



健康牙齿涂氟

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涂层。

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

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

