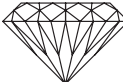



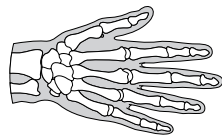





Spokane County Head Start/ECEAP/EHS FLUORIDE INFORMATION HANDOUT

Fluoride is a mineral , it occurs naturally in many foods , and it occurs naturally at a beneficial level in some water supplies (but **not** all). 

Fluoride can help prevent tooth decay  because it is absorbed by teeth and bones  when applied to teeth and swallowed in tablet or liquid form (as prescribed by a medical/dental provider).

Fluoride is added in small amounts to some toothpastes, gels, and mouthwashes.  Use with your small child only when he/she is able to spit out the toothpaste, gel or mouthwash after cleaning his/her teeth. Only use an amount equal to a "smear".

To give your child fluoride that is swallowed, your dentist or doctor needs to write a prescription . This type of fluoride is covered by your medical coupon.

The healthy habit of taking prescription fluoride works best when given at bedtime  after toothbrushing when eating and drinking (other than water) is done for the day and **should not** be taken within 2 hours of drinking or eating calcium-rich products.

