

RECOMMENDED FLUORIDE SUPPLEMENT DOSAGE

Fluoride Dosage and Age	< 0.3 ppm	0.3 - 0.6 ppm	> 0.6 ppm
6 months to 3 yrs.	.25 mg	0	0
3 yrs. to 6 yrs.	.5 mg	.25 mg	0
6 yrs. to at least 16 years	1.0 mg	.5 mg	0
City and date of last information regarding fluoride levels.	Bakersfield (1994) Buttonwillow (1984) Edison (1984)	Arvin (1994) Bodfish (1984) Delano (1994)	Bodfish (1984) (Canyon Hts.) Boron (1984) (1984)
For further explanation of fluoride levels in water refer to the 1994 Fluoride Report	Fellows (1984) Lamont (1994) Maricopa (1984) McKittrick (1984) Oildale (1994) Rosedale (1984) Shafter (1984) Taft (1994) Tehachapi (1984)	Greenfield (1984) Kernville (1984) Lk. Isabella (1984) (Erskine Creek Co., Squirrel Mt. Co., and Mt. Mesa Co.) Lost Hills (1984) McFarland (1994) Mojave (1984) Randsburg (1984)	Calif. City (1984) China Lk. (1984) Desert Lk. (1994) Frazier Pk. (1994) Inyokern (1984) Lebec (1994) Lk. Isabella (1984) (Isabella Mutual Co., and South Lake Co.) North Edwards (1984)
CSD = Community Service District.	Bear Valley (CSD) Wasco (1994)	Tehachapi (1994) (City) Golden Hills (CSD) (1984)	Onyx (1984) Ridgecrest (1994) Rosamond (1984)
* Note: Fluoride water levels are unknown for: Cummings Valley, Alpine, Stallion Springs.	All other Kern County areas not listed.		

NOTE: For breast feeding mothers ask the following question. What is the source of baby's water?

Tap water – refer to the above table for the correct dosage.

Bottled water – Is it fluoridated? - If not, either encourage the change to fluoridated bottled water or refer to the above table for dosage.

NOTE: Before prescribing any fluoride supplement, inquire if the child is already taking a fluoride supplement or is the family using fluoridated bottle water.

Recommended Supplemental Fluoride Dosage, Kern County

(Adapted from recommendations of Council on Dental Therapeutics of
American Dental Association, and American Academy of Pediatrics.)

Fluoride in Water Supply	0.3 ppm		0.3 - 0.6 ppm		0.7 ppm
Locations and water supply	Bakersfield Buttonwillow Edison** Fellows Lamont Maricopa McFarland*** McKittrick Rosedale** Shafter** Taft Tehachapi (City & Bear Valley CSD)* Wasco All other San Joaquin Valley areas unless listed at right		Arvin Bodfish (excl. Canyon Hts.) Delano*** Greenfield Kernville Lake Isabella (Erskine Creek Co., Squirrel Mtn. Co. and Mtn. Mesa Co.) Lost Hills Mojave** Randsburg Tehachapi (Gold Hills CSD)*		Bodfish (Canyon Hts.) Boron** California City China Lake Desert Lake Frazier Park Inyokern Lebec Lake Isabella (Isabella Mutual Co. & So. Lake Co.)* North Edwards Onyx Ridgecrest Rosamond
Breast Milk	Babies receive little or no fluoride taking only breast milk				
Bottled Water	<u>Unfluoridated</u> Arrowhead Mountain Fresh Sierra Springs Sparkletts				<u>Fluoridated 1 ppm</u> Arrowhead Sierra Springs Sparkletts
Fluoride Alternatives	Fluoride (drops or chewable vits. or tabs)	Sodium Fluoride (<u>Chewable tabs</u>)	Fluoride (drops or chewable vits. or tabs)	Sodium Fluoride (<u>Chewable tablets</u>)	
<u>Age in Yrs.</u> Birth to 2 (refill to age 2)	0.25 mg. (drops recommended)	not recom- mended	0	0	0
2 to 3 (refill to age 3)	0.50 mg.	1.1 mg	0.25 mg.	0.55 mg	0
3 to 16 refill to teen years or at least until next periodic assessment	1.00 mg.	2.2 mg.	0.5 mg.	1.1 mg.	0

* Check carefully which water company supplies patient's home in Lake Isabella and Tehachapi areas, as fluoride levels differ. If fluoride level is not known, in Isabella, do not prescribe fluoride.

** Many families in the following communities use bottled water due to the problems listed. Families using bottled water for all drinking and cooking should be questioned as to whether the bottle water is fluoridated.

Boron (portions): arsenic

Edison (Edison Mutual Co.): arsenic

Fruitvale: DBCP, EDB

Mojave (portions): arsenic

Rosedale: nitrates, DBCP, EDB

Shafter (portions): nitrates

*** Many Delano and McFarland families still use bottled water for infants because of publicity about previous nitrate problems.