

## DRINKING WATER HEALTH ADVISORY

Tallulah Water System has high levels of Manganese.

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

Our water system is routinely monitored by the Louisiana Department of Health (LDH) for primary and secondary drinking water contaminants. Sample results received on 10/18/2023 showed manganese levels of **0.74, 0.67, and 0.45 mg/L**. These levels are above the Environmental Protection Agency's (EPA's) short-term health advisory (HA) of 0.3 mg/L for infants under 6 months old.

Manganese is a naturally occurring element found in soil, water, and air. It is commonly found in the food we eat, including nuts, legumes, seeds, grains, and green leafy vegetables and in drinking water. Our bodies require small amounts of manganese to stay healthy. Adults and children get enough manganese from the foods we eat. Infants and children get enough manganese from breast-milk, food, or formula.

Drinking water with manganese levels above the lifetime health advisory (0.3 mg/L) are not necessarily harmful to a majority of the population. An individual's nutritional requirements for manganese and potential for harmful health effects may be highly variable. In fact, some adults consume more than 10 mg/day of manganese in their diet without experiencing any harmful health effects.

Too much manganese can increase the risk of health problems, particularly for infants under 6 months old. Infants are more at risk than older children and adults because their brains and bodies are quickly developing. Formula-fed infants get enough manganese from formula to meet their dietary needs. However, they may get too much manganese (above the recommended amount for nutrition) in their bodies when formula is mixed with water that contains manganese. Infants exposed to manganese over 0.3 mg/L may experience learning or behavioral problems. Adult's drinking water with high levels of manganese for many years may experience impacts to their nervous system. EPA established a lifetime health advisory level of 0.3 mg/L which means adverse health effects are not expected below this level.

This health advisory is being provided because EPA identified health risks from short-term exposure.

#### What should I do?

DO NOT GIVE TAP WATER TO INFANTS. Formula and other food preparations for infants under 6 months old should not be prepared with tap water. Use bottled water or alternative sources of water for infants. Making formula or foods with water containing manganese levels above the health advisory can increase an infant's risk of health problems.

DO NOT BOIL THE WATER unless your water system issues a Boil Advisory per LDH requirements. Boiling, freezing, or letting water stand does not reduce manganese. Boiling can increase levels of manganese because manganese remains behind when the water evaporates.

Adults and children of all ages can continue to bathe and shower, brush their teeth, and wash clothes, food, and dishes in tap water.

If you have specific health concerns, you may wish to consult your doctor.

#### What happened? What is being done?

Manganese is naturally occurring element found in the groundwater source for the Tallulah Water System. (Water system should describe corrective actions being taken)

#### Where can I get more information?

See attached *Frequently Asked Questions about Manganese in Drinking Water*.

For more information regarding manganese and drinking water regulations contact the Louisiana Department of Health at (225) 342-7499.

For more information regarding the Tallulah Water System, call 318-574-0964.