



North Central District Health Department (NCDHD) and your school have partnered together to bring dental health services to pre-school, elementary, and middle school students through our *Miles of Smiles* program.

Miles of Smiles is coming to your school on **Thursday, October 5th 2023.**

A Registered Dental Hygienist will provide a dental screening and apply an antimicrobial protective coating called fluoride varnish, which helps prevent tooth decay. This service is offered to all children in your school. For those children covered by Medicaid this service is free of charge; a \$20.00 donation is appreciated if your child is not covered by this program. However, if you are unable to pay, **your child will not be refused service.**

- All children who participate in this program will receive a **FREE toothbrush and toothpaste.**
- A note will be sent home with your child showing the screening results.
- This service does not take the place of regular checkups by your family dentist or daily brushing and flossing. You are encouraged to have your child participate even if you have a family dentist.

The permission form on the back of this page must be completed and returned to school before the date listed above.

If you have any questions or would like more information, please contact Mindy Spencer at (402) 336-2406. We are looking forward to providing this service in your school.

Fluoride Varnish Facts



Fluoride varnish is a sticky, honey-like material applied to the teeth with a small brush. It is called varnish due to its sticky consistency.



Fluoride varnish is safe. It adheres to the teeth once it comes into contact with saliva and is precisely applied to the teeth.



A typical fluoride varnish application costs between \$22 and \$48 in a dental clinic.



Fluoride varnish is approved by the American Dental Association and the Federal Drug Administration.



Fluoride varnish should be applied 4 to 6 times per year, and can decrease further cavity development by about 38%.