



# Study Your **SIP**

Good Drinking Water Includes Fluoride

## **SOURCE**

- Where does your drinking water come from?
  - Tap
  - Spring
  - Cistern
  - Bottled Water
  - Well

## **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.

## WHY IS FLUORIDE BEST?

- It helps build stronger teeth as they develop.
- It keeps tooth enamel strong and resistant to cavities forever.

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



**Kentucky Public Health**

Prevent. Promote. Protect.

Oral Health



[chfs.ky.gov/agencies/dph/Pages/oralhealth.aspx](https://chfs.ky.gov/agencies/dph/Pages/oralhealth.aspx)

