

Fluoride Fights Tooth Decay



Fluoride occurs naturally in water and helps protect your teeth from cavities.

Ways to Protect Against Decay

Ask About Fluoride Varnish Treatment at Your Next Dental Visit

Fluoride varnish is a gel that is put on teeth to help protect against tooth decay. **Fluoride varnishes are covered by Medi-Cal every 12 months for adults, and more often for children, depending on their age.**



Brush Regularly

Brush two times a day with toothpaste that contains fluoride. **Recommended toothpaste amount by age:**



**0-3 years:
grain of rice**

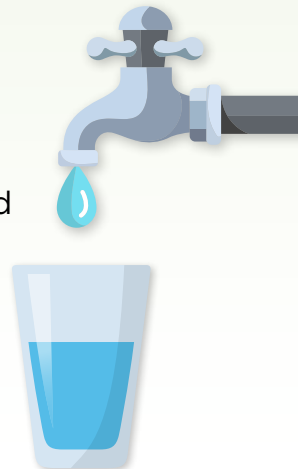


**3+ years:
pea size**

Parents should assist children when they're brushing their teeth until they can brush on their own. When choosing a toothpaste with fluoride look for the American Dental Association (ADA) seal.

Drink Fluoridated Water

Drinking fluoridated water is better for your oral health than sugary drinks.



Visit [SmileCalifornia.org](https://www.smilecalifornia.org) or call the Telephone Service Center at **1-800-322-6384** to learn more about your Medi-Cal dental covered services and to find a dentist.

