

# What is Fluoride?

Fluoride is a substance that strengthens your teeth.

## Where is fluoride found?

- Some public and bottled water supplies
- Fluoride tablets or drops
- Toothpaste and fluoride rinses



## How does it work?

- Fluoride in water or by tablets/drops is absorbed in your stomach. It then hardens the inside of your teeth.
- Toothpaste and fluoride rinses harden the outside of your teeth.
- Harder teeth are healthier and less likely to get cavities.

## Who needs fluoride supplements?

- Some children 6 months to 16 years. Ask your doctor or dentist if your child needs **extra** fluoride.
- Everyone over 6 years of age can benefit from using toothpaste with fluoride and fluoride rinses every day.

## Fluoride Tips

- Fluoride prescriptions are available from your doctor or dentist. Fluoride should be taken on an empty stomach. Take it 1 hour before or 1 hour after eating.
- If you aren't sure if your drinking water has fluoride in it, ask your water district or landlord.
- If you have fluoride in your drinking water, it is safe to use toothpaste with fluoride and fluoride rinses.
- If you have fluoride in your drinking water, you should not use fluoride tablets or drops. It could cause stains on your teeth.
- Make sure children do not swallow too much toothpaste. Children under 6 years of age should use pea-sized amounts of toothpaste. Parents should brush their children's teeth or watch them doing it.



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