

The Benefits of Water Fluoridation



- ≈ Water fluoridation benefits everyone.
- ≈ Fluoride is naturally found in water, food, rocks, and soil.
- ≈ Fluoride helps prevent tooth decay. It keeps teeth strong and healthy.
- ≈ On average, it costs \$0.50 per person a year to drink fluoridated water.
- ≈ Community water fluoridation is a safe and a cost-effective way to prevent tooth decay.
- ≈ Community water fluoridation was named one of the 10 greatest public health achievements of the 20th century.
- ≈ Nearly all cavities can be prevented when water fluoridation is combined with regular dental visits, dental sealants, and the regular use of fluoride toothpaste.

To find out if your water is fluoridated,
contact your water supplier.

For more information call 1-888-963-7111, ext. 7349.



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