HOME ENVIRONMENT BINDER / REFERENCE

Water Quality Checklist

A record of water source, taste and odor changes, filtration, and symptom patterns.

> One page at a time. Add this sheet to your home environment binder and compare observations as you go.

01 Contaminants in drinking and household water

Drinking water - municipal or private well - can carry lead, PFAS, nitrates, arsenic, and chlorination byproducts. Most of these are colorless, odorless, and tasteless at concentrations that still carry long-term health consequences. Municipal reports test at the treatment plant, not your tap, and private wells receive no routine regulatory oversight.

02 Taste, odor, discoloration, or symptom timing

An unusual taste, chlorine or sulfur smell, visible discoloration, or sediment in tap water are observable signs. GI symptoms, skin irritation, or fatigue that appear or worsen after moving to a new water source - or that improve when using filtered water - are patterns worth noting alongside water observations.

03 Most contaminants leave no sensory trace

Lead, PFAS, and arsenic are invisible and tasteless at typical exposure levels. The health effects of water contaminants tend to be chronic rather than acute - developing over years of regular exposure - which makes the connection between water and symptoms difficult to establish without testing.

04 Source, filtration, plumbing age, and body response

Note whether your water comes from a municipal system or a private well, how old your household plumbing is, and whether any filtration is in use. Track whether symptoms follow water use - particularly showering, which can aerosolize some contaminants - and whether they shift with filtration changes.

HOME ENVIRONMENT BINDER / OBSERVATION SHEET

Water Quality Checklist

Date checked: _____ Areas covered: _____

Check anything you notice. This is a record of observations, not conclusions - there are no wrong answers.

Source & plumbing

- ☐ Municipal water or private well - note the source and any known service line age or material

  Example: Municipal water, home built 1972 - original copper plumbing with lead solder suspected.

- ☐ Plumbing appears to predate 1986 (galvanized, copper with old solder, or unknown material)
- ☐ Water filter present - note type, whether certified, and last filter change

Observable water quality

- ☐ Unusual taste, smell (sulfur, chlorine, earthy), or visible discoloration in tap water
- ☐ Visible sediment, rust, or particulate in water from any tap

Symptom patterns

- ☐ GI discomfort, nausea, or skin irritation that appears to follow water consumption
- ☐ Skin reactions, respiratory irritation, or fatigue that worsen after showering
- ☐ Formal water testing completed - note what was tested and when

ROOMS OR AREAS OF HIGHEST CONCERN

WHEN SYMPTOMS FEEL STRONGEST / WEATHER, TIME, ROOM, ACTIVITY

NOTES

A checklist is a snapshot. The patterns that matter most tend to appear when you compare one across weeks, seasons, and rooms.