



How can I get fluoride?

- H₂O! One way to get fluoride is through drinking water.
- If your child's water at home, school, or childcare does not have enough fluoride, a fluoride supplement may be used.
- Doctors, nurse practitioners, physician's assistants, and dentists can prescribe fluoride for your child.
- Fluoride supplements are prescribed depending upon:
 - ✓ your child's age
 - ✓ the amount of fluoride already in the drinking water
 - ✓ your child's risk for tooth decay
- Brush those teeth! Fluoride toothpaste prevents cavities too.

Where can I get more information about fluoride?

Contact your dentist or doctor, or if you have questions about fluoride you can visit our website at www.snohd.org.

Does my water have enough fluoride?

- In Snohomish County, more than 80% of our homes have drinking water with enough fluoride to protect teeth.

Does my water have enough fluoride? *(continued)*

- Some drinking water does not have enough fluoride.
- Children do not need extra fluoride if the drinking water at home, school or childcare is more than .6ppm.
- Children may benefit from extra fluoride if the fluoride level is less than .6ppm.
- Check with your doctor or dentist before giving children fluoride drops or tablets.
- Ask your drinking water provider what the fluoride level is for your home, school or childcare.

Fluoridated Communities (>.7ppm)

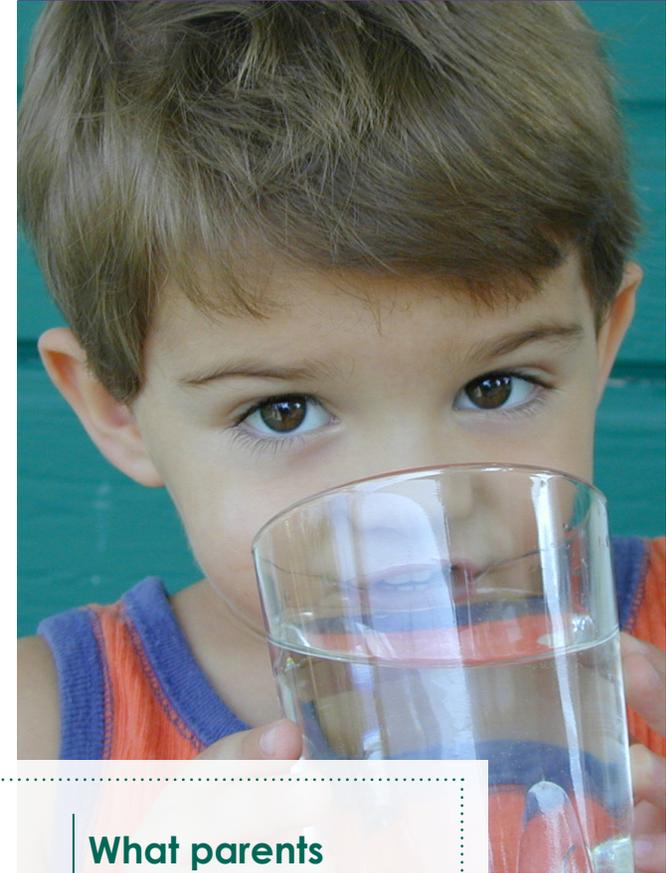
Brier	Lake Stevens	Mountlake Terrace
Edmonds	Lynnwood	Mukilteo
Everett	Mill Creek	Sultan
Granite Falls	Monroe	

Non-Fluoridated Communities (<.2ppm)

Darrington	Lakewood	Snohomish
Gold Bar	Maltby	Stanwood

Snohomish Health District
 Healthy Communities and Assessment
 Oral Health Program
 3020 Rucker Avenue, Ste 203
 Everett, WA 98201-3900
 425.339.5237

Fluoride and Water



What parents should know

PUBLIC HEALTH
 always working for a safer & healthier
SNOHOMISH COUNTY





Why does my child need fluoride?

Making sure your child gets the right amount of fluoride is a great way to improve the health of your child and prevent tooth decay.

How does fluoride benefit teeth?

- Fluoride prevents cavities from starting.
- Fluoride stops cavities from growing larger.
- Fluoride can reverse small cavities before fillings are needed.
- Adults benefit from fluoride too.
- Use of fluoridated water and fluoride toothpaste help maintain oral health.

Private Wells

Check to make sure the water you and your child are drinking has <.6ppm (0.6 mg/L) fluoride before using fluoride drops or tablets.

- If you have a private well, you can have your water tested for a fee.
- Contact the Snohomish Health District, Environmental Health Division at 425.339.5250.

Bottled Water

Not all bottled water contains fluoride.

- If the information is not on the label, contact the bottling company.
- Bottled water that has been treated with reverse osmosis, distillation or deionization will have very little fluoride. These treatment processes generally include water from vending machines found in grocery stores.

REMINDER:

- ✓ *Supervise your children's use of toothpaste.*
- ✓ *Teach your children not to swallow fluoride toothpaste or fluoride rinses.*

Can my child get too much fluoride?

Yes, too much fluoride while teeth are growing can cause fluorosis.

- Fluorosis is a change in the color or texture of the teeth.
- Fluorosis develops when children get too much fluoride while their teeth are growing.
- Once all the permanent teeth have come in the mouth, fluorosis cannot occur.

Preventing Fluorosis

Use supplements carefully:

- Know the amount of fluoride in drinking water at home, school, or childcare.
- Do not use fluoride drops or tablets if your water has enough fluoride.

Keep bottles of fluoride drops and tablets out of reach. Supervise toothpaste use:

- Children under age two can use a tiny smear of fluoride toothpaste. Ask your dentist before using fluoride toothpaste.
- Keep toothpaste out of reach because young children like to eat it.
- Have children use no more than a pea-size amount of toothpaste on the brush once they can spit well.