



For Immediate Release

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Enjoy a Glass of Padre Dam Tap Water for National Hydration Day

Drinking Water is Essential to Staying Safe during the Summer Heat

June 21, 2024 – We're just days away from National Hydration Day on Sunday, June 23, and Padre Dam Municipal Water District is encouraging its customers to celebrate by enjoying a glass of high quality tap water.

National Hydration Day is on June 23 every year. It's the kick-off to summer and a time when the weather starts to warm up especially in East San Diego County. The nationally-recognized day is a reminder to stay hydrated to avoid heat stroke and other heat-related illnesses.

"Staying hydrated is key to overall health and wellness, and Padre Dam is proud to offer a reliable and safe supply of drinking water to more than 100,000 people throughout our service area each day," said Padre Dam's General Manager, Kyle Swanson.

The Centers for Disease Control and Prevention recommends drinking 1 cup (8 ounces) of water every 15 to 20 minutes if working in the heat. The CDC also advises that drinking water at shorter intervals is more effective than drinking large amounts infrequently.



Padre Dam recently released its Annual Water Quality Report for 2023, sharing data that shows the District's drinking water supply meets and exceeds all state and federal standards. In 2023, Padre Dam collected more than 1,300 bacteriological samples from our water system to ensure your water is of the highest quality. Dozens of other regulated contaminants were tested at our four sources of water including Helix Water District's Levy Treatment Plant, Metropolitan's Skinner Treatment Plant, San Diego County Water Authority's Twin Oaks Valley Treatment Plant and Carlsbad Desalination Plant. To check out Padre Dam's newly published 2023 Water Quality Report, visit: <https://www.padredam.org/2023WQR>

Padre Dam provides water, sewer, recycled water and recreation services to more than 100,000 residents in East San Diego County including Santee, El Cajon, Lakeside, Flinn Springs, Harbison Canyon, Blossom Valley, Alpine, Dehesa and Crest. The District is a public agency with policies and procedures directed by an elected five-member Board of Directors. Please visit <http://www.padredam.org> for more information or find us on [Facebook](#), [X](#), and [Instagram](#).

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