How will drinking tap water keep my teeth healthy?

Tap water has the right amount of fluoride added to protect your teeth from cavities.

How can I protect my teeth with fluoride?

- Drink tap water.
- Use toothpaste with fluoride.
- Talk to your dentist or doctor about fluoride treatments.

To learn more about the importance of fluoride in water, and about its safety, please visit: www.cdc.gov/fluoridation

www.healthy.arkansas.gov