

ILLINOIS DEPARTMENT OF PUBLIC HEALTH

Fluoridation Facts

Why Drinking Fluoridated Water Matters for Your Family's Health

What Is Fluoride?

Fluoride is a natural mineral that helps prevent cavities by making your teeth stronger.

Why Does It Matter in Drinking Water?

- Fluoridated water prevents 25% more cavities in children and adults, even if you use fluoride toothpaste.
- It's safe, affordable, and benefits everyone, especially families who may not have regular access to a dentist.

Is It Safe?

Yes. For more than 75 years, studies have shown that fluoridated water is safe for children and adults.

Organizations like the Centers for Disease Control and Prevention, the American Dental Association, and the World Health Organization support water fluoridation.

How to Know If Your Water Is Fluoridated

- If you live in a city or town, your water may already have fluoride added.
- Check with your water provider or visit https://nccd.cdc.gov/DOH_MWF/Default/, select Illinois, and look up your local information.
- Tips for Families: Make Tap Water Your First Choice
- Tap into the benefits! Choosing tap water over bottled water supports your family's health and your wallet—plus, most tap water contains fluoride, which helps keep teeth strong and healthy.
- Start early! Tap water is safe for toddlers and children, giving them a great start with the added benefit of cavity protection.

Remember:

Fluoridated water is a simple step to stronger teeth and fewer dental visits!

