

Notice of Fluoridation

January-March 2010

From January 2010 through March 2010, Sweetwater Authority will be providing most of its customers with treated aqueduct water containing fluoride from the Metropolitan Water District of Southern California, via the San Diego County Water Authority. This change in source water is due to construction upgrades to Sweetwater Authority's treatment plant at Sweetwater Reservoir, which requires the plant to be offline during those months. For more information, please read this important notice.

For more information, please contact Mark Hatcher (Laboratory Supervisor) at 619-409-6813 or Justin Brazil (Chemist) at 619-409-6826, visit www.sweetwater.org, or contact one or more of the following organizations:



American Dental Association

www.ada.org/public/topics/fluoride, or call (312) 440-2500

Please read the following fact sheet for infants under 12 months: www.ada.org/public/topics/fluoride/infantsformula_faq.asp

Centers for Disease Control

www.cdc.gov/fluoridation, or call (800) 311-3435

California Department of Public Health

www.cdph.ca.gov/certlic/drinkingwater/Pages/fluoridation.aspx

Metropolitan Water District of Southern

California, www.mwdh2o.com/fluoridation/index.html

Aviso de fluorización

Enero-marzo del 2010

De enero a marzo del 2010, Sweetwater Authority estará suministrando agua del acueducto tratada con fluoruro, del Metropolitan Water District of Southern California, a través de San Diego County Water Authority, a la mayoría de sus clientes. Este cambio en el origen del agua se debe a las mejoras que se llevarán a cabo en la planta de tratamiento de agua de Sweetwater Authority, en el embalse Sweetwater, lo que requiere poner la planta fuera de servicio durante esos meses. Para obtener más información, por favor lea este aviso importante.

Para obtener más información, comuníquese con Mark Hatcher (supervisor de laboratorio) al 619-409-6813 o con Justin Brazil (químico) al 619-409-6826, visite www.sweetwater.org o comuníquese con alguna de las organizaciones que figuran a continuación:

American Dental Association www.ada.org/public/topics/fluoride, o llame al (312) 440-2500

Lea la siguiente hoja de datos con información relacionada a bebés menores de 12 meses: www.ada.org/public/topics/fluoride/infantsformula_faq.asp

Centers for Disease Control

www.cdc.gov/fluoridation, o llame al (800) 311-3435

California Department of Public Health

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California, www.mwdh2o.com/fluoridation/index.html

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Sweetwater Authority
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IMPORTANT NOTICE REGARDING FLUORIDE FOR SWEETWATER AUTHORITY CUSTOMERS
AVISO IMPORTANTE SOBRE EL FLUORURO PARA LOS CLIENTES DE SWEETWATER AUTHORITY



Notice of Fluoridation

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AVISO DE FLUORIZACIÓN

De enero a marzo del 2010, Sweetwater Authority brindará a la mayoría de sus clientes agua de acueducto tratada con fluoruro.

www.sweetwater.org

NOTICE OF FLUORIDATION

About Fluoride

Fluoride is a naturally occurring mineral found in both surface water and groundwater. Fluoride's benefits for preventing tooth decay were discovered in the 1930s and it has been added to drinking water supplies in the U.S. since 1945. Today, about 67 percent of the U.S. population using public water supplies has access to fluoridated water.

In November of 2007, the Metropolitan Water District of Southern California began fluoridating the treated aqueduct water it provides to its member agencies, including the San Diego County Water Authority, from whom the Sweetwater Authority may purchase raw or treated aqueduct water as necessary.

January-March 2010

Starting in January 2010, and through March 2010, the Sweetwater Authority will be upgrading infrastructure at the Robert A. Perdue Water Treatment Plant (WTP), which is located adjacent to Sweetwater Reservoir in Spring Valley, CA. Normally, the Perdue Plant provides up to 30 million gallons a day of treated surface water to our customers in National City, Bonita, and Chula Vista. However, during the Perdue Plant upgrades, it will be necessary to take the Perdue Plant offline for a period of approximately three months, starting in January 2010.

During this time frame, treated aqueduct water containing fluoride will be purchased from the Metropolitan Water District of Southern California, through the San Diego County Water Authority. The fluoride concentrations in the purchased water may range from 0.7 mg/L to 1.3 mg/L with the optimal target dose set at 0.8 mg/L, which is considered to provide optimal oral health benefits. Under California state drinking water regulations, the maximum allowable fluoride dosage is 2 parts per million (or 2 mg/L).

Most Sweetwater Authority customers who live in Bonita and Chula Vista will be receiving fluoridated aqueduct water with a typical fluoride concentration level of 0.8 mg/L.

Most customers living in National City will not be receiving fluoridated aqueduct water because they typically are served with treated groundwater from either the National City Wells or from the Richard A. Reynolds Desalination Plant. The average (naturally occurring) fluoride concentration in the areas served by the National City Wells is 0.4 mg/L. Fluoride is typically not detected in the areas served by the Desalination Plant.

In a few areas of the distribution system, which receive a blend of both treated groundwater and treated surface water, the concentration level of fluoride may vary.



For more information, please visit our website at www.sweetwater.org and click on the Water Quality link.

Sweetwater Authority customers (particularly those who live in Bonita and Chula Vista) who are currently using fluoride supplements, and those using infant formula, are advised to consult with their prescribing physician or dentist about continued use.

Please be aware that after the Perdue Plant upgrades are completed, the purchase of fluoridated aqueduct water will end, and the fluoride concentration levels in areas served by the Perdue Plant will return to historical levels (i.e. 0.2 mg/L to 0.3 mg/L).

AVISO DE FLUORIZACIÓN

Acerca del fluoruro

El fluoruro es un mineral de formación natural que se encuentra tanto en el agua de superficie como en el agua subterránea. Los beneficios del fluoruro para prevenir el deterioro dental se descubrieron en la década de los treinta y ha sido agregado a los suministros de agua potable en EE. UU. desde 1945. Hoy en día, cerca del 67% de la población estadounidense que usa suministros públicos de agua tiene acceso al agua tratada con fluoruro.

En noviembre de 2007, el Metropolitan Water District of Southern California comenzó a agregar fluoruro al agua del acueducto tratada que provee a miembros de su organización, incluyendo al San Diego County Water Authority, de la cual Sweetwater Authority puede comprar agua de acueducto al natural o tratada según sea necesario.

Enero-marzo del 2010

A partir de enero del 2010 hasta marzo del 2010, Sweetwater Authority modernizará la infraestructura de la planta de tratamiento de agua Robert A. Perdue que está adjunto al embalse Sweetwater en Spring Valley, California. Normalmente, la planta Perdue suministra a nuestros clientes de National City, Bonita y Chula Vista, hasta 30 millones por día de galones de agua de superficie tratada. Pero será necesario ponerla fuera de servicio por aproximadamente tres meses durante las mejoras, a partir de enero del 2010.

Durante este período, el agua de acueducto tratada con fluoruro será adquirida del Metropolitan Water District of Southern California, a través de San Diego County Water Authority. Las concentraciones de fluoruro del agua comprada pueden fluctuar entre 0.7 mg/L y 1.3 mg/L, considerando que la dosis óptima de 0.8 mg/L, brinda beneficios

óptimos para la salud oral. Según el reglamento estatal de agua potable de California, la dosis máxima permitida de fluoruro es de 2 partes por millón (o 2 mg/L).

La mayoría de los clientes de Sweetwater Authority que viven en Bonita y Chula Vista recibirán agua de acueducto tratada con fluoruro con una concentración normal de 0.8 mg/L. La mayoría de los clientes que viven en National City no recibirán agua tratada con fluoruro ya que normalmente reciben agua subterránea tratada de pozos de agua de National City o de la planta de desalinación Richard A. Reynolds. La concentración promedio (de formación natural) de fluoruro en las áreas que abastecen los pozos de National City es de 0.4 mg/L.

Por lo general el fluoruro no se detecta en las áreas que abastece la planta de desalinación. Las concentraciones de fluoruro podrían variar en algunas áreas del sistema de distribución que reciben una mezcla de agua subterránea y agua de superficie tratadas.

Para obtener más información, visite nuestra página web www.sweetwater.org y siga el enlace Water Quality.

Se aconseja a los clientes de Sweetwater Authority (en particular aquellos que viven en Bonita y en Chula Vista) que actualmente usan suplementos de fluoruro, y aquellos que usan fórmula infantil, que consulten con su médico o su dentista acerca del uso prolongado.

Por favor tenga en cuenta que la compra de agua de acueducto tratada con fluoruro terminará una vez que terminen las mejoras a la planta Perdue, y concentraciones de fluoruro en las áreas que abastece la planta Perdue regresarán a sus niveles históricos (es decir, de 0.2 mg/L a 0.3)