

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.



Feb 2013

Ask your dental practitioner for more information or go to www.health.qld.gov.au/fluoride