

Fluoride Facts

Did You Know?

- Fluoride is a natural mineral that helps prevent cavities and can even reverse early tooth decay.
- Sources of fluoride include fluoridated water, varnish, rinse, toothpaste, drops, and tablets.
- It is important to use fluoride toothpaste when you brush.

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Ask your dentist or medical provider about fluoride varnish to protect against cavities. Fluoride varnish is like a special vitamin that keeps our teeth strong, happy, and healthy. It is “painted” on teeth during a dental checkup or at the doctor’s office during a well-child visit.

If your water is not fluoridated, your child may need to get fluoride from another source such as fluoride drops or tablets from your dentist or medical provider.



Take the Healthy Mouth Challenge!

I will:

- Brush my child’s teeth with fluoridated toothpaste.
- Call my local health department or water department to find out if my water is fluoridated.
- If my water is fluoridated, make sure my child drinks it when he is old enough to drink water.
- If my water is not fluoridated, ask my dentist or medical provider for fluoride supplements for my child.

