Your Guide to Dental Care After Water Fluoridation Decreases or Ends

While nothing compares to the benefits of community water fluoridation, there are steps you can take to protect your teeth and maintain your oral health. In addition to advocating for fluoridation, here are some tips to help you stay cavity-free:

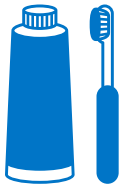
1



Visit the Dentist

- Visit your dentist every six months or more frequently as needed. Early and regular visits help prevent cavities and other dental issues.
- Dental visits are recommended to begin at a child's first birthday or at the first eruption of a tooth. Medicaid and CHIP cover dental care to prevent cavities, including exams and cleanings.

2



Brush & Floss

- Brush your teeth with fluoride toothpaste twice a day for at least 2 minutes each time. Replace your toothbrush every 3-4 months or sooner if the bristles are frayed. No sharing toothbrushes!
- Clean between teeth daily. Use string floss, water flossers, tiny brushes, or toothpicks to remove food particles and plaque.

3



Reduce Excess Sugar & Drink Water

- Limit sugary drinks and foods, which can make your mouth acidic and damage your teeth. Drink or rinse with water after eating sugary or sticky foods.
- Fill your water bottle with fluoridated water from another water system, or purchase bottled water with added fluoride after doing your research.

4



Ask for Fluoride Varnish

- Fluoride varnish is a coating put on teeth to make them stronger and to protect them from cavities. It's quick to apply and provides long-lasting protection for up to three months.
- It can be applied by a pediatrician or dentist starting from the first tooth eruption. It is covered under Medicaid up to age 21.

5



For Kids: Apply Dental Sealants & Take Fluoride Supplements

- Dental sealants are clear or tooth-colored coatings that fill the grooves of back permanent teeth (molars) and help prevent cavities.
- For kids at high risk, fluoride vitamin supplements (tablets or drops) can be prescribed by pediatricians and family physicians.