Why Does My Child Need Fluoride?

- Fluoride is the best defense against tooth decay; a great way to improve the health of your child’s teeth & make teeth stronger.

How Does Fluoride Benefit Adults Teeth?

- Fluoride helps build strong healthy teeth to prevent cavities and decreases the risk of cavities later in life.
- Use of fluoridated water & dental products will improve oral health over a lifetime.

Can My Child Get Too Much Fluoride?

- It’s possible, but unlikely. Too much fluoride, called fluorosis, could possibly cause a child’s teeth to pit or become discolored.

Preventing Fluorosis

- Keep toothpaste out of reach because children like to eat it.
- Keep bottles of fluoride rinse out of reach.
- If you have a home well, the State Health Lab can test the water, for a fee. Call 1-800-592-1861
- Teach your child not to swallow toothpaste or rinses, as fluorosis may develop.

Oral Health Program
http://doh.sd.gov/oralhealth

To reorder go to:
http://doh.sd.gov/catalog

What Parents Should Know

09/2014
OH-002
How Can I Get Fluoride?

Drink Tap Water.
South Dakota cities and towns with a population of 500 and over adjust the fluoride level in the public water system.

Toothpaste & Rinses.
Brush with fluoride toothpaste and using fluoride rinse to prevent cavities. Remember, a small pea-size dab of toothpaste is plenty.

Fluoride Treatments.
Your doctor or dentist can provide fluoride treatments or prescribe fluoride varnish or supplements.

Does My Water Have Enough Fluoride?
The fluoride level in community drinking water is adjusted to 0.7 ppm so it is beneficial for everyone. However, if your tap water has been treated by home filtration or reverse osmosis it may have very little fluoride.

In 2012, 93.6% of people in South Dakota were served by public water systems that are fluoridated.

Bottled Water
Not all bottled water contains fluoride. Check the label to make sure the water has added fluoride. If the information is not on the label, contact the bottling company.

Bottled water that has been treated via reverse osmosis, distillation or deionization may have very little fluoride. This generally includes water from vending machines in grocery stores.

Check out [http://apps.nccd.cdc.gov/MWF/CountyDataV.asp?State=SD](http://apps.nccd.cdc.gov/MWF/CountyDataV.asp?State=SD) to see if your town is fluoridated!