



# Did You KNOW?

- Most bottled water **does not** contain optimal levels of fluoride
- Fluoride is the **MOST EFFECTIVE** way to reduce tooth decay by:
  - Building stronger teeth as they develop
  - Keeping tooth enamel strong and resistant to cavities forever
- If bottled water is your child's primary water source, their teeth may not be receiving the benefits and protection of fluoride



Find out if your child should receive a **FREE FLUORIDE SUPPLEMENTATION** by scanning the QR code or by visiting:  
[chfs.ky.gov/agencies/dph/Pages/oralhealth.aspx](https://chfs.ky.gov/agencies/dph/Pages/oralhealth.aspx)



**Kentucky Public Health**

Prevent. Promote. Protect.

Oral Health

**Study Your SIP**  
Good Drinking Water Includes Fluoride