



Fluoridation is the controlled adjustment of adding **fluoride** to a public water supply to reduce tooth decay. The City of Hampton's drinking water contains fluoride at a level that is effective for preventing tooth decay and cavities. Fluoride is a naturally occurring mineral in groundwater. With that being said, the City of Hampton's drinking water well's do not provide the addition of fluoride due to 80% of the water being bought from Henry County Water Authority, who also adds fluoride adequate enough to meet the City of Hampton's safe range for fluoride.

The perfect fluoride level in drinking water is said to be around 0.7 mg/L (milligrams per liter). With that being said, the City of Hampton's safe range for fluoride levels in the water supply are 0.5-1.2 mg/L.