


Take Care of your Teeth

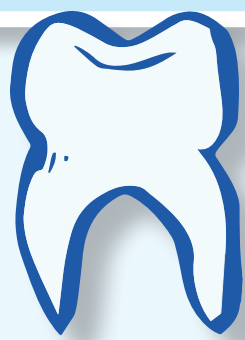
Drink tap water!



How will drinking tap water keep my teeth healthy?



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



To learn more about the importance of fluoride in water, and about its safety, please visit:

www.cdc.gov/fluoridation



How can I protect my teeth with fluoride?



Drink tap water.



Use toothpaste with fluoride.



Talk to your dentist or doctor about fluoride treatments.



www.healthy.arkansas.gov

