



Strontium

If the level of strontium in your water is over **1,500 µg/L**, you should find a different source of water for drinking and preparing foods that take up a lot of water.*

What is strontium?

Strontium is a naturally occurring element found in rocks.

- ▶ Strontium is used to make ceramics, glass products, pyrotechnics, paints, fluorescent lights, and some medicines.
- ▶ People can be exposed to strontium from air, food, soil, and water.

Can strontium affect our health?

While low levels of strontium are beneficial for our bodies, high levels can affect bone development in children.

- ▶ Infants and young children who drink too much strontium and have a diet that is low in calcium and protein can develop strontium rickets. Strontium rickets is a disease in which bones are thicker and shorter than normal and may be deformed.
- ▶ Children who drink adequate amounts of formula or milk are not likely to develop these problems.

What can you do to protect your health?

Wisconsin has a recommended groundwater standard of **1,500 micrograms per liter (µg/L)** for strontium.

If the level of strontium in your drinking water is above this, you should find a way to obtain safe water. Options include:

- ▶ Installing a certified treatment device.
- ▶ Drilling a new well.
- ▶ Connecting to a public water system or community well.

*Examples of foods that take up a lot of water include soup, rice, jello, and oatmeal.

Looking for more information?

- ▶ Visit the [DHS webpage](#) for additional health information on strontium.
- ▶ Visit the [DHS website](#) for more information on Wisconsin's groundwater standards.

