium

rurashobora kwongereza ivyago vy'umuntu vyo kwononekara mu mafyigo canke ivyago vyo kugwara kanseri mu buzima. urugero ntarengwa mu mazi ni 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.