



Start here.

4-color Process

# Village of Grantsburg

316 Brad Street South Grantsburg, Wisconsin 54840  
Phone: 715.463.2405 Fax: 715.463.5555

Email: [villageoffice@grantsburgwi.com](mailto:villageoffice@grantsburgwi.com)  
Webpage: [www.grantsburgwi.com](http://www.grantsburgwi.com)

## Manganese Frequently asked Questions

### **What is it?**

Manganese is a part of our rocks and soil. Our bodies require a small amount of manganese but too much can be harmful to our health, especially for infants.

### **Who is at risk?**

Infants less than 12 months old are at greater risk from manganese in drinking water than children and adults because:

- Their brains are developing rapidly.
- They absorb more manganese and are less able to remove manganese from their bodies
- They drink more water and eat more food based on body weight

Anyone with significant liver disease may wish to use bottled water.

- Manganese leaves the body through the liver and goes into feces (poop). For this reason, adults and children with known, significant liver disease may be less able to rid excess manganese from the body.
- Significant liver disease – end-stage liver disease or conditions where a person's skin or eyes are very yellow (jaundice). Contact your healthcare provider for more information.

### **How might this affect my baby?**

Formula-fed infants get enough manganese from formula to meet their dietary needs. However, they may get too much manganese in their bodies when formula is mixed with water that contains manganese. Too much manganese may affect learning and behavior in infants.

### **Should I be worried about my infant's/child's health?**

Adults and children one year and older can continue to safely use tap water for drinking. Infants less than 12 months old should use only bottled water for anything they eat or drink.



# Village of Grantsburg

Start here.

316 Brad Street South Grantsburg, Wisconsin 54840  
Phone: 715.463.2405 Fax: 715.463.5555

Email: [villageoffice@grantsburgwi.com](mailto:villageoffice@grantsburgwi.com)  
Webpage: [www.grantsburgwi.com](http://www.grantsburgwi.com)

## **Is it okay to use water for washing/laundry/brushing teeth?**

Yes. Adults and children of any age can continue to bathe and shower, brush their teeth, and wash clothes, foods, and dishes in tap water.

## **If I am pregnant or breastfeeding, is drinking tap water safe for my child?**

Breastfeeding mothers should consult their healthcare provider since they know your health condition best. The manganese upper limits for breastfeeding mothers are the same as other adults. There are currently no recommended restrictions for pregnant women.

## **What are the symptoms?**

It takes a long time to see symptoms. There is no specific timetable.

## **What about getting my baby tested?**

Testing is not recommended at this time. If parents or families are concerned, talk to your doctor.

## **What should I do now?**

For infants less than 12 months old, use bottled water instead of tap water for anything they eat or drink-including water, juice, baby formula, purees, and cereals.

## **Will water filters or softeners remove it?**

Contact your local water treatment company and talk to them. They will be able to help you on this.

## **Will it help to boil my water?**

No. Boiling water only kills bacteria that in the water. It doesn't remove the manganese. Use bottled water for boiling foods such as pasta and vegetables for infants less than 12 months.

## **Where can I find more information?**

Village of Grantsburg Website or at the Wisconsin Department of Health Services website at <https://www.dhs.wisconsin.gov/water/manganese.htm> .

If you have questions about water testing and the water supply in general contact the Village of Grantsburg at 715-463-2405 ext. 3.