Social Media Request Template: OOH

Use this template to submit your social media request including post copy and graphics. Refer to the [Social Media Best Practices Guide](#) for additional guidance, insight, and examples.

Post #1	
Platforms: FB, IG, X, Bluesky, Threads **Desired post date:** **Copy:** 🦷 💧 Fluoride is a natural mineral found in water that helps prevent and even reverse cavities. It's also added at safe levels to tap water to help protect your teeth. Fluoride is a safe and easy way to help teeth stay strong and healthy for kids and adults. For more information, visit [https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CDCB/Pages/OralHealthProgram/Fluoridation.aspxhttps://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CDCB/Pages/OralHealthProgram/Fluoridation.aspx](https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CDCB/Pages/OralHealthProgram/Fluoridation.aspx) #HealthyTeeth #PublicHealth #SmileStrong **Bluesky/X Copy:** Fluoride is a natural mineral found in water that helps prevent & even reverse cavities. It's also added at safe levels to tap water to help protect your teeth. Learn more: https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CDCB/Pages/OralHealthProgram/Fluoridation.aspx	**Graphic/link to final video (if available):** [Graphic 1](#)

Post #2	
Platforms: FB, IG, X, Bluesky, Threads **Desired post date:**	**Graphic/link to final video (if available):** [Graphic 2](#)

Copy:
Life is better with a healthy smile! Oral health isn't just about teeth. It's about your whole body. Fluoride in drinking water helps prevent cavities and supports long-term health.

Tap water contains safe levels of fluoride to help protect your teeth. It's one of the safest and easiest ways to strengthen smiles—just by turning on the tap.

Tap into health by drinking fluoridated water!

For more information, visit
https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CDCB/Pages/OralHealthProgram/Fluoridation.aspx

Bluesky/X Copy: (280 characters, link counts for 23 characters no matter the length. Can do multi-thread post too)

Oral health isn't just about teeth. It's about your whole body. Fluoride in water helps prevent cavities & supports long term health. Tap into health by drinking tap water, which has safe levels of fluoride.
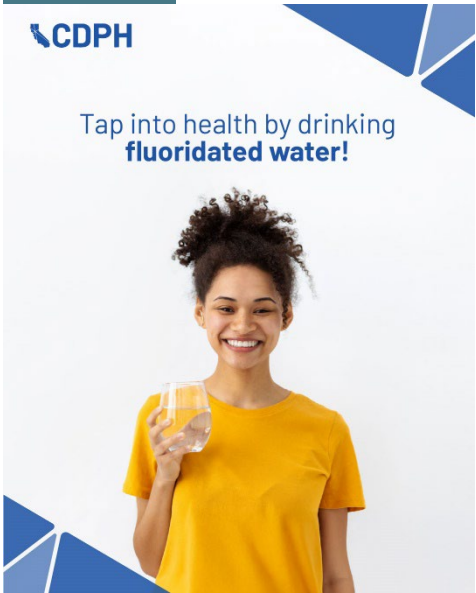
Learn more:
https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CDCB/Pages/OralHealthProgram/Fluoridation.aspx

CDPH

Fluoride in water keeps communities **healthy**

Post #3	
Platforms: FB, IG, X, Bluesky, Threads **Desired post date:** **Copy:** Did you know? Cavities are one of the most common diseases people get during their lifetime. Cavities don't just affect your mouth. They can increase the risk of other health problems related to heart disease and lung infections. The good news? Cavities are preventable with fluoride, nature's natural cavity fighter! Tap water contains safe levels of fluoride to help protect your teeth. Drinking fluoridated water helps reduce cavities by 25%, preventing unnecessary dental problems before they start. Tap into health by drinking fluoridated water! For more information on water fluoridation, visit https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CDCB/Pages/OralHealthProgram/Fluoridation.aspx **Bluesky/X Copy:** (280 characters, link counts for 23 characters no matter the length. Can do multi-thread post too) DYK? Cavities are one of the most common diseases people get during their lifetime. They can also cause other health problems. Prevent cavities by drinking tap water, which has safe levels of fluoride. Learn more https://www.cdph.ca.gov/Programs/CCDPHP/DCD	**Graphic/link to final video (if available):** **Graphic 3** CDPH Tap into health by drinking **fluoridated water!**

IC/CDCB/Pages/OralHealthProgram/Fluoridation.aspx	

Post #4	
Platforms: FB, IG, X, Bluesky, Threads **Desired post date:** **Copy:** Life is better with a healthy smile! Oral health isn't just about teeth. It's about your whole body. Fluoride in drinking water helps prevent cavities and supports long-term health. Tap water contains safe levels of fluoride to help protect your teeth. It's one of the safest and easiest ways to strengthen smiles—just by turning on the tap. Tap into health by drinking fluoridated water! For more information on water fluoridation, visit https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CDCB/Pages/OralHealthProgram/Fluoridation.aspx **Bluesky/X Copy:** (280 characters, link counts for 23 characters no matter the length. Can do multi-thread post too) Oral Health isn't just about teeth. It's about your whole body. Fluoride in water helps prevent cavities & supports long term health. Tap into health by drinking tap water, which has safe levels of fluoride. https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CDCB/Pages/OralHealthProgram/Fluoridation.aspx	**Graphic/link to final video (if available):** **Graphic 4**