Fluoride Information

• Over 90 national and international professional health organizations, including the Canadian Dental Association, support using fluoride to help prevent dental cavities.

• Fluoride is a mineral found naturally in our environment and has been proven to prevent tooth decay.

• Fluoride can be found in food, drinking water, toothpaste and in fluoride treatments.

• Fluoride strengthens tooth surfaces, prevents dental decay and reduces tooth sensitivity.

• Incorrect use of fluoride may result in mild fluorosis, which looks like chalky white or light brown spots on adult teeth. Talk to your health care provider to discuss specific fluoride recommendations for your child.

• Fluoride supplements like chewable tablets, lozenges or drops are not generally recommended for Canadians. However, your health care provider might recommend fluoride supplements if your child is at high risk for developing dental cavities.

• Use of a fluoride mouth rinse is not recommended for children under six years of age as they may swallow significant amounts of the rinse. For children over six years of age consult the manufacturer’s directions prior to using rinses or mouth wash. Please consult your health care provider before using fluoride rinses.

• If you use infant formula, prepare it with fluoridated water to help your baby’s permanent teeth that are developing. Well water might have a higher level of natural fluoride and Health Canada recommends well water be tested* before mixing with infant formula. Talk to your health care provider about fluoride concentration levels if you are preparing infant formula with well water.

* This service is offered by private labs for a fee.
Fluoride Toothpaste Recommendations

- Children under three years of age should use only water or a rice grain-sized amount of non-fluoridated toothpaste.
- Children three years of age and older should use a green pea-sized amount of fluoridated toothpaste if they are able to spit.
- Children up to six years of age are not able to brush their teeth properly, so you will have to do it for them. Let them have a turn brushing when you are done.
- Brush twice a day, especially at bedtime.
- Teach your child to spit out the toothpaste and to rinse well after brushing.

Community Water Fluoridation in York Region

Fluoride levels throughout the Region vary depending on the drinking water source. Water sampling shows that all sources are safe and consistently well below the maximum recommended level of fluoride. Optimal levels of fluoride are 0.6 to 0.8 ppm.

- In Georgina, only Keswick, Sutton and the lake communities in between currently receive fluoridated drinking water.
- The Cities of Markham and Vaughan, the Town of Richmond Hill and the Township of King are supplied with fluoridated water through connection to the Region of Peel’s and City of Toronto’s water systems. The City of Toronto has been fluoridating their water since 1963.
- Mixed surface and groundwater supplies serve the Towns of Aurora, Newmarket, Whitchurch-Stouffville and parts of East Gwillimbury. Mixing the sources of water results in drinking water that is slightly below the optimal 0.6 to 0.8 ppm fluoride concentration.
- At all York Region, City of Toronto and Region of Peel drinking water treatment plants where fluoride is added to drinking water, fluoride levels are continuously monitored to ensure the water meets the requirements of the Province of Ontario.

For more information about fluoridated water in York Region visit york.ca/water

To speak with a registered dental hygienist, call York Region Public Health Dental Program at 1-800-735-6625 or visit york.ca/dental for more information.