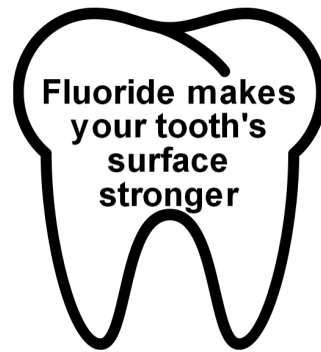
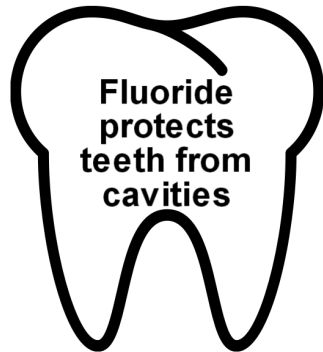
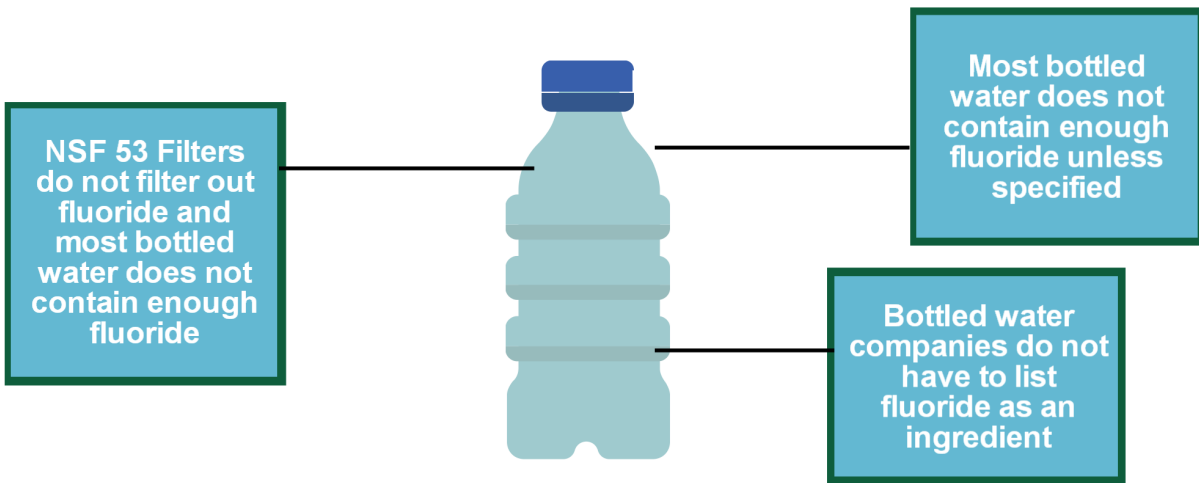


# Fluoride and Oral Health = Strong Teeth

Fluoride helps prevent 25% of cavities and it is recommended to see your family dentist two times a year



You may not be getting enough if you are only drinking bottled water



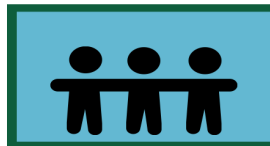
Children under 3 should use a grain of rice size amount of toothpaste 2 times a day



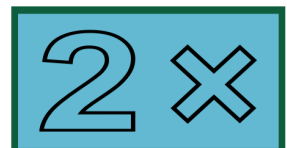
Children 3-6 years old should use a pea size amount of toothpaste 2 times a day



Children younger than six should not use fluoride mouthwash without consulting a dentist first



Adults should brush twice a day using a toothpaste with fluoride



For More Information Visit: [www.gchd.us](http://www.gchd.us)

Updated 7/27/16- Information subject to change