

## IMPORTANT WATER QUALITY INFORMATION

The results of the analyses of samples taken from the Benmiller Drinking Water System indicate a naturally occurring fluoride level of 1.83mg/L - 1.92mg/L (milligrams per litre) in the water. This level exceeds the Ontario Drinking Water Quality Standard of 1.5mg/L of fluoride in drinking water.

### **What is Fluoride?**

Fluoride is a natural mineral found in the soil, in water (fresh and salt) and in various foods. Fluoride levels in water, including in groundwater, can vary. At low levels in the drinking water, fluoride helps in the prevention of dental cavities and in the improvement of dental health. As such, many Canadian communities add fluoride to their water supply. Health Canada recommends a level of 0.7 mg/L when fluoride is added to drinking water to maintain the prevention of tooth decay. The consumption of drinking water containing elevated levels of fluoride can increase the risk of dental fluorosis, a cosmetic condition characterized by white spots on the teeth.

### **Recommendations if the natural fluoride level in the drinking water is between 1.5 mg/L and 2.4 mg/L.**

The water can be used, including for consumption purposes. Infant formula should be prepared with drinking water containing a level of fluoride of 1.5 mg/L or less. Parents of children up to the age of 6 years should consult with a health care professional to determine if their child is at risk of developing tooth decay and whether fluoridated toothpaste should be used. If fluoridated toothpaste is recommended, only a small amount should be used; a rice grain sized amount for children up to 3 years of age, and a green pea sized amount for children between the ages of 3-6 years. Parents should assist their children with the brushing of their teeth and teach them not to swallow the toothpaste. Fluoridated mouthwash or mouth rinses should not be given to children under the age of 6 years. Fluoridated mouthwash and fluoride supplements should not be used unless specifically recommended by a health care professional. See your family dentist or physician for advice on your situation.

A treatment system can be installed in the home to reduce the amount of fluoride in the drinking water to concentrations of less than 1.5 mg/L.

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