

wellcare[®] information for you about

CHROMIUM & WELL WATER

What is Chromium?

Chromium is a metallic element that can be found naturally in animals, plants, rocks, soil, and volcanic dust. The most common forms of chromium are trivalent chromium (chromium-3) and hexavalent chromium (chromium-6).

Chromium-3 is an essential nutrient with relatively low toxicity. It is found in fruits, grains, meats, vegetables, and yeast. Chromium-6 occurs naturally in the environment from the erosion of natural deposits and produced by industrial processes.

What are the health effects of Chromium?

The Environmental Protection Agency (EPA) has a standard for total chromium in public water supplies of 0.1 parts per million (ppm). Well owners are encouraged to use this level as a guideline for when well water should be treated. If your state has a lower maximum level for chromium in drinking water, this level supersedes the EPA level and should be used in its place.

Health concerns with chromium are primarily related to chromium-6 and range from allergic dermatitis (skin reactions), reproductive harm, and cancer risks of the stomach and lungs (when inhaled).

If you suspect contamination or experience illness, stop drinking and cooking with the water immediately and do not resume until testing has proven it to be safe to use. Always seek advice from your medical doctor if you have any health concerns.

How do I test for Chromium?

You cannot taste or smell chromium. Testing is the only way to know if chromium is present. If you are concerned about chromium in your water supply, you should have your water tested. Contact your state or local health department for a list of state-certified laboratories in your area or use [our interactive map](#).

What are the treatments for Chromium in well water?

The following methods may help to reduce chromium in well water: coagulation/filtration, ion exchange, reverse osmosis, and lime softening. Treatment systems should be certified by NSF or Water Quality Association (WQA) when available. To find treatment systems that are certified visit [NSF](#) or [WQA](#) websites. It is necessary to maintain treatment devices as specified by the manufacturer or your water treatment professional. You should also retest your water after treatment is installed and after maintenance to confirm the effectiveness of the device. Contact a certified water treatment professional for guidance. To locate a certified water treatment professional in your area, visit [WQA's](#) website.

For More Information on Chromium & Well Water

Contact your licensed well contractor, local health department, state environmental agency, or the [wellcare®](#) Hotline.



Information to help maintain and protect your water well system:

[wellcare®](#) is a program of the [Water Systems Council \(WSC\)](#). WSC is the only national organization solely focused on protecting the health and water supply of an estimated 23 million households nationwide who depend on private wells (according to the U.S. EPA).

This publication is one of more than 100 [wellcare®](#) information sheets available FREE at www.watersystemscouncil.org.

Well owners and others with questions about wells and well water can contact the [wellcare®](#) Hotline at 1-888-395-1033 or visit www.wellcarehotline.org to fill out a contact form or chat with us live!

JOIN THE WELLCARE® WELL OWNERS NETWORK!

By joining the FREE [wellcare®](#) Well Owners Network, you will receive regular information on how to maintain your well and protect your well water.

Contact us at 1-888-395-1033 or visit www.wellcarehotline.org to join!