

# Using Your Nitrate Test Strips

## step-by-step instructions

- Select the water source(s) you'd like to sample. You can sample tap water, streams, lakes, and more!
- Dip the strip into your water for 1 second and remove. Do not shake the excess water off.
- Hold the strip level, pad side up, for **30 seconds**.
- At **exactly 30 seconds**, compare the color of the top pad to the color chart on your bottle labeled "Nitrate Nitrogen ppm."
  - Remove sunglasses before taking your reading.
  - The color will continue to change after 30 seconds, so record your value as close to 30 seconds as possible.
  - If your strip's color falls between two values, **estimate an intermediate value**.



## Nitrate in Drinking Water

The Safe Drinking Water Act sets federal drinking water standards at <10 ppm nitrate for public water systems. Recent studies show that consuming water with less than 10 ppm nitrate can still have dangerous health effects. There is no regulation on drinking water obtained from private wells.

# Submitting Your Results

1

Navigate to [www.cleanwaterhub.org/nitratewatch](http://www.cleanwaterhub.org/nitratewatch).  
Log in to the Clean Water Hub or create a new account.

2

Click on **CREATE NITRATE WATCH READING**

3

Select a site from the dropdown menu or click "Create a New Site"

4

Fill out the form for your site.  
Double-check all fields and click **SAVE CHANGES** when you are finished.



**You did it!**

**Make sure to submit data for each strip in your Nitrate Watch kit.**