

Know Your Water's Fluoride Level

Why do I need to know my water's fluoride level?

- Fluoride is a naturally occurring mineral found in all water supplies at various levels.
- The right amount of fluoride supports good oral health by preventing new cavities in people of all ages.
- Children with permanent teeth forming need the right amount of fluoride to strengthen their teeth.
- Not all city water systems or private wells have the right amount of fluoride.

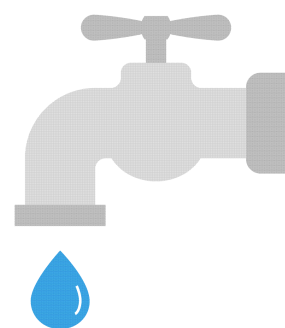


City water:

- City water systems are tested and maintained by water operators for citizens.
- Find out your water's fluoride level by visiting the CDC website, My Water's Fluoride: https://nccd.cdc.gov/DOH_MWF.

When should I find my city water's fluoride level?

Find your water's fluoride level when you move into a new home or have a baby.



What do I do with information about my city water's fluoride level?

Discuss your water's fluoride level with your dental or medical provider to determine whether you need additional fluoride products or other action.





Private well water:

- Private-well owners are responsible for regularly testing and maintaining their well.
- Contact your local health department or the Wisconsin State Laboratory of Hygiene to learn about water testing or ordering test kits: www.slh.wisc.edu/environmental/water/public-environmental-and-water-testing-prices/.

How often should I test my well water's fluoride level?

Test your water's fluoride level when you move into a new home or have a baby.

What do I do with my well water results?

- The Wisconsin State Laboratory of Hygiene will provide you with information on what your water's fluoride level means.
- You may share your results with your dental provider or medical provider to determine whether you or your child needs additional fluoride.



For more information on fluoride, please visit the Wisconsin Oral Health Program's website: www.dhs.wisconsin.gov/oral-health/community-water-fluoridation-fluoride.htm.

