

Resources

Please visit the Four Corner States Biomonitoring Consortium (4CSBC) at <http://www.4csbc.org/> to learn more about biomonitoring and the 4CSBC project. The website also includes general information regarding all chemicals of concern in the study.

If you are concerned about high levels of contaminants found in either your body or well water, please contact your local health department for information about retesting. Listing of local health departments can be found at <http://health.utah.gov/epi/community/sanitation/enviroHealth/>.

If you have further questions about high levels found in your body, please contact your physician. Be prepared to bring your test results to your appointment.

Please contact the Utah Health Department at (801) 538-6191 or the Poison Control Center at (800) 222-1222 for all other questions and/or concerns.

For more information about private wells, visit:

- How to Protect your Well Water
<http://extension.usu.edu/files/publications/factsheet/WQFA-1.pdf>
- Well Testing
<http://www.cdc.gov/healthywater/drinking/private/wells/testing.html>
- Well Water Contaminant Reduction Claims Guide
<http://www.nsf.org/consumer-resources/what-is-nsf-certification/water-filters-treatment-certification/contaminant-reduction-claims-guide>

For more information about heavy metals, visit:

- Substance Index for Toxicological Profiles
<https://www.atsdr.cdc.gov/toxprofiles/index.asp>
- Toxic Metals
<https://www.osha.gov/SLTC/metalsheavy/>

For more information about phthalates, visit:

- National Biomonitoring Program Phthalates Factsheet
http://www.cdc.gov/biomonitoring/phthalates_factsheet.html
- United States Consumer Safety Commission
<http://www.cpsc.gov/en/Business--Manufacturing/Business-Education/Business-Guidance/Phthalates-Information/>