FLUORIDE HELPS PEOPLE OF ALL AGES:
• Fluoride makes the tooth surface harder
• Fluoride helps prevent cavities

FLUORIDE CAN BE FOUND IN:
- Drinking Water
- Toothpaste
- Certain Mouthrinses

DRINKING WATER
DOES YOUR DRINKING WATER CONTAIN THE CORRECT AMOUNT OF FLUORIDE?
• Adding fluoride to municipal drinking water is one of the easiest and most cost-effective methods of protecting children and adults from tooth decay.
• Not certain about the fluoride level in your water system? Ask your dentist.
• If your water does not contain fluoride, your dentist may recommend prescribing fluoride tablets or drops for you and your family.
• Support water fluoridation in your community.
• Make sure you and your children drink fluoridated water every day.
• Give your kids water and minimize their intake of soft drinks.
• Remember – bottled water may be very popular now, but it does not contain fluoride.

TOOTHPASTE
SHOULD YOU USE A FLUORIDE-CONTAINING TOOTHPASTE?
• Fluoride-containing toothpaste helps to prevent cavities in children AND adults.
• Supervise your children when they brush their teeth.
• Kids under age 6 should only use a “pea size” dab of fluoride-containing toothpaste.

FLUORIDE-CONTAINING MOUTHRINSES
SHOULD YOU USE A FLUORIDE-CONTAINING MOUTHRINSE?
• This source of fluoride also helps stop tooth decay in children AND adults.
• Many brands are available in your local grocery or drug store.
• Check with your local board of education - your kids may already receive fluoride mouthrinses at school.

REMEMBER THE CAVITY FIGHTERS:
• Fluoride (from water, toothpaste, and mouthrinses).
• Sealants placed on teeth.
• Sugar-free foods and drinks.
• Daily brushing and flossing (especially after eating).
• Regular dental visits.