



DHHS NON-DISCRIMINATION NOTICE

The Department of Health and Human Services (DHHS) does not discriminate on the basis of disability, race, color, creed, gender, sexual orientation, age, or national origin, in admission to, access to, or operations of its programs, services, or activities, or its hiring or employment practices. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972 and the Maine Human Rights Act and Executive Order Regarding State of Maine Contracts for Services. Questions, concerns, complaints or requests for additional information regarding the ADA may be forwarded to DHHS' ADA

Compliance/EEO Coordinators, 11 State House Station- 221 State Street, Augusta, Maine 04333, 207-287-4289 (V), 207-287-3488 (V), 1-800-606-0215 (TTY). Individuals who need auxiliary aids for effective communication in program and services of

DHHS are invited to make their needs and preferences known to the ADA Compliance/EEO Coordinators. This notice is available in alternate formats, upon request.

Fluoride helps make teeth stronger and helps prevent cavities. It becomes part of the teeth while they are forming under the gums.



FLUORIDE FACTS

FOR PARENTS

Taking good care of your child's teeth is an important part of total health. Making sure your child gets the right amount of fluoride is one easy thing you can do to help get your little boy or girl off to a healthy dental start.

Fluoride in Water



One way to get fluoride is through drinking water. Some cities and towns add fluoride to the public water supply. Someone at your town office can tell you if your house is on public water and if the water has fluoride.

Some well water may contain fluoride naturally. If you get your drinking water from a well or spring, you should have your water tested for fluoride. You can get a water test application by asking for a "fluoride only test" from:

Health and Environmental Testing Lab
12 State House Station
Augusta, ME 04333-0012

Or you can call 287-1716 for more information.

There is a small cost for the test.

Other Ways to Get Fluoride

If there isn't the right amount of fluoride in your drinking water, you can protect your child's teeth in other ways. You can get fluoride in tablets or drops, or in some daily vitamins. Ask your dentist or doctor if this would be best for your child.



Children up through the age of 13 should take fluoride tablets.

Fluoride protects the outside of teeth too. Fluoride rinses and toothpastes help prevent cavities. Use a grain of rice sized amount of fluoride toothpaste for children younger than age 2. Remember, a small pea size dab of toothpaste is plenty, when over age 2. Make sure your child does not swallow toothpaste and rinses with water after brushing.

Children Need fluoride to help protect their teeth from decay.

Here are some other things that you can do to keep your child's teeth healthy:

- Help your child brush and floss everyday.
- Take your child for regular check-ups at the dentist's office. Your child's first birthday is a great time to start. The dentist will tell you how often to come.
- Keep bottles of fluoride tablets and drops out of reach.
- Keep toothpaste out of reach too, because children like to eat it.

