

# Fluoride

Fluoride contains fluorine, which is a naturally occurring element.

## FLOURIDE HELPS PREVENT CAVITIES IN TWO WAYS

- 1 It hardens areas of the tooth that have been softened and weakened by acid released by cavity-causing bacteria in the mouth.
- 2 It directly inhibits the acid-producing bacteria responsible for producing cavities.

The American Dental Association recommends a professional cleaning and fluoride application for your child twice a year. If your child has areas of decay, a nightly fluoride mouthwash may be helpful. Community fluoridation (in the water supply) has also been a useful tool in decreasing decay levels in the population.

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If you are served by a water system listed below, the water you receive contains fluoride in the optimal amount needed to improve oral health and reduce dental caries (cavities).

### **Alameda County**

Alameda County Water District, East Bay Municipal Utility District, City of Pleasanton, Dublin San Ramon Services District, City of Hayward

### **Contra Costa County**

City of Antioch, Contra Costa Water District (Bollman), City of Martinez, Diablo Water District, City of Pittsburg, Contra Costa Water District (Randall-Bold)

NOT Golden State Water Co. (Bay Point), City of Brentwood (these areas have less than optimal flouridation due to dilution of flouridated water)

### **San Francisco County**

San Francisco International Airport, San Francisco Public Utility Comm. SFWS, Treasure Island San Francisco Regional Water Sys., Presidio of San Francisco

### **San Mateo County**

Mid-Peninsula Water District , City of Brisbane, City of Burlingame, Guadalupe Valley MID, Cal-Water Service Co. (San Carlos), Cal-Water Service Co. (San Mateo), Skyline County Water District, City of Hillsborough, City of Menlo Park, City of Millbrae, Estero MID, City of Redwood City , City of East Palo Alto, North Coast County WD, Westborough County WD, City of Daly City

### **Santa Clara County**

City of Palo Alto, Stanford University, City of San Jose (NSJ/Alviso), Purissima Hills WD, City of Mountain View, City of San Jose (Evergreen)

Source: [https://www.waterboards.ca.gov/drinking\\_water/certlic/drinkingwater/Fluoridation.html](https://www.waterboards.ca.gov/drinking_water/certlic/drinkingwater/Fluoridation.html)