

# EWG's Guide to Safer Drinking Water



EWG.ORG/TAPWATER

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Follow these simple steps from EWG scientists to stay hydrated while reducing your exposure to common drinking water contaminants.

## 1. LEARN WHAT'S IN YOUR TAP WATER

Use **EWG's Tap Water Database** to find your water utility and see what chemicals contaminate in your tap water. If you use a private well for drinking water, get it tested.

## 2. FIND THE FILTER THAT'S RIGHT FOR YOUR TAP WATER

Use **EWG's Water Filter Guide** to identify a filter that fits your budget and is certified to remove contaminants found in your tap water. Remember, carbon filters (pitcher or tap-mounted) are affordable and reduce many common water contaminants, such as lead and disinfection byproducts. Reverse osmosis filters are generally more expensive and more difficult to install, but they can remove contaminants that carbon filters can't, like nitrate and perchlorate.

### 3. ON THE GO

Carry your filtered water in a stainless steel or shatter-proof-glass water bottle. Plastic bottles can leach harmful chemicals and plastic particles into water.

### 4. CHANGE YOUR FILTER

Make sure to change your water filters according to the manufacturer's recommendations. Old filters can harbor bacteria and let contaminants through.

### 5. SKIP BOTTLED WATER

Bottled water companies aren't required to disclose test results, and analysis commissioned by EWG and other groups has found questionable chemicals in bottled water. Plus, other chemicals and plastic particles can leech from single-use plastic bottles into your water.

**Remember – clean and healthy water is essential for everyone, especially anyone who is pregnant, nursing or mixing baby formula.** Make sure to use a filter certified to remove the contaminants in your drinking water.

Learn more at

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