



Menlo Park Municipal Water

# 2024 WATER QUALITY REPORT

# Our Drinking Water



## Menlo Park Municipal Water

Menlo Park Municipal Water (MPMW) provides water service to approximately half of the City of Menlo Park in two zones (the upper zone and lower zone, see Figure 1 below), with approximately 4,400 service connections to more than 19,000 residents. The upper zone is located near Interstate 280 and includes the Sharon Heights area, and the lower zone is located east of El Camino Real. Other water providers within the City of Menlo Park include the California Water Service Bear Gulch District, O'Connor Tract Cooperative Water District and Palo Alto Park Mutual Water Company.

MPMW is committed to providing its customers with a safe and reliable supply of high-quality drinking water that meets federal and state standards. Each year, MPMW provides a summary of the water quality sampling results and other information through an annual water quality Consumer Confidence Report. This Report was prepared in accordance with the Federal Safe Drinking Water Act and the California State Water Resources Control Board's Division of Drinking Water (State Water Board) requirements. In 2024, MPMW collected and tested more than 300 water quality samples to ensure that the water we provide to our customers meets state and federal standards.

FIGURE 1 - MENLO PARK MUNICIPAL WATER SERVICE AREA

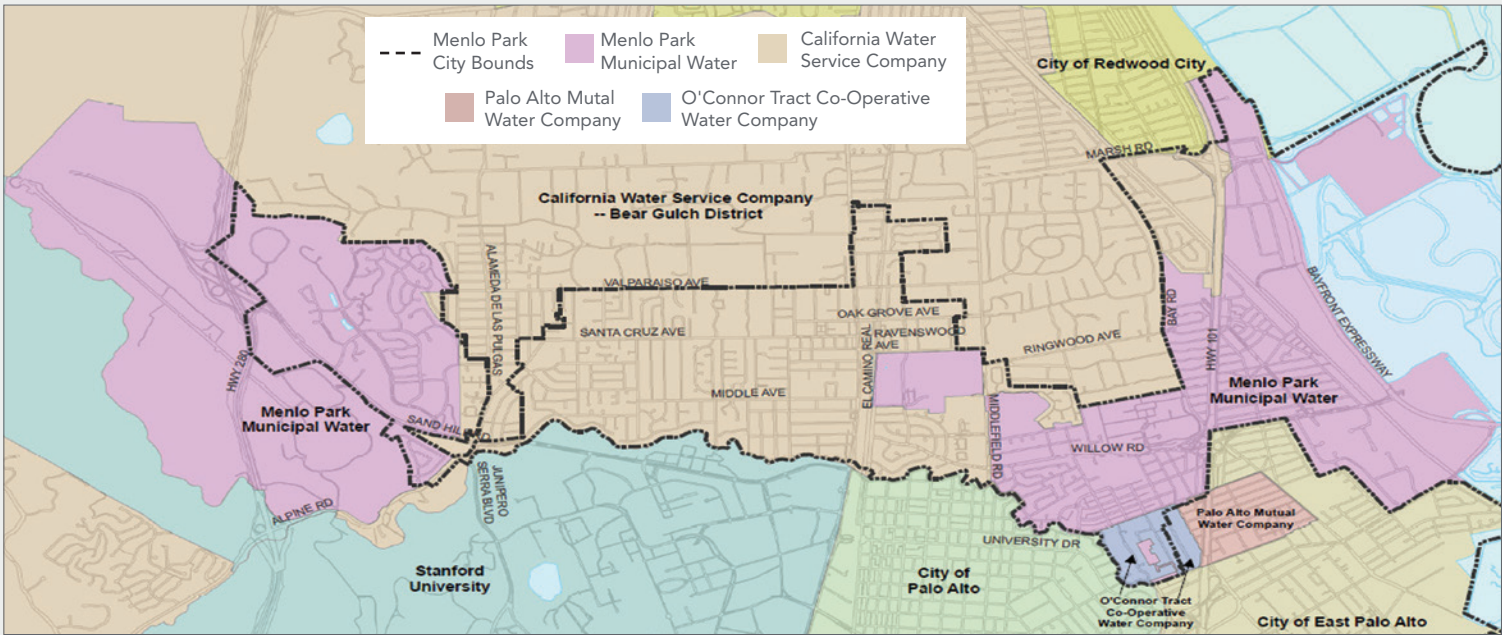


FIGURE 2 - HETCH HETCHY REGIONAL WATER SYSTEM



## Our Drinking Water Sources and Treatment

MPMW's drinking water supply comes from the San Francisco Regional Water System, which is a wholesaler owned and managed by the San Francisco Public Utilities Commission (SFPUC). The supply consists of surface water and groundwater that is well protected and carefully managed. These sources are diverse in both origin and location, with the surface water stored in reservoirs located in the Sierra Nevada, Alameda County and San Mateo County, as well as groundwater stored in a deep aquifer located in the northern part of San Mateo County. Maintaining this variety of sources is an important component of the SFPUC's near- and long-term water supply management strategy. A diverse mix of sources protects from potential disruptions due to emergencies or natural disasters, provides resiliency during periods of drought and helps ensure a long-term, sustainable water supply as we address issues such as climate uncertainty, regulatory changes and population growth.

To meet drinking water standards for human consumption, all surface water the SFPUC supplies must undergo proper treatment. Water from Hetch Hetchy Reservoir is exempt from state and federal filtration requirements due to its exceptional quality. It undergoes disinfection using ultraviolet light and chlorine, pH adjustment for optimum corrosion control, fluoridation for dental health protection and chlorination for maintaining disinfectant residual and minimizing the formation of regulated disinfection byproducts. Water from local Bay Area reservoirs in Alameda County and upcountry non-Hetch Hetchy sources are delivered to the Sunol Valley Water Treatment Plant. In 2024, neither upcountry non-Hetch Hetchy sources nor groundwater was used by this water system.

## Water Quality

Together with the SFPUC, MPMW regularly collects and tests water samples from reservoirs and designated sampling points throughout the system to ensure the water delivered to you meets or exceeds federal and state drinking water standards. In 2024, the SFPUC conducted more than 45,650 drinking water tests in the source, transmission and distribution systems. This is in addition to the extensive treatment process control monitoring performed by SFPUC's certified operators and online instruments.

As water travels over the surface of the land or through the ground it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or human activity. Collectively these are called contaminants. Therefore, drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. To ensure that tap water is safe to drink, the United States Environmental Protection Agency (U.S. EPA) and the State Water Resources Control Board (SWRCB) prescribe regulations that limit the amount of certain contaminants in water provided by publicwater systems (PWS). The United States Food and Drug Administration regulations and California law also establish limits for contaminants in bottled water that provide the same protection for public health.



## Protection of Watersheds

The SFPUC conducts watershed sanitary surveys for the Hetch Hetchy source annually and for non-Hetch Hetchy surface water sources every five years. The latest sanitary surveys for the non-Hetch Hetchy watersheds were completed in 2021 for the period of 2016-2020. All these surveys, together with SFPUC's stringent watershed protection management activities, were completed with support from partner agencies, including the National Park Service and the US Forest Service.

These surveys not only evaluate the sanitary conditions and water quality of the watersheds but also describe the results of watershed management activities conducted in the preceding years. Wildfire, wildlife, livestock and human activities continue to be potential contamination sources. You may contact the San Francisco District Office of the State Water Resources Control Board Division of Drinking Water at **510-620-3474** for more information.



## Contaminants and Regulations

Generally, the sources of drinking water (both tap water and bottled water) include rivers, lakes, oceans, streams, ponds, reservoirs, springs and wells. Contaminants present may include:

### **Microbial Contaminants,**

such as viruses and bacteria that may come from sewage treatment plants, septic systems, agricultural livestock operations and wildlife

### **Inorganic Contaminants,**

such as salts and metals, that can be naturally occurring or result from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining or farming

### **Pesticides and Herbicides,**

that may come from a variety of sources such as agriculture, urban stormwater runoff and residential uses

### **Organic Chemical Contaminants,**

including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production and can also come from gas stations, urban stormwater runoff, agricultural application and septic systems

### **Radioactive Contaminants,**

which can be naturally occurring or the result of oil and gas production and mining activities

More information about contaminants and potential health effects can be obtained by calling the U.S. EPA's Safe Drinking Water Hotline at **800-426-4791**, or at [epa.gov/safewater](https://www.epa.gov/safewater).



## Fluoridation and Dental Fluorosis

Mandated by state law, water fluoridation is a widely accepted practice proven safe and effective for preventing and controlling tooth decay. Based on the recommendation from the Centers for Disease Control and Prevention (CDC) and the State Water Resources Control Board's (SWRCB) regulatory guidance, the SFPUC has maintained an optimal fluoride level at 0.7 milligram per liter (mg/L, or part per million, ppm), since 2015. The optimal level provides the benefits of tooth decay prevention while minimizing the chance that children develop dental fluorosis. Infants fed formula mixed with water containing fluoride at this level may still have a chance of developing mild to very mild fluorosis, which can cause tiny white lines or streaks in their teeth. These marks are often only visible under a microscope. Even in cases where the marks are visible,

they do not pose any health risk. To lessen the chance of dental fluorosis, you may choose to use low-fluoride bottled water to prepare infant formula. Nevertheless, children may still develop dental fluorosis due to fluoride intake from other sources such as food, toothpaste and dental products.

The SFPUC adds fluoride to our water. California law mandates fluoridation. It is proven safe. It is also effective at preventing and controlling tooth decay. Our fluoride levels match the state's optimal level. Contact your healthcare provider or the SWRCB if you have concerns about dental fluorosis. For additional information about fluoridation or oral health, visit the SWRCB's website [waterboards.ca.gov/drinking\\_water/certlic/drinkingwater/Fluoridation.html](https://waterboards.ca.gov/drinking_water/certlic/drinkingwater/Fluoridation.html), the CDC's website [cdc.gov/fluoridation](https://cdc.gov/fluoridation), or our website [sfpuc.gov/TapWater](https://sfpuc.gov/TapWater).

## Boron Detection Above Notification Level in Source Water

In 2024, boron was detected at a level of 2.3 parts per million (ppm) in the raw water stored in Pond F3 East, one of the SFPUC's approved sources in the Alameda Watershed. Similar levels were also detected in the same pond in preceding years. Although the detected value is above the California notification level of 1 ppm, the water was typically delivered to San Antonio Reservoir where it was substantially diluted to below the Notification Level before treatment at the Sunol Valley Water Treatment Plant. Boron is an element in nature and is typically released into air and water when soils and rocks naturally weather.

## No PFAS Detected

You may have heard about PFAS. These are man-made chemicals that have been used in industry and consumer products worldwide since the 1940s. We did not detect PFAS in our water. To learn more, visit [waterboards.ca.gov/pfas](https://waterboards.ca.gov/pfas), [sfpuc.gov/TapWater](https://sfpuc.gov/TapWater) and/or [epa.gov/pfas](https://epa.gov/pfas)

# Drinking Water and Lead

Exposure to lead, if present, can cause serious health effects in people of all ages, especially for pregnant women and young children. Infants and children who drink water containing lead could have decreases in intelligent quotient and attention span as well as increases in learning and behavior problems. The children of women who are exposed to lead before or during pregnancy can have an increased risk of these adverse health effects. Adults can have increased risks of heart disease, high blood pressure, kidney or nervous system problems.

Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. We are responsible for providing high-quality drinking water and removing lead pipes, but we cannot control the variety of materials used in plumbing components in your home. Because lead levels may vary over time, lead exposure is possible even when your tap sample results do not detect lead at one point in time. You share the responsibility for protecting yourself and your family from the lead in your home plumbing by taking one or more of the following actions:

- Identify and remove lead materials within your home plumbing.
- If you use a water filter, make sure it's certified for lead to National Sanitation Foundation (NSF)/ANSI standards. Make sure to replace and maintain the filter according to the manufacturer's instructions.
- Use only cold water for drinking, cooking and making baby formula (Do not boil your water to remove lead. Boiling water will not remove lead).
- Flush your pipes for several minutes before using your water for drinking, cooking and preparing baby formula (this can be done by running your tap, taking a shower, doing laundry or a load of dishes or reusing for watering plants).
- Flush for a longer period if you have pipes made of lead or galvanized material. Visit [sfpub.gov/lead](https://sfpub.gov/lead) to see an instructional video if you would like to test your pipes.

If you are concerned about lead in your water, you can have your water tested. Information about lead in drinking water, testing methods and steps you can take to minimize exposure is available at [epa.gov/lead](https://epa.gov/lead).



## Lead and Copper Tap Sampling

Every three years, MPMW must take at least 30 lead and copper samples in order to meet California's Lead and Copper Rule. In August 2024, 32 residential water customers who met specific requirements, volunteered and took samples from their household taps. The 90th percentile results were below the lead and copper action levels. Refer to the water quality data table insert in this report for a summary of these results. The next sampling is scheduled for summer 2027.

## Lead Service Line Inventory

MPMW is committed to providing safe drinking water to all its customers by following all federal and state regulations. Per the Lead and Copper Rule Revisions (LCRR) published by the U.S. EPA, all water systems were required to complete a Lead Service Line Inventory (LSLI) by October 16, 2024, of both utility-owned (from the water main to water meter) and privately-owned (from the water meter to the property) service lines, to identify lines that contain or possibly contain lead.

MPMW completed its LSLI in accordance with the EPA's LCRR. No lead or galvanized requiring replacement service lines were found. For details on how MPMW conducted its LSLI, visit [menlopark.gov/waterquality](https://menlopark.gov/waterquality). Results from the LSL Inventory are available upon request, contact us at [water@menlopark.gov](mailto:water@menlopark.gov) or **650-330-6750**.



## Special Health Needs

Some people may be more vulnerable to contaminants in drinking water than the general population.

Immunocompromised persons, such as those with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with Human Immunodeficiency Virus/Acquired Immunodeficiency Syndrome or other immune system disorders, some elderly and infants can be particularly at risk from infections. These people should seek advice about drinking water from their healthcare providers.

*Cryptosporidium* is a parasitic microbe found in surface water. We regularly test for this waterborne pathogen and found it at very low levels in source water and treated water in 2024. However, current test methods approved by the U.S. EPA do not distinguish between dead organisms and those capable of causing disease. Ingestion of *Cryptosporidium* may cause cryptosporidiosis with symptoms of nausea, abdominal cramps, diarrhea

and associated headaches. *Cryptosporidium* must be ingested to cause disease, and it may be spread through means other than drinking water.

Guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* and other microbial contaminants are available from the U.S. EPA's Safe Drinking Water Hotline at **800-426-4791** or at [epa.gov/safewater](https://epa.gov/safewater).

Customers can demonstrate a medical need for water if they can provide a written certification from their primary care provider that discontinuation of water service will be life threatening to, or pose a serious threat to the health and safety of, a resident of the premises where water service is provided. MPMW maintains a list of customers who have a medical need for water. To request that we add you to our list, please send your name and address, water account number and written certification from your primary care provider to [water@menlopark.gov](mailto:water@menlopark.gov).

## Federal UCMR5 (2023 – 2025 Monitoring)

Every five years, the U.S. EPA issues a new list of up to 30 unregulated contaminants to be monitored by PWS. The monitoring data will help the U.S. EPA create future regulations and other actions to protect drinking water. The Fifth Unregulated Contaminant Monitoring Rule (UCMR5) was published by the U.S. EPA in December 2021. As part of this rule, PWS are required to monitor for 29 PFAS and lithium. UCMR5 required sample collection between 2023-2025 and includes various polyfluoroalkyl substances (PFAS) and lithium. PFAS are a group of synthetic chemicals used in a wide range of industrial applications and consumer products. Lithium is a naturally occurring metal found in groundwater sources and in a variety of foods. MPMW completed the last of four quarterly sampling requirements in April 2024 and no UCMR5 contaminants were detected. For additional information about UCMR5, please visit the U.S. EPA website at [epa.gov/dwucmr](https://epa.gov/dwucmr).



## Key Water Quality Terms

The following are definitions of key terms referring to standards and goals of water quality noted on the data table.

### Public Health Goal (PHG)

The level of a contaminant in drinking water below which there is no known or expected risk to health. PHGs are set by the California Environmental Protection Agency.

### Maximum Contaminant Level Goal (MCLG)

The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs are set by the U.S. EPA.

### Maximum Contaminant Level (MCL)

The highest level of a contaminant that is allowed in drinking water. Primary MCLs are set as close to the PHGs or MCLGs as is economically and technologically feasible. Secondary MCLs (SMCLs) are set to protect the odor, taste and appearance of drinking water.

### Maximum Residual Disinfectant Level (MRDL)

The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

### Maximum Residual Disinfectant Level Goal (MRDLG)

The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

### Primary Drinking Water Standard (PDWS)

MCLs, MRDLs and treatment techniques (TTs) for contaminants that affect health, along with their monitoring and reporting requirements.

### Regulatory Action Level (AL)

The concentration of a contaminant which, if exceeded, triggers treatment or other requirements that a water system must follow.

### Treatment Technique (TT)

A required process intended to reduce the level of a contaminant in drinking water.

### Turbidity

A water clarity indicator that measures cloudiness of the water, and is also used to indicate the effectiveness of the filtration system. High turbidity can hinder the effectiveness of disinfectants.

# Menlo Park Municipal Water 2024 Water Quality Data<sup>(1)</sup>



This report is a snapshot of the water quality for the 2024 calendar year. The tables below list detected contaminants in MPMW's drinking water and the information about their typical sources. Contaminants below detection limits for reporting are not shown, in accordance with regulatory guidance. The SFPUC holds a State Water Board monitoring waiver for several contaminants in the surface water supply and therefore their monitoring frequencies are less than annual. Visit [sfpuc.org/waterquality](https://sfpuc.org/waterquality) for a list of all water quality parameters monitored in both raw water and treated water in 2024.

| DETECTED CONTAMINANTS                                  | UNIT | MCL/TT                            | PHG OR (MCLG) | RANGE OR LEVEL FOUND     | "AVERAGE OR [MAX]"  | TYPICAL SOURCES IN DRINKING WATER                                   |
|--------------------------------------------------------|------|-----------------------------------|---------------|--------------------------|---------------------|---------------------------------------------------------------------|
| TURBIDITY                                              |      |                                   |               |                          |                     |                                                                     |
| Unfiltered Hetch Hetchy Water                          | NTU  | 5                                 | N/A           | 0.3 - 0.5 <sup>(2)</sup> | [2.1]               | Soil runoff                                                         |
| Filtered Water from Sunol Valley Water Treatment Plant | NTU  | 1<br>Min 95% of samples ≤ 0.3 NTU | N/A<br>N/A    | -<br>99.97%              | [0.4]<br>-          | Soil runoff<br>Soil runoff                                          |
| DISINFECTION BYPRODUCTS AND PRECURSOR                  |      |                                   |               |                          |                     |                                                                     |
| Total Trihalomethanes                                  | ppb  | 80                                | N/A           | 26.1 - 55.3              | 50 <sup>(3)</sup>   | Byproduct of drinking water disinfection                            |
| Five Haloacetic Acids                                  | ppb  | 60                                | N/A           | 11.2 - 36.7              | 37.2 <sup>(3)</sup> | Byproduct of drinking water disinfection                            |
| MICROBIOLOGICAL                                        |      |                                   |               |                          |                     |                                                                     |
| E. coli                                                | -    | 0 positive samples                | (0)           | -                        | 0                   | Human or animal fecal waste                                         |
| INORGANICS                                             |      |                                   |               |                          |                     |                                                                     |
| Chromium (VI)                                          | ppb  | 10                                | 0.02          | ND - 0.1                 | 0.1                 | Leaching from natural deposits                                      |
| Fluoride (source water) <sup>(4)</sup>                 | ppm  | 2.0                               | 1             | ND - 0.8                 | 0.2                 | Erosion of natural deposits; water additive to promote strong teeth |
| Nitrate (as N)                                         | ppm  | 10                                | 10            | ND - 0.4                 | ND                  | Erosion of natural deposits                                         |
| Chloramine (as chlorine)                               | ppm  | MRDL = 4.0                        | MRDLG = 4     | 2.1 - 3.2                | 2.9 <sup>(5)</sup>  | Drinking water disinfectant added for treatment                     |

# Menlo Park Municipal Water 2024 Water Quality Data<sup>(1)</sup>

| CONSTITUENTS WITH SECONDARY STANDARDS | UNIT  | SMCL | PHG | RANGE      | AVERAGE | TYPICAL SOURCES IN DRINKING WATER                                 |
|---------------------------------------|-------|------|-----|------------|---------|-------------------------------------------------------------------|
| Aluminum                              | ppb   | 200  | 600 | ND - 59    | ND      | Erosion of natural deposits; some surface water treatment residue |
| Chloride                              | ppm   | 500  | N/A | <3 - 9.9   | 4.9     | Runoff / leaching from natural deposits                           |
| Iron                                  | ppb   | 300  | N/A | <6 - 41    | 20      | Leaching from natural deposits                                    |
| Manganese                             | ppb   | 50   | N/A | <2 - 2.7   | 2       | Leaching from natural deposits                                    |
| Specific conductance                  | µS/cm | 1600 | N/A | 31 - 317   | 174     | Substances that form ions when in water                           |
| Sulfate                               | ppm   | 500  | N/A | 1 - 41     | 21      | Runoff / leaching from natural deposits                           |
| Total dissolved solids                | ppm   | 1000 | N/A | < 24 - 169 | 97      | Runoff / leaching from natural deposits                           |
| Turbidity                             | NTU   | 5    | N/A | 0.1 - 0.4  | 0.2     | Soil runoff                                                       |

| LEAD AND COPPER | UNIT | AL   | PHG | RANGE                  | 90TH PERCENTILE | TYPICAL SOURCES IN DRINKING WATER                      |
|-----------------|------|------|-----|------------------------|-----------------|--------------------------------------------------------|
| Copper          | ppb  | 1300 | 300 | ND - 73 <sup>(6)</sup> | 49              | Internal corrosion of household water plumbing systems |
| Lead            | ppb  | 15   | 0.2 | ND - 11 <sup>(7)</sup> | 3.3             | Internal corrosion of household water plumbing systems |

| NON-REGULATED WATER QUALITY PARAMETERS | UNIT | ORL       | RANGE      | AVERAGE |
|----------------------------------------|------|-----------|------------|---------|
| Alkalinity (as CaCO <sub>3</sub> )     | ppm  | N/A       | 7.4 - 120  | 56      |
| Boron                                  | ppb  | 1000 (NL) | 23 - 65    | 44      |
| Calcium (as Ca)                        | ppm  | N/A       | 3.2 - 28   | 15      |
| Chlorate <sup>(8)</sup>                | ppb  | 800 (NL)  | 24 - 597   | 134     |
| Chromium (VI)                          | ppb  | N/A       | 0 - 0.06   | 0.02    |
| Hardness (as CaCO <sub>3</sub> )       | ppm  | N/A       | 8.4 - 106  | 57      |
| Magnesium                              | ppm  | N/A       | <2 - 4     | 2       |
| pH                                     | -    | N/A       | 0.2 - 9.5  | 4.9     |
| Potassium                              | ppm  | N/A       | 7.1 - 11.1 | 9.2     |
| Silica                                 | ppm  | N/A       | 4.9 - 9.9  | 7.4     |
| Sodium                                 | ppm  | N/A       | 3.1 - 24   | 13      |
| Total Organic Carbon <sup>(9)</sup>    | ppb  | N/A       | 1.1 - 1.8  | 1.5     |

# Menlo Park Municipal Water 2024 Water Quality Data<sup>(1)</sup>

| KEY   |                                |
|-------|--------------------------------|
| < / ≤ | = Less than or equal to        |
| Max   | = Maximum                      |
| Min   | = Minimum                      |
| N/A   | = Not available                |
| ND    | = Non-detectable               |
| NL    | = Notification level           |
| NTU   | = Nephelometric turbidity unit |
| ORL   | = Other regulatory level       |
| ppb   | = Parts per billion            |
| ppm   | = Parts per million            |
| PS    | = Number of Positive Sample    |
| RAL   | = Regulatory Action Level      |
| µS/cm | = microSiemens per centimeter  |

### FOOTNOTES:

- (1) All results met State and Federal drinking water health standards.
- (2) These are monthly average turbidity values measured every four (4) hours daily Tesla Treatment Facilities.
- (3) This is the highest locational running annual average value.
- (4) Natural fluoride in the Hetch Hetchy water was ND. Elevated fluoride levels in raw water at the SVWTP were attributed to the transfer of the fluoridated Hetch Hetchy water into San Antonio Reservoir.  
The fluoride level in our treated water ranged from 0.5 ppm to 0.8 ppm with an average of 0.7 ppm.
- (5) This is the highest running annual average value.
- (6) The most recent Lead and Copper Rule monitoring was in 2024. 0 of 32 site samples collected at consumer taps had copper concentrations above the regulatory Action Level.
- (7) The most recent Lead and Copper Rule monitoring was in 2024. 0 of 32 site samples collected at consumer taps had lead concentrations above the regulatory Action Level.
- (8) The detected chlorate in the treated water is a degradation product of sodium hypochlorite used by the SFRWS for water disinfection.
- (9) The range and average values of the total organic carbon were from operational monitoring results at Tesla Treatment Facilities.

NOTE: Additional water quality data may be obtained by calling Menlo Park Municipal Water at 650-330-6750.

## Revised Total Coliform Rule

This report reflects changes in drinking water regulatory requirements from 2022, in which the State Water Board adopted California version of the federal Revised Total Coliform Rule. The revised rule, effective on July 1, 2021, maintains the purpose to protect public health by ensuring the integrity of the drinking water distribution system and monitoring for the presence of microbials (i.e., total coliform and E. coli bacteria). Greater public health protection is anticipated, as the revised rule requires water systems that are vulnerable to microbial contamination to identify and fix problems. Water systems that exceed a specified frequency of total coliform occurrences are required to conduct an assessment to determine if any sanitary defects exist. If found, these must be corrected by the water system.





**Menlo Park Municipal Water**  
701 Laurel St.  
Menlo Park, CA 94025



## 2024 WATER QUALITY REPORT

This report contains important information about our drinking water. This report is available in Spanish at [menlopark.gov/waterquality](https://menlopark.gov/waterquality).

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### Contact Us

- Visit [menlopark.gov/water](https://menlopark.gov/water)
- Email [water@menlopark.gov](mailto:water@menlopark.gov)
- Call 650-330-6750

### Billing

- Visit [menlopark.util360.com](https://menlopark.util360.com)
- Call 844-360-7733

## GET INVOLVED

We welcome your input on issues that affect drinking water quality. Visit [menlopark.gov/agendas](https://menlopark.gov/agendas) for details about upcoming public meetings. City Council meetings are generally held on the second and fourth Tuesdays of the month and are held at 6 p.m.

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### Maintenance

- Call 650-330-6780  
Monday to Thursday, 7:30 a.m. - 4:30 p.m.,  
and alternate Fridays, 8 a.m. - 5 p.m.
- Call 650-330-6300  
After hours, weekends, and holidays