

Water Fluoridation



What is fluoride?

- Fluoride is a naturally occurring mineral found in rivers, lakes, streams, and oceans.
- Fluoride is safe and effective in preventing tooth decay.
- Most water supplies do not have enough fluoride naturally, so safe levels are added and monitored.

Why fluoridate Virginia's public water?

- Cavities (tooth decay) are the most common chronic disease among American children.
- An estimated 51 million school hours per year are lost in the U.S. because of dental-related illness.



Water fluoridation helps children:

- For children younger than age 8, fluoride helps strengthen the adult (permanent) teeth that are developing under the gums.
- Children in communities with fluoridated tap water have fewer cavities than children whose water is not fluoridated.

Water fluoridation helps adults:

- Water fluoridation prevents cavities by providing regular contact with low levels of fluoride.
- Fluoride stops cavities from forming and can even rebuild the tooth's surface.
- Water fluoridation helps in the community regardless of age, income, or insurance status.

5 steps to good oral health:

1. Brush twice daily with fluoridated toothpaste.
2. Floss daily.
3. Cut down on snacks, especially those that are high in sugar or starch.
4. Get regular checkups.
5. Drink fluoridated water.