



DRINKING WATER WARNING FOR CHILDREN

WATER HAS HIGH LEVELS OF FLUORIDE

This is an alert about your drinking water. Your drinking water may have high levels of fluoride. At low levels (0.7 milligrams per liter (mg/L)), fluoride can help prevent cavities but when present in levels of 2 mg/L or higher it can cause children to develop dental fluorosis, a cosmetic discoloration of their permanent teeth. Dental fluorosis can cause a brown staining and/or pitting of the permanent teeth and can be moderate or severe. This problem only occurs in developing teeth before they emerge from the gums.



Dental fluorosis can cause brown staining and/or pitting of teeth.

The drinking water provided by the Cave Hill School has a fluoride concentration of 3.4 mg/L. Children under nine should be provided with an alternative source of drinking water that is low in fluoride or water that has been treated to remove fluoride to avoid the possibility of dental fluorosis. You may also want to contact your child's dentist or doctor about whether to avoid dental products or multivitamins containing fluoride. Older children and adults may safely drink the water.

Drinking water containing more than 4 mg/L of fluoride can increase your risk of developing bone disease and fractures and may result in pain and tenderness. Your drinking water does not contain more than 4 mg/L of fluoride. You are being notified because the fluoride levels in your drinking water are greater than 2 mg/L and at this level the cosmetic dental problem, dental fluorosis, may occur.

Most water supplies contain some naturally occurring fluoride from the erosion of natural deposits in the bedrock. Fluoride can also enter drinking water from agricultural and/or industrial discharge.

If you would like additional information or would like to learn more about water quality please contact David L. Bridgham at (207) 422 - 2017 Ext. 105.

If you are concerned about fluoride in your home's drinking water you should have your water tested. Some home water treatment units are available to remove fluoride. To learn more about home water treatment units, you may call NSF International at 1-877-NSF-HELP

You can learn more about fluoride and drinking water from the Environmental Protection Agency: at www.tinyurl.com/EPAInfoFluoride



Keep Your Drinking Water Safe:

- ✓ Protect Your Source
- ✓ Take Your Samples
- ✓ Maintain Your Treatment
- ✓ Inspect Your Pipes & Tanks