

Chippewa County Department of Public Health has been granted funds by the Division of Public Health to offer fluoride supplements to Chippewa County children, ages 6 months to 16 years, who do not have enough fluoride in their drinking water.

In Chippewa County only the cities of Cornell and Stanley add fluoride to their water supply. Families who have their own wells have very little fluoride in their water.

Children who get the recommended amounts of fluoride from birth, have an average of 30% fewer cavities than children who do not get the recommended amounts.

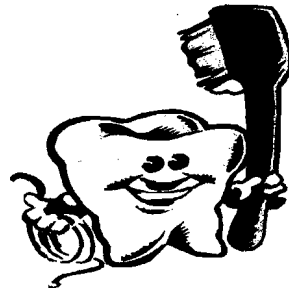
The combination of fluoride and dental sealants can help strengthen teeth and protect them from decay.

Good toothbrushing habits and limiting foods with starch and sugar can also decrease cavities in teeth.

**For inquiries about the
Fluoride Program:**

Call the Fluoride Program at 726-7900 or
1-800-400-3678 (from rural areas.)
Ask for the Intake Nurse.

- ◆ Children get the most benefit from the tablet if they can chew on both sides of the mouth, using all their teeth. The chewed tablet is then swallowed.
- ◆ Children in day care in a fluoridated area should have the fluoride adjusted according to the amount of water consumed.
- ◆ Most bottled water does not contain fluoride; however some do. Ask your pharmacist or call Public Health.
- ◆ Toothpaste consumption should be monitored. Children should be encouraged to rinse, spit and not eat toothpaste.
- ◆ Fluoride dosages are recommended by the American Dental Association, and the American Academy of Pediatric Dentistry.
- ◆ **Keep Fluoride Out of the Reach of Children**



PLEASE POST AND KEEP

INSTRUCTIONS

Children ages 6 months to 3 yrs
One .25 mg. drop liquid (.25 fluoride)
per day. Place directly in mouth or
mix with water or juice.
Do not mix with milk.

OR

One .55 mg tablet (.25 fluoride) per
day. Chew, swish* and swallow

Children 3 to 6 years

One 1.1 mg tablet (.50 fluoride) per
day. Chew, swish* and swallow.

Children 6 to 14 years

One 2.2 mg tablet (1.0 mg fluoride)
per day. Chew, swish* and swallow.

* Swish chewed tablet around in
mouth. Do not add any liquid to
swish fluoride tablet. No food or
liquid should be taken for 30
minutes. Taking the tablet before
bedtime is best. Since calcium
binds the fluoride ion, fluoride
is best taken without milk.

**KEEP FLUORIDE OUT OF
THE REACH OF CHILDREN**