

**More than 70
years of study and
experience have
shown that fluoride is
safe to drink.**

**The Centers for
Disease Control and
Prevention (CDC)
says that adding
fluoride in our water
is one of the best
things we have done
to improve health in
the last 100 years.**



How can I prevent cavities?

- Go to the dentist 2 times a year. This will help catch cavities and other mouth problems before they get worse.
- Limit how much sugar you eat and drink.
 - Limit soda and juice to meal times only.
 - Try not to snack between meals.
 - Drink tap water.
- Help your children take good care of their teeth.
 - Take your child for regular dental check-ups starting at age 1.
 - Ask your child's dentist about sealants and fluoride varnishes. Your insurance may pay for this.
 - Brush your child's teeth at least 2 times a day with a fluoride toothpaste and floss 1 time a day.
 - Do not let your child drink sodas or juice before bedtime. Sugar from these drinks causes cavities while they sleep.



Office of Oral Health

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Take Care of your Teeth

Drink Tap Water



How will drinking tap water keep my teeth healthy?

Tap water has just the right amount of fluoride added. This helps protect you from tooth decay (cavities).

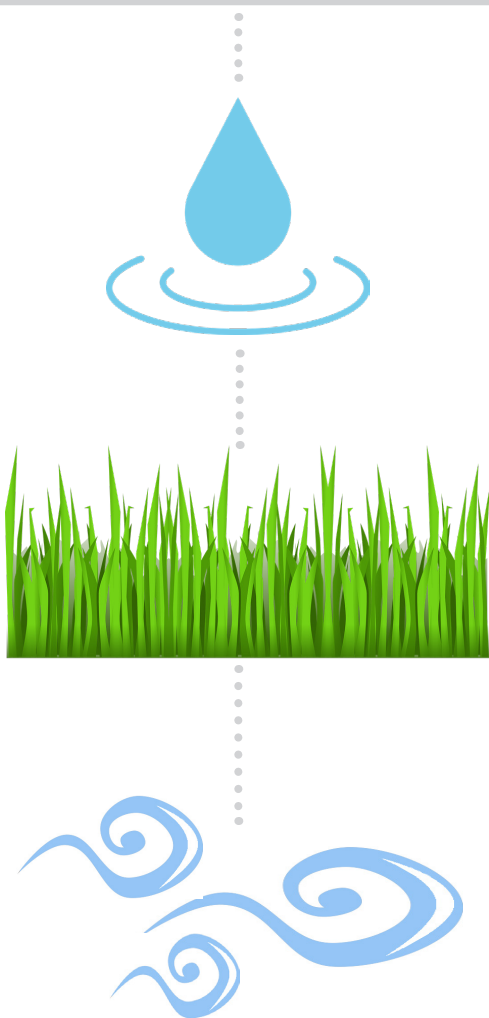


Did you know?

All water has some fluoride in it.

What is fluoride?

Fluoride is a mineral. It is found in water, soil, and air. For more than 70 years, fluoride added to tap water has led to improved oral health.



Why is fluoride added to tap water?

Fluoride makes the outside of your teeth stronger. This helps protect your teeth from cavities.

People who live in communities with fluoride added to the water:

- Get fewer cavities
- Do not get as many teeth pulled
- Have a better quality of life at home, work, and school

