

All About Fluoride

What is Fluoride and How Do We Get It?

Fluoride is a mineral that can help stop or slow down tooth decay and make teeth stronger!

Fluoride is something that can be found naturally in soil, water, and air – but we don't get enough of it this way. In Illinois, community water systems add just the right amount of fluoride to local drinking water to prevent cavities.

Thankfully, people can also get fluoride from toothpaste and mouth rinse.



Is Water with Fluoride Added to It Safe?

Yes! Health experts agree that water with fluoride is safe and important because it works to help slow down and stop cavities.

What is Fluoride Varnish?

Fluoride varnish is a dental treatment (that comes in the form of a gel) that is used to help prevent or slow down tooth decay. It can be put on children's teeth and adult's teeth! Even if your drinking water has fluoride in it and you're using a toothpaste with fluoride, this is a great tool for preventing cavities.

Where Can My Child Get Fluoride Varnish?

If your child does not have a dental home where they can get fluoride varnish, you can ask your child's doctor about it. Children may be able to get it while they are at their well-visits with their doctor. When your child is 6 months old, it can be applied to the teeth they have. It is easy and quick to apply; it is painted onto the teeth much like nail polish is painted onto nails. The whole process takes less than a minute and is pain-free!

! Fluoride varnish is recommended for children 2 to 4 times a year through 5 years of age.



Learn More

Learn more by visiting bit.ly/FluorideForKids
or scanning the QR code

Get the Facts About Fluoride: bit.ly/FactsAboutFluoride
What Parents Need to Know: bit.ly/FluorideFactsForParents



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