

Thank You, Water Operators!

Tap Water Appreciation

When was the last time you thanked the water operators in your community for delivering safe water to your home? Tap water is something that many take for granted; we turn on our faucets and the water flows. We don't often think of who was involved in making that happen. Water is essential for life and getting enough water every day is crucial for your health.

Tap water can be made even better with the adjustment of fluoride. Water fluoridation is simply the adjustment of the natural fluoride in water to the recommended level that prevents tooth decay. Communities with fluoridated water have 25% fewer cavities than communities without water fluoridation, even when families use other fluoride products like toothpaste.

PCOH is encouraging Pennsylvanians to thank your water systems for delivering safe drinking water to homes, schools, child care centers, restaurants, and businesses.



Step 1:

Use the PCOH map to determine if your address is receiving fluoridated water and which water system supplies your home.

Are you served by a private well? No problem! You can still thank your nearby systems for providing safe, clean tap water to your workplace, child care center, school, restaurants, or other places you and/or your family members frequent.

Write the name of your water system on the outside of your envelope.



Step 2:

Thank your water system. Regardless of the fluoridation status of your water system, water operators do an essential job of providing you and your family with safe drinking water.

If your address is served by a water system that **does** fluoridate, be sure to thank them for this benefit:

- *Thanks so much for protecting my smile with fluoride. I appreciate all you do to keep our community healthy!*
- *Just a note to say I am grateful for our system providing fluoride - it's so important!*
- *Thank you for all you do to provide clean, safe drinking water for my family. We can smile with less cavities because of you!*

If your address is served by a water system that **does not** fluoridate, consider urging your system to start fluoridating. You are welcome to include any of the bullets below to strengthen your note:

- *Fluoridated water prevents one out of every four cavities in children and adults. Fluoridation would benefit the health of my family and neighbors and I would like my community's water to be fluoridated.*
- *Over 100 reputable international health and science organizations recognize the public health benefit of fluoride.*
- *Fluoridation saves money by reducing the need for fillings and other dental treatments. Our community deserves the health benefits of community water fluoridation.*
- *Water fluoridation improves oral health and reaches everyone in the community. Our community needs to catch up and make sure that our water is optimally fluoridated.*
- *Fluoride is a naturally occurring element that has been proven to strengthen teeth and prevent disease. Please consider adjusting the fluoride in our water supply to support our health!*
- *Community water fluoridation is the single most effective public health measure to prevent tooth decay. Our community should join the hundreds of other systems and fluoridate!*
- *Community water fluoridation is supported by the American Dental Association. Would you please consider adjusting the fluoride in our water? Over 70% of the US has access to this valuable health benefit.*
- *Water fluoridation will benefit the health of my whole community, regardless of health insurance status or financial constraints. Please consider adjusting the fluoride in our water to help improve the oral health of our community.*

Step 3:

Be sure to sign your note and include your contact information for the water system if you wish. Please put your note in the envelope and return it to PCOH staff. PCOH will add the address for your water system, add postage, and mail your note. Thank you for taking the time to show your appreciation for our PA water operators!

Thank you for your time!