



Customer Service at 1-800-286-5700

Facts About FLUORIDE AND DRINKING



Fluoride is a naturally occurring mineral that is added to public water systems in accordance with public health requirements. Connecticut Water fluoridates our water systems as required by state law.

The primary benefit of drinking water fluoridation is a reduced risk of tooth decay in children. Fluoridation of drinking water supplies has been cited as a significant public health achievement of the 20th century. The CDC reports that “panels of experts from different health and scientific fields have provided strong evidence that water fluoridation is safe and effective.”

Connecticut Water Company understands, however, that some customers prefer that their drinking water be fluoridated while others would prefer it is not. The company relies on state and federal health standards to determine where to fluoridate drinking water.

The Connecticut Department of Public Health (DPH) requires public water systems serving 20,000 or more people to add fluoride to drinking water to a fluoride level of 0.55 to 0.85 ppm. Connecticut Water complies with this requirement in our systems serving 20,000 or more people. The population numbers are applied to each water system within the company and not the entire population served by the company. As a result, fluoride is added in some, but not all, of the communities served by Connecticut Water.

Generally, if fluoride is added to the water system at the levels required by DPH, children do not need fluoride supplements. You should consult your pediatrician or dentist to determine whether fluoride supplements may be advisable for your child.

In fluoridated and non-fluoridated water, naturally occurring fluoride from erosion of mineral deposits may be present in the water delivered to customers. Connecticut DPH mandates a maximum contaminant level (MCL) for fluoride in drinking water of 4.0 ppm.

To see if your water contains detectable levels of fluoride, access the Water Quality Report for your system here: <https://www.ctwater.com/water-quality/water-quality-report>

If you are unsure which system serves your home, please call a Customer Service representative at 1-800-286-5700 to identify the system by your street address.