

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.



Clinton County Health Department
Health Services Unit
133 Margaret Street, Plattsburgh, NY 12901
Tel: (518) 565-4848 Fax: (518) 565-4821 Info Line: (518) 565-4490
www.clintonhealth.org



Public Health
Prevent. Promote. Protect.

Clinton County does not discriminate on the basis of race, color, national origin, sex, sexual orientation, religion, age or disability in employment or the provision of services.