



Do you know how much fluoride is in your water?
Here's how to find out!

Community Water Fluoridation

The safety and benefits of fluoride are [well documented](#). For over [70 years](#), people in the United States have benefited from drinking water with fluoride, leading to better dental health.

Community water fluoridation is recommended by numerous reputable organizations including the American Dental Association, American Academy of Pediatrics, US Public Health Service, and World Health Organization. Read more [here](#).

Community Water Systems:

If you are on a community water system, also known as a public water system (PWS), you have two options:

1. Review your water bill to find the name of the water system that provides your water. Contact the water system to inquire about the amount of fluoride in your water. You can ask for the most recent issue of their [Consumer Confidence Report](#), also known as the annual drinking water quality report, which will have fluoride levels.
2. Visit the Centers for Disease Control and Prevention (CDC) [My Water's Fluoride](#) website to find the water system fluoride level and how it compares to what is necessary for optimal oral health. You will need to know the name of your water system to locate it on the website.

Private Wells:

Private Wells are not subject to the [Safe Drinking Water Act](#), it is the private owner's responsibility to ensure the safety of their drinking water. If you have a private well you will have to test for your fluoride levels.

- [CDC Well Water Testing Information](#)
- [CDC Private Well Water and Fluoride](#)
- Colorado Department of Public Health and Environment [State Laboratory](#)
 - [Water testing frequently requested information](#)
 - [Packages and Prices](#) for well owners, private citizens and others
- [Other certified safe drinking water laboratories in Colorado](#), please call prior to sending in samples