

# Maryland Tap Water is a Smart Choice

## 1 Safe and Reliable

Maryland tap water is rigorously tested to ensure purity and meet the highest federal safety standards. Unlike bottled water, which is tested less frequently, your tap water is monitored for quality every day.



## 2 Affordable and Accessible

Tap water is much less expensive than bottled water. Drinking tap water will save you money that can add-up to big savings over time.



## 3 Health Benefits

Tap water contains fluoride to prevent tooth decay and promote dental health. Healthy teeth are essential for good overall health.

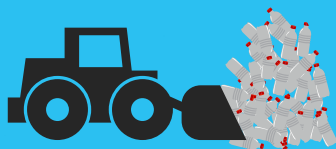


## 5 Avoid Microplastics

Bottled water can contain micro and nano plastics, that are not generally found in tap water. By drinking tap water you steer clear of consuming these harmful contaminants.



## Benefits of Maryland Tap Water



## 4 Environmental Impact

Choosing tap water instead of bottled water reduces plastic waste and protects the environment. By drinking tap water, you're helping to reduce pollution and create a greener planet.

# Breakup with your bottled water.

Choosing tap water is a healthy, sustainable and economical choice.

**Drink Smart. Drink Tap.**

[www.health.maryland.gov/DrinkTap](http://www.health.maryland.gov/DrinkTap)

 **Maryland**  
DEPARTMENT OF HEALTH