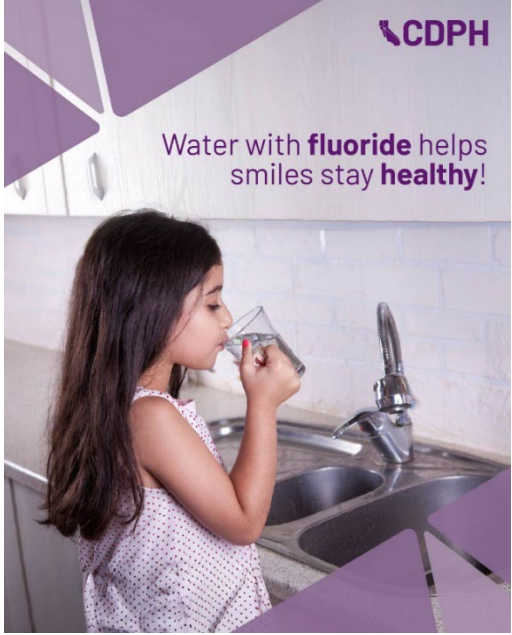


Social Media Request Template: OOH

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	
<p>Platforms: FB, IG, X, Bluesky, Threads Desired post date:</p> <p>Copy:</p> <p>🦷💧 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.</p> <p>For more information, visit https://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</p> <p>#HealthyTeeth #PublicHealth #SmileStrong</p> <p>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.</p> <p>Learn more: https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CDCB/Pages/OralHealthProgram/Fluoridation.aspx</p>	<p>Graphic/link to final video (if available): Graphic 1</p> 

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

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

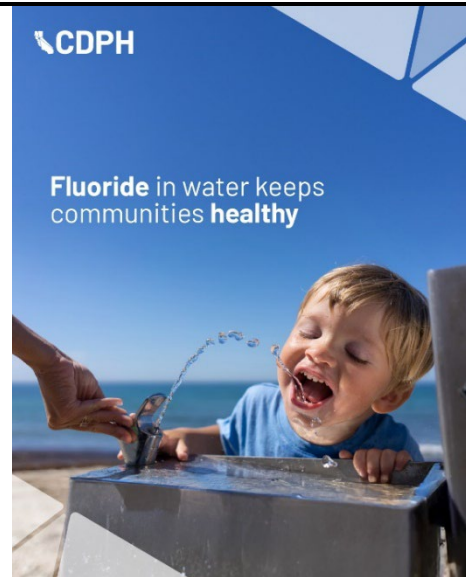
<https://www.cdph.ca.gov/Programs/CCDCPP/DC/DIC/CDCB/Pages/OralHealthProgram/Fluoridation.aspx>

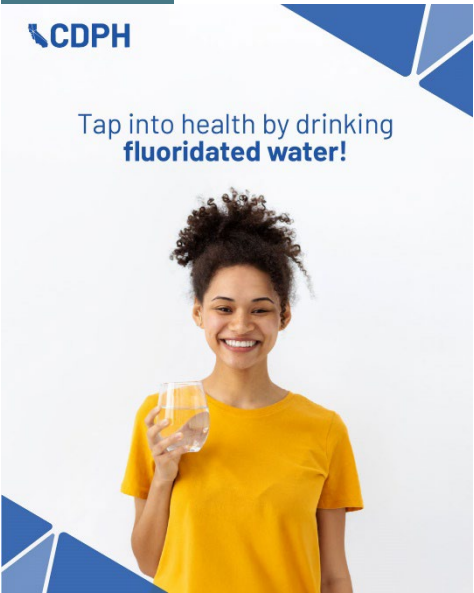
Bluesky/X Copy: (280 characters, link counts for 23 characters no matter the length. Can do multi-thread post too)

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/CCDCPP/DC/DIC/CDCB/Pages/OralHealthProgram/Fluoridation.aspx>



Post #3	
<p>Platforms: FB, IG, X, Bluesky, Threads Desired post date:</p> <p>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.</p> <p>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.</p> <p>Tap into health by drinking fluoridated water!</p> <p>For more information on water fluoridation, visit https://www.cdph.ca.gov/Programs/CCDPHP/DCD/IC/CDCB/Pages/OralHealthProgram/Fluoridation.aspx</p> <p>Bluesky/X Copy: (280 characters, link counts for 23 characters no matter the length. Can do multi-thread post too)</p> <p>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.</p> <p>Learn more https://www.cdph.ca.gov/Programs/CCDPHP/DCD</p>	<p>Graphic/link to final video (if available): Graphic 3</p>  <p>The graphic features a woman with dark curly hair, wearing a bright yellow t-shirt, smiling and holding a clear glass of water. The background is white with blue geometric shapes in the corners. In the top left, the CDPH logo is displayed. Below the logo, the text reads 'Tap into health by drinking fluoridated water!'.</p>

IC/CDCB/Pages/OralHealthProgram/Fluoridation.aspx	
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Post #4	
<p>Platforms: FB, IG, X, Bluesky, Threads</p> <p>Desired post date:</p> <p>Copy:</p> <p>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.</p> <p>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.</p> <p>Tap into health by drinking fluoridated water! For more information on water fluoridation, visit https://www.cdph.ca.gov/Programs/CCDC/DCDC/DCDCB/Pages/OralHealthProgram/Fluoridation.aspx</p> <p>Bluesky/X Copy: (280 characters, link counts for 23 characters no matter the length. Can do multi-thread post too)</p> <p>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.</p> <p>https://www.cdph.ca.gov/Programs/CCDC/DCDC/DCDCB/Pages/OralHealthProgram/Fluoridation.aspx</p>	<p>Graphic/link to final video (if available): Graphic 4</p>  <p>The graphic features the CDPH logo at the top left. Below it, the text reads 'Tap into health by drinking fluoridated water!'. The background shows a smiling woman in a light blue jacket holding a clear water bottle.</p>