



Water Fluoridation in Durham Region



1 in 3 Durham Region children have tooth decay, the most common childhood disease.



Fluoride is a naturally occurring mineral found in soil, air and water supplies.



We mainly get fluoride from drinking water and toothpaste.



Fluoride makes teeth more resistant to decay and can help heal early lesions.

Facts About Community Water Fluoridation in Durham Region



Fluoride is added to the water supplying Ajax, Brooklin, Courtice, Oshawa, Pickering and Whitby. (see map on back)



About **80%** (**540,000**) of Durham Region residents have fluoridated tap water.



0.5-0.8 mg/L

The target fluoride concentration is 0.5-0.8 mg/L (optimum level for control of tooth decay).



1.5 mg/L

Maximum acceptable concentration of fluoride in drinking water is 1.5 mg/L.

Community water fluoridation is the safest, most effective, and economical way to help prevent tooth decay for everyone in a large population at a low cost.

There is no risk to health from the fluoride levels in Durham Region water.



Durham Health Connection Line
1-800-841-2729 or 905-668-2020

durham.ca/health

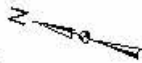
If you require this information in an accessible format, contact 1-800-841-2729.



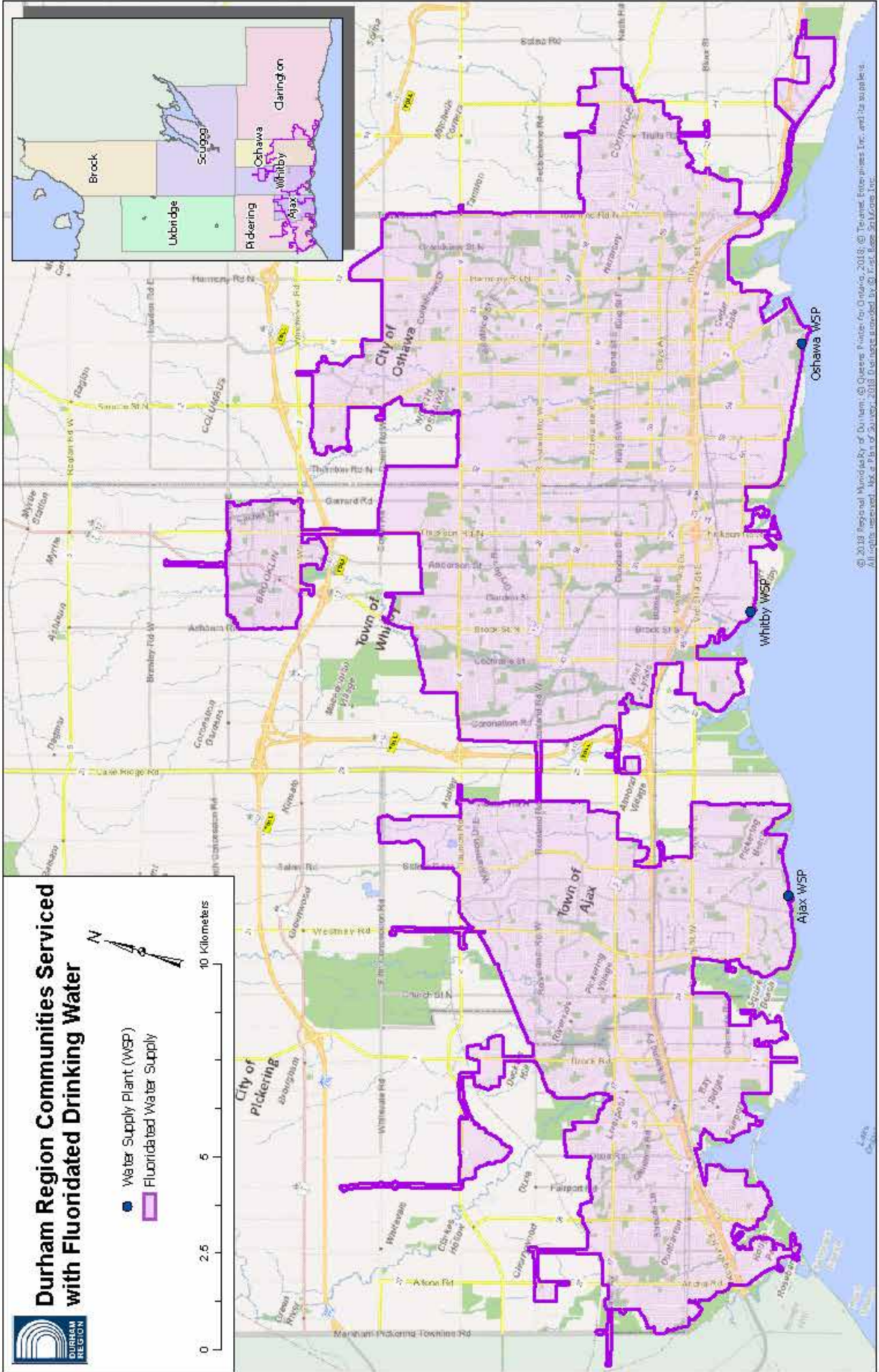
Durham Region Communities Serviced with Fluoridated Drinking Water



- Water Supply Plant (WSP)
- Fluoridated Water Supply



0 2.5 5 10 Kilometers



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