Fluoride in drinking water is taken in by teeth to help create a strong surface protecting the teeth from cavities.

In children and adults, teeth are bathed in fluoride when drinking water.

Acid produced by bacteria in the mouth can create holes on the surface of the teeth.

Fluoride helps protect & rebuild this surface preventing about 25% of cavities.

Visit [www.CDC.gov/Fluoridation](http://www.CDC.gov/Fluoridation) for more information.