A Look Into Boston Water

Metals and minerals are naturally occurring substances that are dissolve in water when they come into contact with rocks or soil.

1 Barium

There is often only a small amount of barium in drinking water because many types of barium compounds do not dissolve in water.

Health Effects

Barium exposure may result in blood pressure fluctuation and muscle weakness. It also causes heart rhythm changes and paralysis.

2 Lead

Lead primarily enters drinking water through plumbing. Lead pipes are the most significant source of lead and are usually found in older homes.

Health Effects

Early childhood exposure to lead can slow brain development and cause speech and hearing problems.

3 Fluoride

Fluoride is a mineral that is added to drinking water and dental hygiene products. Low amounts of fluoride is recommended to keep teeth strong and prevent cavity formation.

Health Effects

High amounts of fluoride can weaken teeth and bones. Some research suggests that high levels of fluoride may accelerate puberty in girls and delay puberty in boys, but other studies show no link.

4 Nitrate

Nitrate is a nitrogen compound that occurs naturally and has many human-made sources. It is commonly used in crop fertilizers, where it can easily dissolve into groundwater.

Health Effects

Exposure to high levels of nitrate can make it more difficult for the blood to carry oxygen to tissues, a condition called methemoglobinemia.

General signs that there are metals in your water include discoloration and a metallic or salty taste. Some metals are undetectable by color or taste.

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3 TIPS

For Water Safety

1 Read Your Water Report

Every year, the Massachusetts Water Resource Authority releases a water quality report for Boston residents.

2 Flush Your Water

Run the faucet for 1 to 2 minutes on cold before using your water in the morning.

3 Filter Your Water

Using a water filter is one of the best ways to improve the quality of your drinking water.

Water in Boston

Boston residents get their water from two reservoirs: Quabbin and Wachusset.

According to the last five yearly water quality reports, all compounds found were below the EPA's Maximum Contaminant Levels (MCL).

The Massachusetts Water Resource Authority (MWRA) is responsible for testing, treating, and protecting the water quality for Boston residents.

Compound	Units	(MCL) Highest Level Allowed	(We Found) Detected Level-Average
Barium	ppm	2	0.008
Fluoride	ppm	4	0.7
Nitrate^	ppm	10	0.62

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