



STUDY YOUR **SIP**

Good Drinking Water Includes Fluoride



SOURCE

Where does your drinking water come from?

- Tap
- Well
- Bottled Water
- Cistern
- Spring



INQUIRE

Does your water contain fluoride?

- Order a **FREE WATER TEST** from the Kentucky Oral Health Branch.



PREVENT

You can prevent tooth decay.

- If your water does not contain fluoride, the Kentucky Oral Health Branch will send a **FREE FLUORIDE SUPPLEMENT** to your home with easy-to-follow instructions.

Fluoride is the **most effective** way to reduce tooth decay.

Fluoride builds stronger teeth and keeps tooth enamel strong and resistant to cavities.



Scan the QR code to access the Kentucky Oral Health Branch website and order your **FREE WATER TEST TODAY!**

chfs.ky.gov/agencies/dph/Pages/oralhealth.aspx



Kentucky Public Health
Prevent. Promote. Protect.

Oral Health