



Indian Health Service Division of Oral Health

National Children's Dental Health Month

Fluoride is a natural mineral that helps prevent cavities. It can be found in toothpaste and often in the water you drink. Your dentist or medical provider can even paint fluoride on your teeth.



Fluoride protects teeth!

For a healthy mouth, remember to brush twice a day, eat healthy foods, and see your dentist at least once a year.

