

# 健康牙齿涂氟

**重要的：** 如欲享受该免费服务，请交回已签字的许可单。

将在您孩子的学校免费提供牙齿涂氟和牙科筛查。

牙科筛查即快速查看您孩子的口腔内部，检查牙齿的整体健康状况。牙齿涂氟是在牙齿上刷上保护层。

欲了解更多信息，请拨打我们的电话  
**503-521-7166。**

您需要了解的内容：

- 牙齿涂氟是保护牙齿免受蛀牙侵害的一种安全快速的方法。
- 牙齿涂氟无害。
- 筛查和牙齿涂氟由牙科护理专业人士进行。

## 保持健康的微笑

- 每天刷牙。
- 使用米粒大小的含氟牙膏。
- 选择健康的零食，如水果和蔬菜。
- 尝试喝水而不是果汁。
- 健康的乳牙将有助于预防成年牙齿出现问题。
- 至少每年到牙医处看诊一次。



# Fluoride Varnish for Healthy Teeth

**Important: Please return a signed permission slip to use this free service.**

## Free fluoride varnish and dental screenings are offered at your child's school!

A dental screening is a quick look inside your child's mouth to check the overall health of their teeth. Fluoride varnish is a protective coating brushed on the teeth.

For more information, please call us at **503-521-7166.**

### What you need to know:

- Fluoride varnish is a safe and quick way to protect teeth from cavities.
- Fluoride varnish does not hurt.
- Screenings and fluoride varnish are done by dental care professionals.

### Keeping a healthy smile:

- Brush and floss every day.
- Use fluoride toothpaste the size of a grain of rice.
- Choose healthy snacks such as fruits and vegetables.
- Try drinking water over juice.
- Healthy baby teeth will help prevent problems in adult teeth.
- See a dentist at least once a year.

