# Fluoride: Your Protection Against Cavities

# 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 my 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.

