

**WHAT YOU CAN DO TO
PROMOTE GOOD ORAL
HEALTH FOR YOU AND
YOUR FAMILY**



Limit sticky and sugary food and drinks like cookies, dried fruit, candy, and soda



Always use a toothpaste with fluoride



Always use a soft bristled tooth brush



Encourage tooth brushing twice each day, for two minutes



Ask your dental professional about dental sealants



Promote the use of a mouthguard during sports like soccer, field hockey, basketball and baseball



Drink fluoridated water

For more information contact

**Massachusetts Department
of Public Health**

**Office of Oral Health
250 Washington Street**

Boston, MA 02108

www.mass.gov/dph/oralhealth

OR

your child's school nurse



**Fluoride
Mouthrinse
Program:
Rinse Away
Tooth Decay!**



**Massachusetts Department of
Public Health
Office of Oral Health**



Fluoride is a naturally occurring mineral that prevents tooth decay.

Fluoride is the foundation for preventing tooth decay for both children and adults.

Using fluoride regularly can help prevent tooth decay by about 30-60%. It can also help to reduce tooth decay at its earliest stage.

FLUORIDE MOUTHRINSE PROGRAM

For more than 30 years, the Massachusetts Department of Public Health has funded a **weekly** fluoride mouthrinse program for students in grade 1 to 12.. This program is valuable because fluoride is safe, inexpensive and very effective in preventing tooth decay.

IMPORTANT FACTS

- ◆ **The program is supervised by your child's school nurse**
- ◆ **Students rinse their mouth for one minute and spit it out**
- ◆ **The rinse is not swallowed**
- ◆ **Students learn about oral health while they are rinsing**
- ◆ **The FDA has approved the 0.2% weekly sodium fluoride rinse**
 - ◆ **The program is free**

WHY SHOULD MY CHILD PARTICIPATE IN THE PROGRAM?

Tooth decay is the most common childhood disease. Having your child free of dental disease is not only important for their growth, development and self-esteem, but also their ability to concentrate in school.

Fluoride is safe, inexpensive and very effective at preventing tooth decay. Fluoride has both a systemic effect and a topical effect. Weekly rinsing with fluoride is topical... it strengthens the outer surface of the tooth, called the enamel.

Other important sources of fluoride include fluoridated drinking water and toothpaste.

