School Fluoride Mouthrinse Program

For Great Idaho Smiles!

Students are invited to take part in the School Fluoride Mouthrinse Program. This program is offered each year in Idaho schools and can help children have healthy teeth for a lifetime.

Why rinse with fluoride?

- Fluoride helps prevent tooth decay. Drinking fluoridated water from birth is the best and easiest way to get fluoride.
- Most Idahoans live in areas where the amount of fluoride in the water is low. The School Fluoride Mouthrinse Program gives children in these areas the protection of fluoride.
- Research has shown that children who rinse weekly during the school year with a 0.2 percent neutral sodium fluoride solution have 30 to 40 percent fewer cavities.
- About 35,000 Idaho students in grades one through six take part each year in the school Fluoride Mouthrinse Program.

The Classroom Procedure

- Parent permission is needed to use the rinse. Students rinse once a week, with adult supervision.
- Each child receives a foil-sealed cup that contains a small amount (10 milliliters) of sodium fluoride rinse. At a signal from the teacher, students remove the seal from their cup and pour the rinse into their mouths.
- The fluoride rinse is swished between the teeth for one minute and then returned to the cup for disposal. The fluoride rinse is not swallowed.
- Children who take fluoride tablets or receive topical fluoride in the dental office may safely rinse at school.
- The mouthrinse program takes about five minutes per week and is a safe and easy way to prevent tooth decay.

Sponsored by

Oral Health Program
Idaho Department of Health and Welfare

in cooperation with the
SEVEN PUBLIC HEALTH DISTRICTS

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