
Facts About Fluoride

- According to the Centers for Disease Control and Prevention (CDC), fluoride reduces cavities by 20-40% in children. It can repair early stages of tooth decay and can make tooth enamel harder and more resistant to acid and bacteria.
- Lincoln County families who have their own wells may have very little fluoride in their water.
- Children drinking non-fluoridated water can protect their teeth by taking a daily dietary fluoride supplement.

Program Requirements

You Must:

- Be a county resident ages 6 months to 16 years.
- Submit a completed application.
- Test your primary water source for fluoride. You may or may not need a water test to determine fluoride levels based on the information provided in your application. If your water needs to be tested, we will provide you with the test kit at reduced or no cost.
- Have one brief appointment with a public health nurse to pick up your fluoride drops or tablets.
- It is recommended that you consult with your child's physician or dentist before starting fluoride supplements.

How to Apply

- Request an application from Lincoln County Health Department either in person or by calling 715-536-0307 or 1-800-472-6811.
- Complete the application and return it to:

Lincoln County Health Department

607 N. Sales Street
Merrill, WI 54452

A nurse will contact you to discuss your application and begin the service.

Remember:

Fluoride is only one part of a sound dental program that includes:

- Good oral hygiene
- Proper eating habits
- Regular dentist visits



Who should participate in the supplement program:

- Children 6 months to 16 years
- Children who do not have fluoridated water or consume a large amount of food or beverages containing fluoride
- Children with cavities or sibling/caregiver(s) with cavities
- Children who do not see the dentist regularly

Can you get too much fluoride?

- A child can get too much fluoride called fluorosis, a mild condition characterized by lacy white lines/spots on the teeth. It is not harmful to a person's health. It is associated with ingesting too much fluoride during your child's tooth forming years. This can be prevented by following the CDC's recommendations on who qualifies for supplements and by conducting a fluoride intake assessment by a public health nurse.

This is a **free** fluoride supplement program offered to all county residents as a community service.

The Lincoln County Health Department offers this program from Beyond Lip Services grant monies provided by the University of Wisconsin Medical School's Wisconsin Partnership Fund.



For more information contact
Lincoln County Health Department
at (715)-536-0307

Lincoln County Fluoride Supplement Program



Fluoride...
Helps the teeth stay
strong!
