

Fluoride

The Decision

From 21 June, 2013, Hamilton City Council stopped adding fluoride to the city's water supply. This was a result of the decision made on Wednesday 5 June by Hamilton City Council.

The decision was the outcome of a significant consultation which received 1557 submissions.

Where can I get it now?

While fluoride is no longer available in the city's water supply, you can still get it from fluoridated toothpaste and a healthy diet. It will also be found in some bottled waters and manufactured drinks.

Fluoride toothpaste provides topical application.

The Ministry of Health recommends that a pea-sized amount be used.

Lower strength toothpaste is also available and marketed specifically for children (children should be discouraged from swallowing or eating the toothpaste.)

Application by toothpaste or other means that directly affect the tooth surface are much more effective at reducing tooth decay than fluoridation of water supplies.

If you have concerns about your family's fluoride needs please contact your local dental nurse or visit the **Ministry of Health** website www.health.govt.nz

For more information on fluoride visit www.hamilton.co.nz/fluoride



Hamilton City Council
Te kaunihera o Kirikiriroa