

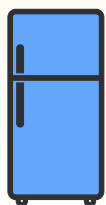
# Make the Most of Your Maryland Tap Water

## Tips for Enjoying Healthy, Sustainable and Safe Tap Water



### Chill Your Tap Water

Tip: Store your tap water in the refrigerator to keep it cold and refreshing. Having chilled water readily available encourages you to drink more and stay hydrated.



### Keep Refillable Bottles Cool and Ready

Tip: Fill and store reusable water bottles in the fridge. This keeps your water handy throughout the day and eliminates the need for single-use plastic bottles.



### Choosing a Filter (If Needed)

Tip: Most tap water tastes great as it is, but if you find you prefer to filter your water, choose an over-the-counter pitcher-style water filter for an inexpensive option that works great!



### Hydrate on the Go

Tip: Carry a refillable water bottle with you to stay hydrated throughout the day. This eliminates the need for single-use plastic bottles and ensures you always have access to fresh water.



### Regularly Clean Your Water Bottle and Pitcher

Tip: Clean your refillable water bottles and pitchers regularly. This prevents the buildup of bacteria and maintains freshness and the best taste.



## Breakup with your bottled water.

By following these tips, you can make sure your tap water is always healthy, fresh, and ready to drink!

**Drink Smart. Drink Tap.**

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

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