



**Huron County Health Unit**  
77722B London Road RR 5  
Clinton, ON N0M 1L0  
519-482-3416  
Toll free 1-877-837-6143  
[www.huronhealthunit.ca](http://www.huronhealthunit.ca)



**Perth District Health Unit**  
653 West Gore Street  
Stratford, Ontario N5A 1L4  
(519) 271-7600 • [www.pdhu.on.ca](http://www.pdhu.on.ca)

November 2016

To: Parents

**Re: School Water Supply and Fluoride for Families with Young Children**

Your child's school is supplied by water from a deep well that has naturally occurring fluoride. The level of fluoride is between 1.5 and at or below 2.4 mg/L. This water is safe to drink, and its fluoride protects children and adults from tooth decay throughout their lives. For young children, this fluoride level may increase their chances of getting mild to moderate dental fluorosis.

Mild to moderate dental fluorosis is a change in the appearance of the permanent teeth still developing under the gums. The permanent teeth may have small white flecks to larger white areas. It is difficult to predict if fluorosis will occur and what it will look like, because permanent teeth do not begin to come into the mouth until 6 to 7 years of age.

To reduce the chances of developing dental fluorosis, the Ontario Ministry of Health and Long Term Care recommends that parents of young children consider and control how much fluoride their children take in from other water sources, food, and toothpaste. If home water supplies have similar levels of fluoride, then parents can:

- Treat their water to reduce its fluoride content.
- Use bottled water with lower fluoride content.
- Use low-fluoride or non-fluoride toothpaste.
- Avoid fluoride supplement pills.
- Consult with their dentist.

For information on how to have your well water tested for fluoride or for further information about this notice, please visit:

**Huron County**

Website: [www.huronhealthunit.ca](http://www.huronhealthunit.ca) Search for "Fluoride" in the search engine or contact us by phone:

**Clinton:** 519-482-3416      **Toll Free:** 1-877-837-6143

**Perth County**

Website: [www.pdhu.on.ca](http://www.pdhu.on.ca) Search for "Fluoride and Drinking Water" in the search engine or contact Health Line at:

**Stratford and area:** 519-271-7600 ext. 267 **Listowel area residents:** 1-877-271-7348

Yours sincerely,

Huron County Health Unit and the Perth District Health Unit