

# Dental Fluoride & Why It's Important For Teeth

*Mouth Healthy* by the American Dental Association strongly recommends that both children and adults apply fluoride to their teeth to prevent decay.

## What is fluoride?

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- A mineral that occurs naturally in the ground, water, and rocks
- Helps the surface of teeth (enamel) fight off harmful acids that create tooth decay.

## How is fluoride applied to my child's teeth?

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- The liquid fluoride varnish is applied to the teeth with a small brush and takes no longer than 5 minutes.

## Other Things to Know

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- To learn more about dental fluoride, visit <https://www.mouthhealthy.org/en/az-topics/f/fluoride>.
- For more information about the dental fluoride event at your child's school, call Community Health Connect at 801-818-3015 and ask to speak with the Dental Program Coordinator.



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