



# EWG'S GUIDE TO SAFE DRINKING WATER

[EWG.ORG/TAPWATER](http://EWG.ORG/TAPWATER)

## TAP WATER

### LEARN WHAT'S IN IT

Tap water suppliers publish their water quality tests. The vast majority of bottled water companies don't. Read your annual tap water quality report. Look up your city's water in EWG's National Tap Water Database. Private well? Get it tested.

[www.ewg.org/tapwater](http://www.ewg.org/tapwater)

## FILTERED TAP WATER

### DRINK IT, COOK WITH IT

Choose a filter certified to remove contaminants found in your water. Effectiveness varies - read the fine print, [www.ewg.org/tapwater/getawaterfilter](http://www.ewg.org/tapwater/getawaterfilter)

Carbon filters (pitcher or tap-mounted) are affordable and reduce many common water contaminants, like lead and byproducts of disinfectants used to treat municipal tap water. If your budget allows, install a reverse osmosis filter to remove contaminants that carbon filters can't eliminate, like arsenic and perchlorate, a rocket fuel chemical.

## ON THE GO

### CARRY WATER IN SAFE CONTAINERS

Plastic bottles can leach harmful chemicals into water. Carry stainless steel or shatter-proof glass bottles. Don't reuse single-use water bottles. The plastic can harbor bacteria and break down to release chemicals.

*Drinking plenty of good, clean water is important for a healthy body. Read EWG researchers' top tips to learn how to stay hydrated while reducing your exposures to common drinking water pollutants.*

## PREGNANT WOMEN AND INFANTS

### SAFE WATER IS ESSENTIAL

Clean and healthy water is critical when you are pregnant, nursing or mixing baby formula. Use filtered tap water. Check to make sure you are using a water filter that removes the specific contaminants in your drinking water.

## FILTERS

### CHANGE THEM

Change your water filters on time. Old filters can harbor bacteria and let contaminants through.

## BOTTLED WATER

### DRINK FILTERED TAP WATER INSTEAD

You can read the bottle label and still not know whether the water is pure or just processed tap water. EWG found 38 contaminants in 10 popular brands.