

Fluoride in Private Well Water

Fluoride is a mineral that is naturally found in rocks, soil, and water.

Fluoride is used to help prevent cavities and support the development of strong teeth. However, moderate levels of fluoride can change teeth's appearance in young children and high levels can cause bones to become brittle and fragile.

Test for fluoride at least once.



When testing, you should use a [Wisconsin certified lab](#).★

Take action if the fluoride level is too low or too high.

If the fluoride level is below 0.7 milligrams per liter (mg/L):



Check with your child's dental or health care provider about fluoride supplementation.★

If the fluoride level is between 0.7 and 2 mg/L:



No additional action is needed.

If the fluoride level is between 2 and 4 mg/L:



Children 8 years and younger should use a different source of water for drinking. Also use different water to make foods that take up a lot of water (like rice, oatmeal, and jello) and baby formula.

Options for different water include:



Bottled water



Water from a well without issues



Water from a public system



The water can still be used for bathing and brushing teeth.

If the fluoride level is above 4 mg/L:



Everyone should use a different source of water for drinking and making foods that take up a lot of water.



The water can still be used for bathing and brushing teeth.



Find a long-term solution. Long-term solutions include installing a certified treatment device and drilling a new well.★

★ = Additional information is available in the *Resource Guide* (next page).





★ Resource Guide ★



Households with pregnant people and young children may be eligible for **free testing** through their local health department. You can find contact information for your health department at www.dhs.wisconsin.gov/lh-depts/counties/index.htm.



When testing, you should use a **lab** certified by the Wisconsin Department of Natural Resources (DNR). You can find a list of certified labs at dnr.wisconsin.gov/topic/labCert/certified-lab-lists.



The DNR provides **grants** to help address contamination in private wells. Learn about eligibility and covered expenses at dnr.wisconsin.gov/aid/WellCompensation.html.



Our *Water Treatment Devices for Private Well Contaminants* fact sheet has information on certified **treatment devices** for fluoride: www.dhs.wisconsin.gov/publications/p03494.pdf.



The Center for Disease Control and Prevention (CDC) has **general information** about fluoride at www.cdc.gov/fluoridation/faqs/about-fluoride.



You should also test for arsenic, bacteria and nitrate regularly.

You can find information on these and other substances to consider testing at www.dhs.wisconsin.gov/water/private.htm.

You can find all this information and more at www.dhs.wisconsin.gov/water/fluoride.htm.

Questions? Concerns?

Contact us at
DHSEnvHealth@wi.gov
or 608-266-1120.