

# 5 Facts about water fluoridation



fluoride



1

Good oral hygiene + healthy eating + water fluoridation = good oral health.

2

Adding a small amount of fluoride to the water system doesn't change the taste or smell of water and is a safe and effective way to protect against tooth decay.

3

Every other state and territory has enjoyed the benefits of water fluoridation for more than 30 years.

4

Drinking fluoridated water is good for people of all ages including young children, pregnant women and older people.

5

Extensive scientific research confirms water fluoridation is not associated with any ill health effects.



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Ask your dental practitioner for more information or go to [www.health.qld.gov.au/fluoride](http://www.health.qld.gov.au/fluoride)