



What lakeside homeowners can do to protect New Hampshire's surface waters?

- Design and site your septic system in accordance with DES rules.
- Keep your septic system maintained by inspecting and pumping every two to three years.
- Do not apply fertilizer closer than 25' from the shore—it's **against the law**.
- If you must fertilize, use low phosphate, slow release nitrogen fertilizer between 25' and 250' from shore.
- Keep a buffer zone of native plants along the shore.
- Minimize paving to reduce stormwater runoff.
- Reroute runoff from eroded paths, so it can slow down and soak into the soil, minimizing runoff.
- Use low phosphate cleaning supplies.
- Do not bathe in the water.
- Do not allow farm animals in the lake or stream—provide alternative water sources.

What boaters can do to keep New Hampshire's inland surface waters clean

- Use low-polluting outboard marine engines: four-stroke or direct fuel injected two-stroke.
- Make certain there are no overboard discharges of sewage or gray water into the water—it's **against the law**.
- Whenever possible, refuel personal watercraft and small boats on land, at gas stations and away from the shore.
- When boating in shallow areas or along the shoreline, minimize your wake.
- Clean boats, motors, and trailers of any clinging plant or animal material before launching in the lake or river. Dispose of all attached materials on land and away from shore.

This information is made available through the cooperation of the
N.H. Dept. of Environmental Services
6 Hazen Drive, Concord, NH 03302
(603) 271-3503
and the
Rotary Club of Wolfeboro
PO Box 781, Wolfeboro, NH
www.rotary-district-7850.org/Clubs/WolfeboroNH

For more information about drinking water, shoreland protection, and eco-safe boating tips, go to the DES website at www.des.state.nh.us.

Don't Drink Untreated Surface Water!



What lake and riverfront residents and renters should know about drinking untreated surface water



N.H. Dept. of Environmental Services
and
Rotary Club of Wolfeboro, NH

DO NOT USE Lakes or Streams for Domestic Water Supply

Some residents and visitors think of New Hampshire as relatively rural and pristine and believe it is safe to use surface water for drinking. Surface waters include lakes, ponds, streams, and some springs—and these waters naturally contain microorganisms.

Diseases that may be transmitted by surface water include gastroenteritis, dysentery, and giardiasis. Symptoms of ingesting contaminated surface water include nausea, vomiting, diarrhea, mild fever, and general malaise.

Populations of potentially harmful microorganisms are naturally occurring in all waterbodies. Weather and water conditions, poor human sanitary practices, feces from animals and waterfowl can result in an uncontrollable change in water quality that can make you sick, even though past bacterial tests of the water may have shown good water quality.



Regardless of the presumed safety of this practice in the past, drinking untreated water from lakes, ponds, and streams is not safe and DES strongly cautions against this practice.

Treating your own drinking water is not recommended, because:

- There are usually no restrictions on activities in the vicinity of the intake.
- Testing, inspections, record keeping, and maintenance of the system is usually sporadic.



- Routine chemical and bacteriological monitoring, as well as monitoring for other pathogens, is usually not done.
- Mixing time for the source water and the chlorine may be insufficient to kill some microorganisms, and others can only be removed by filtration.

While many municipalities and private companies take water from lakes or rivers for domestic use, sophisticated filtration and/or chlorination systems are always required. Many lakes that are used as a source of municipal water supply have restrictions on fishing, swimming, and boating activities, thus restricting the presence of man and lowering potential contamination. In addition, they are sampled daily.



For reliable drinking water, DES recommends the use of dug, point, or drilled wells, or municipal or small public water systems operated by a certified water system operator. Another option is to bring bottled water to a house that does not have clean, potable water.