

# 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 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 MOUTHRINES

### 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.

