

## What *IS* in My Water?

Every time a water faucet is turned on and clean, safe drinking water is available, we experience the success of local, state, and national drinking water protection efforts. Ensuring that drinking water is clean and safe is one of the core functions of the Rhode Island Department of Health. Rhode Island tap water undergoes rigorous and frequent testing to maintain the high standards required by the Safe Drinking Water Act.

Water suppliers work hard to remove all contaminants from your water, including recent work to eliminate lead from system pipes. During times of system pipe replacement, or in homes with older pipes, families can check lead levels and use filters if necessary.

Lead and other contaminant at-home test kits are available through your Public Water Supply or through labs available on our website, for both public and well water. You can also buy cost-effective water filters that remove lead and other contaminants from your tap, while keeping good minerals like fluoride!

## What is Fluoride ?

Fluoride is a mineral that strengthens teeth. It is naturally occurring, but not typically at the necessary level to protect your teeth. Water systems add small, safe amounts of fluoride to your water to reach the level to prevent tooth decay. This is called **community water fluoridation**.

Recent studies suggest that at very high levels and with chronic exposure, fluoride could have negative neurodevelopmental and cognitive impacts. However, this is not a concern at low levels used in fluoridation of water supplies in the U.S.

**Note:** There is no connection between per- and polyfluoroalkyl substances, commonly called PFAS, and fluoride used to strengthen teeth.

## Your Tap Water is Safe to Drink!

Rhode Island Public Water Systems undergo routine testing to insure they are in accordance with EPA Standards and following the Safe Drinking Water Act. These tests and guidelines ensure that every time a Rhode Islander turns on the tap, they are getting safe and clean water that is given on the success of local, state, and national efforts all following the guidelines to keep contaminants out of your water.

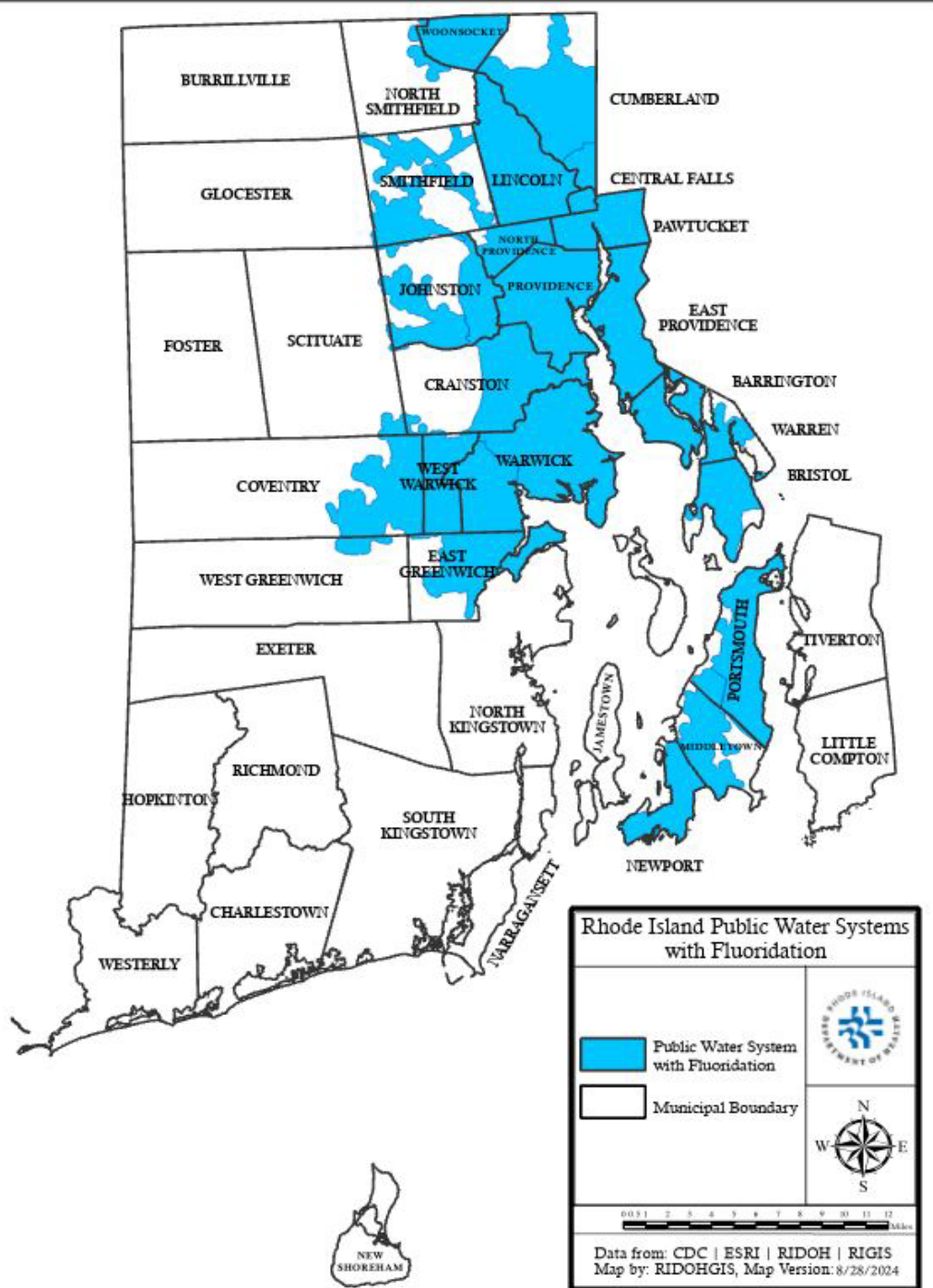
Your community is required to share with you what is in your water. This is called the Consumer Confidence Report. These reports highlight if there are any contaminants in your drinking water, and what their levels are compared to the legal allowed amount. **These reports are available on your water supplier's website.**

## Make A Pledge With Us

**Use water refill stations whenever you can!** Refill stations use NSF-certified filters, that filter out all contaminants including lead from the pipes, making them safe to drink from!

**Reusable bottles are a great way to reduce waste**, and an affordable way to keep your drink cool!

**Spread the word** about the safety of tap water to support the work of your community health workers!



# DRINK KNOW YOUR LOVE H<sub>2</sub>O

LOOKING FOR MORE INFO?



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Oral Health Program  
[Health.ri.gov/rifluoride](https://health.ri.gov/rifluoride)



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