This fact sheet answers the most frequently asked health questions (FAQs) about arsenic. For more information, call the ATSDR Information Center at 1-888-422-8737. This fact sheet is one in a series of summaries about hazardous substances and their health effects. It’s important you understand this information because this substance may harm you. The effects of exposure to any hazardous substance depend on the dose, the duration, how you are exposed, personal traits and habits, and whether other chemicals are present.

**HIGHLIGHTS:** Exposure to higher than average levels of arsenic occurs mostly in the workplace, near hazardous waste sites, or in areas with high natural levels. At high levels, inorganic arsenic can cause death. Exposure to lower levels for a long time can cause a discoloration of the skin and the appearance of small corns or warts. Arsenic has been found at 1,014 of the 1,598 National Priority List sites identified by the Environmental Protection Agency (EPA).

**What is arsenic?**

Arsenic is a naturally occurring element widely distributed in the earth’s crust. In the environment, arsenic is combined with oxygen, chlorine, and sulfur to form inorganic arsenic compounds. Arsenic in animals and plants combines with carbon and hydrogen to form organic arsenic compounds.

Inorganic arsenic compounds are mainly used to preserve wood. Organic arsenic compounds are used as pesticides, primarily on cotton plants.

**What happens to arsenic when it enters the environment?**

- Arsenic cannot be destroyed in the environment. It can only change its form.
- Arsenic in air will settle to the ground or is washed out of the air by rain.
- Many arsenic compounds can dissolve in water.
- Fish and shellfish can accumulate arsenic, but the arsenic in fish is mostly in a form that is not harmful.

**How might I be exposed to arsenic?**

- Eating food, drinking water, or breathing air containing arsenic.
- Breathing contaminated workplace air.
- Breathing sawdust or burning smoke from wood treated with arsenic.
- Living near uncontrolled hazardous waste sites containing arsenic.
- Living in areas with unusually high natural levels of arsenic in rock.

**How can arsenic affect my health?**

Breathing high levels of inorganic arsenic can give you a sore throat or irritated lungs. Ingesting high levels of inorganic arsenic can result in death. Lower levels of arsenic can cause nausea and vomiting, decreased production of red and white blood cells, abnormal heart rhythm, damage to blood vessels, and a sensation of “pins and needles” in hands and feet.

Ingesting or breathing low levels of inorganic arsenic for a long time can cause a darkening of the skin and the
appearance of small “corns” or “warts” on the palms, soles, and torso.

Skin contact with inorganic arsenic may cause redness and swelling.

Organic arsenic compounds are less toxic than inorganic arsenic compounds. Exposure to high levels of some organic arsenic compounds may cause similar effects as inorganic arsenic.

How likely is arsenic to cause cancer?

Several studies have shown that inorganic arsenic can increase the risk of lung cancer, skin cancer, bladder cancer, liver cancer, kidney cancer, and prostate cancer. The World Health Organization (WHO), the Department of Health and Human Services (DHHS), and the EPA have determined that inorganic arsenic is a human carcinogen.

Has the federal government made recommendations to protect human health?

EPA has set limits on the amount of arsenic that industrial sources can release to the environment and has restricted or canceled many uses of arsenic in pesticides. EPA has set a limit of 0.01 parts per million (ppm) for arsenic in drinking water.

The Occupational Safety and Health Administration has set limits of 10 µg arsenic per cubic meter of workplace air (10 µg/m³) for 8 hour shifts and 40 hour work weeks.

Source of Information