

IMPORTANT INFORMATION ABOUT YOUR DRINKING WATER

City of Manitou Springs High Levels of Fluoride

This is an alert about your drinking water and a cosmetic dental problem that might affect children under nine years of age. At low levels, fluoride can help prevent cavities, but children drinking water containing more than 2.0 milligrams per liter (mg/L) of fluoride may develop cosmetic discoloration of their permanent teeth (dental fluorosis). The drinking water provided by your community water system has a fluoride concentration of 2.8 mg/L.

What does this mean? What should I do?

- Dental fluorosis in its moderate or severe forms may result in a brown staining and or pitting of the permanent teeth. This problem occurs only in developing teeth, before they erupt from the gums. Children under nine years of age should be provided with alternative sources of drinking water or water that has been treated to remove the fluoride to avoid the possibility of staining and pitting of their permanent teeth. You may also want to contact your dentist about proper use by young children of fluoride-containing products. Older children and adults may safely drink the water.
- Drinking water containing more than 4.0 mg/L of fluoride (the U.S. Environmental Protection Agency's drinking water standard) can increase your risk of developing bone disease. Your drinking water does not contain more than 4.0 mg/L of fluoride, but we're required to notify you when we discover that the fluoride levels in your drinking water exceed 2.0 mg/L because of this cosmetic dental problem.
- Some home water treatment units are also available to remove fluoride from drinking water. To learn more about available home water treatment units, you may call NSF International at 1-877-8-NSF-HELP.

What is being done?

- Fluoride contamination is rarely due to human activity. Fluoride occurs naturally in some areas.
- Fluoride removal of our community's drinking water is difficult and costly; with a fluoride level below 4.0 mg/L it is not necessary to remove it, but State of Colorado requirements are in place to inform consumers of the risk of possible cosmetic dental problems for young developing children's teeth under the age of 9 years old.

For more information, please contact **Jeff Jones** at jeffjones@manitouspringsco.gov or **7194922359**, or **101 Banks Place**.

Please share this information with all the other people who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools, and businesses). You can do this by posting this notice in a public place or distributing copies by hand or mail.

This notice is being sent to you by: City of Manitou Springs - CO0121450
Date distributed: **February 28, 2022**