

IMPORTANT INFORMATION ABOUT YOUR DRINKING WATER

NOTICE OF SECONDARY FLUORIDE MAXIMUM CONTAMINANT LEVEL (MCL) VIOLATION

This is an alert about your drinking water and a cosmetic dental problem that might affect children under 9 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 water system, new Pine Tree School, has a fluoride concentration of 2.3 mg/L.

What does this mean?

Fluoride contamination is rarely due to human activity. Fluoride occurs naturally in some areas and is found in elevated concentrations in the aquifer in our source water.

This is not an emergency. If it had been, you would have been notified immediately. However, *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 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 are required to notify you when we discover that fluoride levels in your drinking water exceed 2.0 mg/L because of this cosmetic dental problem.

What should I do?

Children under the age of nine should use an alternative source of water that is low in fluoride. In addition, you may want to consult your dentist about whether to avoid dental products containing fluoride. Adults and children over age nine should consult their dentist or doctor and show him/her this notice to determine if an alternate source of water low in fluoride should be used. General health related questions may be directed to Dave Gordon of the DES Environmental Health Program at (603) 271-4608.

Steps We Are Taking: We are continuing to monitor fluoride levels. We will inform you if levels exceed the limit of 4.0 mg/L.

For more information, please contact Kevin Richard of School Administrative Unit #9 at 603-447-2273 or 176A Main Street, Conway, NH, 03818.

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.

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

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