

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 min-
utes



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 6. 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.

