



Along with brushing your teeth, a healthy diet, and regular dental visits, drinking fluoridated water builds a foundation for healthy teeth.

For more information, visit these resources:



www.ILikeMyTeeth.org



www.cdc.gov/fluoridation



www.fluoridect.org



www.ct.gov/dph

Fluoride is naturally occurring.

Be sure to check your well water for fluoride.

<http://www.cdc.gov/fluoridation/faqs/wellwater.htm>