
Protect Your Drinking Water



Produced in Large Print By:



**2071 Flatbush Avenue, Suite 63
Brooklyn, NY 11234
1-800-236-6283**



2071 Flatbush Avenue, Suite 63
Brooklyn, NY 11234

To:

Free Matter
For The
Visually
Impaired

Attention: Department of Visually Impaired

This booklet is produced by



in conjunction with The Federal Citizen Information Center

Protect Your Drinking Water

Publication Reference Number 546L



-
- How to Find Medical Information
 - Older Adults: Depression And Suicide Facts
 - Questions And Answers About Hip Replacement
 - Questions and Answers About Knee Problems
 - Questions and Answers About Alopecia Areata
 - Do I Have Arthritis
 - Questions and Answers About Juvenile Rheumatoid Arthritis
 - Stories of Depression
 - Battle of the Bugs: Fighting Antibiotic Resistance
 - Understanding Treatment Choices for Prostate Cancer
 - You Know the Questions That Go Through Your Mind When You Take Your Generic Drug
 - Full Body CT Scans: What You Need To Know
 - Real Men Real Depression
 - Stories of Bipolar Disorder: Maniac Depressive Illness
 - Menopause and Hormones: A Purse Guide
 - Menopause and Hormones: A Fact Sheet
 - Understanding Prostate Changes: A Health Guide For All Men
 - Greater Access to Generic Drugs
 - Water on Tap: What You Need to Know

In celebration of the 30th anniversary of
the Clean Water Act,
EPA presents

Protect Your Drinking Water

We rely on

safe and abundant water supply for the health of our families and communities.

What is the Source of Our Water Supply?

If you live in a large city, your source of drinking water is probably a lake, river or reservoir. If you live in a rural area, your source water may be ground water. In any case, your drinking water starts its journey to your tap from a watershed. A watershed is the land area that drains to a single body of surface water or to ground water. Everything that happens in the watershed can affect the quality of your water supply.



Did you know ?

- ❖ *Americans drink more than one billion glasses of tap water per day.*
- ❖ *Children in the first 6 months of life consume seven times as much water per pound as the average American adult.*

What Happens in a Watershed That Can Affect Drinking Water?

Our drinking water resources are constantly under siege from multiple threats that directly affect water quality.

Some are naturally occurring: storms, floods, fires. Most are caused by our activities at home, work, and play.

STORMWATER RUNOFF is the single biggest threat to the health of our waterways. As this water washes over roofs, pavement, farms,

- New Over-the-Counter Medicine Label...Take a Look!
- Questions & Answers About Gout
- What You Need to Know About Skin Cancer
- Rheumatoid Arthritis
- Over-the-Counter Medicines: What's Right for You?
- Facts About Anxiety Disorders
- Arthritis: Timely Treatments for an Ageless Disease
- Think It Through: A Guide to Managing the Benefits and Risks of Medicines
- Questions & Answers About Arthritis and Exercise
- Bone Marrow Transplants Come of Age
- Facts About Breast Cancer and Mammograms
- Vision Correction: Taking a Look at What's New
- Boning Up on Osteoporosis
- Questions and Answers About Arthritis and Rheumatic Diseases
- Understanding Breast Changes: A Health Guide for All Women
- Systemic Lupus Erythematosus
- Breast Cancer: Better Treatments Save More Lives
- Eating Disorders



-
- Breathing Better: Action Plans Keep Asthma in Check
 - Clearing Up Cosmetic Confusion
 - Questions & Answers About Arthritis Pain
 - Fitness and Exercise
 - Medications and Older Adults
 - Take Time to Care...About Diabetes
 - What to Do When a Friend is Depressed
 - Keeping an Eye on Contact Lenses
 - My Medicines
 - Losing Weight: More Than Counting Calories
 - Atopic Dermatitis
 - Controlling Asthma
 - Do I Have Lupus?
 - Questions & Answers About Acne
 - Questions & Answers About Rosacea
 - Questions & Answers About Reactive Arthritis
 - Prostate Cancer: No One Answer for Testing or Treatment
 - Osteoarthritis
 - Taking Charge of Menopause
 - Questions and Answers About Scoliosis in Children and Adolescents

and grassy areas, it picks up fertilizers, pesticides, litter, etc., and deposits them in surface water and ground water. Here are some of the multiple threats that we cause through activities in our watershed.

Every Year :

- *We apply 67 million pounds of pesticides that contain toxic and harmful chemicals to our lawns.*
- *We produce more than 230 million tons of municipal solid waste--approximately five pounds of trash or garbage per person per day--that contain bacteria, nitrates, viruses, synthetic detergents and household chemicals.*
- *Nearly half a million of our animal factory farms produce 130 times the amount of waste of the human population and are a potential source of bacteria, viruses, nitrates, and animal steroids.*



-
- *More than 12 million of our recreational and house boats and 10,000 boat marinas release solvents, gasoline, detergents, and raw sewage directly into waterways.*

Multiple Risks Require Multiple Barriers.

The best barrier against pollution is PREVENTION. Keeping contaminants out of the drinking water source protects the environment and reduces the need for costly treatment. Your state is in the process of identifying sources of drinking water and potential threats so that your community can take appropriate steps to protect the watershed.

After contaminants get into the source water, the best barrier is RISK MANAGEMENT. Your public water system is the first line of defense. Water utilities treat nearly 34 billion

Available Publications

- An Aspirin A Day...Just Another Cliche?
- Beat the Winter Bugs: How to Hold Your Own Against Colds and Flu
- Brain Basics: Preventing Strokes
- Emerging Trends in Medical Device Technology: Home Is Where the Heart Monitor Is
- Getting Information From FDA
- Let's Talk About Depression
- Life Advice About...Being a Blood Donor
- Personal Emergency Response System
- You Can Control Your Weight As You Quit Smoking
- Your Rights After a Mastectomy
- Protect Your Drinking Water
- Catch the Spirit
- Understanding Vaccine Safety
- Drug Interactions: What You Should Know
- Kids and Their Bones: A Guide for Parents
- Don't Lose Sight of Glaucoma
- Cataract in Adults: A Patient's Guide
- Questions & Answers About Psoriasis
- Aspirin for Reducing Your Risk of Heart Attack and Stroke: Know the Facts



If you would like additional copies of this book or any of our other large-print publications, please make a **request on your stationery stating your organization's name and address.**

Please indicate the name of each publication and how many copies you would like to receive. Fax or mail your request to:

Heritage for the Blind

2071 Flatbush Avenue, Suite 63

Brooklyn, NY 11234

FAX: (718) 677-0395, (718) 951-5463

or (718) 951-8680, att: Greg

Please see pages 13-16 for a list of available publications.

gallons of water everyday. The Safe Drinking Water Act requires them to: collect and treat water; hire trained and qualified operators; and have an emergency response plan in case of natural disaster or terrorist attack.

Doing RISK AND COMPLIANCE MONITORING also protects drinking water resources. Your community constantly monitors water quality--at the source; at the treatment plant after it has been treated and disinfected; at the distribution system, which delivers water through pumps and pipes to your home; and, in some cases, at the tap.

Did you know?

In North America, the total miles of water pipeline and aqueducts equal approximately one million miles. (It could circle the globe 40 times!)

Funding and technical assistance can help systems provide safe drinking water. If all



these efforts fail, enforcement actions can be taken against the system.

The INDIVIDUAL ACTION BARRIER that makes the other three barriers work is you, and what you decide to do. Look below for a variety of actions that you can take.

What You Can Do to Protect Your Drinking Water?

Be Involved !

- ✱ Attend public hearings on land use and permitting. Ask for an environmental impact statement. Ask questions about specific plans to protect your water source. Participate in state and water system funding decisions.

*Please remember
Heritage for the Blind
in your will.*

Thank you



For more information, contact EPA's Safe Drinking Water Hotline at 1-800-426-4791 or visit **www.epa.gov/safewater**.

You may also contact:

U.S. Environmental Protection Agency

Office of Ground Water and Drinking Water

1200 Pennsylvania Avenue

NW (4606-M)

Washington, DC 20460

- ✱ Volunteer to monitor water quality upstream from your water source. If your water source is a river, lake or stream, you can call your state to find out how well the Clean Water Act standards for your drinking water source protect your drinking water.

- ✱ Support your local utilities.

Be Observant !

- ✱ Look for announcements in the local media for activities that could pollute your source water.

- ✱ Report any suspicious activities in or around your water supply to local authorities or call 911 immediately.

Be Informed !



-
- ✿ Read the annual Consumer Confidence Report provided by your public water system.
 - ✿ Learn about potential threats to your water from your state's Source Water Assessment
 - ✿ Find out whether Clean Water Act standards protect your drinking water source.

Don't Contaminate !

- ✿ Reduce or eliminate pesticide application.
- ✿ Reduce the amount of trash you create.
- ✿ Recycle used oil.

- ✿ Reduce paved areas.
- ✿ Keep pollutants away from boat marinas and waterways.

A Message from the Administrator

Christine Todd Whitman

I believe water is the biggest environmental issue we face in the 21st century, in terms of both quality and quantity. In the 30 years since its passage, the Clean Water Act has dramatically increased the number of waterways that are once again safe for fishing, swimming, and drinking. Despite this great progress in reducing water pollution, many of the nation's waters still do not meet water quality goals. I challenge you to join President Bush and me to finish the business of restoring and protecting our nation's waters for present and future generations.

For More Information