

# Do you own a well?

**Prevent health problems  
Test the quality of your drinking water**

## Did you know?

Even if your water is clear, odourless and good-tasting to drink, it can contain bacteria and contaminants that can affect your health.

Some treatments that improve the appearance of water (e.g. softener, active carbon filter, green sand filter) do not eliminate the main health risks.

### Microbiological contaminants (bacteria)

- Risk of nausea, vomiting, diarrhea, stomach ache.
- Greater risk for young children, the elderly and people with chronic illnesses or whose immune systems are compromised.
- Bacteria present in the water due to human or animal activity near the well.

### Chemical contaminants

- Presence in the water due to the nature of the ground or to human activity.
- Depending on the region, contaminants most frequently seen in well water are iron, manganese, fluorides, nitrates/nitrites.
- Various health risks, as well as recommendations (restrictions), can vary as a result of the concentration found.

### When should you conduct water tests?

- At least twice a year for microbiological contaminants, in the spring and autumn (after spring thaw or heavy rain).
- At least once for chemical contaminants.
- If the water changes appearance, taste or odour.
- If work has been done on or near the well.

### Where should you get your water analysed?

- In a **laboratory accredited** by the Ministère de l'Environnement (MDDELCC). The complete list is available on this website (drinking water section): [mddelcc.gouv.qc.ca](http://mddelcc.gouv.qc.ca).

If you suspect health problems related to the quality of your water, contact **Info-Santé**, by calling 811.

For more information, go to "The Quality of My Well Water" on the **MDDELCC** website: [mddelcc.gouv.qc.ca](http://mddelcc.gouv.qc.ca)

**Centre intégré de santé et de services sociaux des Laurentides:** [santelaurentides.gouv.qc.ca](http://santelaurentides.gouv.qc.ca)

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