



Fluoride in water

prevents cavities!

Celebrating 75 years of water fluoridation. Visit [ADA.org/FromTheTap](https://ADA.org/FromTheTap) for more activity sheets.

#### HEALTHY SMILE TIPS

- Brush your teeth twice a day with a fluoride toothpaste.
- Clean between your teeth daily.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.

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