



Fluoride and Healthy Smiles

WHY IS FLUORIDE IMPORTANT?

Fluoride hardens and protects tooth enamel against cavities.

WHERE CAN I FIND FLUORIDE?

Fluoride is a natural mineral found in water, soil, and in some foods. You can also find fluoride in toothpaste, mouth rinse, tap water, in some foods and drinks!

FLUORIDE IN YOUR DRINKING WATER

The City of Ottawa adjusts its drinking water. A fluoride concentration of 0.70 mg/L (ppm) is maintained in accordance with recommended levels by Health Canada. The World Health Organization, Health Canada and the Ontario Ministry of Health all support the use of fluoride in drinking water. Scientific studies have determined that water fluoridation is safe and effective.

The City of Ottawa does not adjust the fluoride level of the six well systems. You can find the fluoride concentration in the water of these well systems by calling 3-1-1.

Most disposable water filters do not remove fluoride from drinking water.

Check the label or contact the manufacturer for fluoride levels in bottled water.

Well and spring water testing

Free testing of water fluoride levels is available if you are on well water or spring water. Call 3-1-1 for a free water test bottle and instructions.

HOW MUCH FLUORIDE TOOTHPASTE DOES MY CHILD NEED?

Birth to 3 years old

Fluoridated toothpaste is not recommended for children under 3, unless advised by a dental professional.

3 to 6 years old

Clean your child's teeth twice per day. At 3 years of age, you can begin to use toothpaste with fluoride to brush your child's teeth when your child can rinse and spit properly. Use only a small amount of toothpaste (pea-size or smaller).

Over 6 years old

Clean teeth, twice per day, using only a small amount of toothpaste (pea-size).

FLUORIDE IS A SAFE AND EFFECTIVE WAY TO PREVENT TOOTH DECAY, BUT REMEMBER:

- Teach your child to spit and never swallow toothpaste.
- Store all products containing fluoride away from children.
- Supervise children when they are using products with fluoride.

