

Nature is telling us something.

WATER HAS NATURAL LEVELS OF FLUORIDE.

When a community fluoridates its water, it adjusts the level of fluoride in the water to prevent tooth decay.



Currently, over half of the people in the United States are supplied with water containing enough fluoride to protect teeth.



## The Cavity Fighters!

- Fluoride
- Sealants
- Limit sweet drinks and snacks
- Brush daily with a fluoride toothpaste

For more information

Contact your local dental clinic



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▶ Healthy Smiles for American Indian and Alaska Native People!



*The natural way to prevent tooth decay!*



## Just the Facts

Tooth decay is the most chronic disease of children aged 5 to 17 years—5 times more common than asthma.

Many adults also suffer from tooth decay.

## Protect with fluoride

**Children in communities with water fluoridation have about 30% fewer cavities than children in communities without water fluoridation.**

*Which do you want for the children in YOUR community?*

*If your water isn't fluoridated, ask your doctor, dentist, and members of your tribe what you can do.*

## What Can YOU Do?



1. Find out if the water in your community is fluoridated.

2. If it is, make sure you and your family drinks plenty of water from the faucet every day.

3. Skip the bottled water.

