

SEAL MINNESOTA

A STATEWIDE IN-SCHOOL DENTAL SEALANT PROGRAM

GETTING KIDS

READY FOR SCHOOL



ONE SMILE AT A TIME



50% OF MINNESOTA
3RD GRADERS have
experienced tooth decay.



UNTREATED CAVITIES can
cause pain and infection that
can lead to problems with eating,
speaking, playing and learning.



80% OF CAVITIES CAN
BE PREVENTED by den-
tal sealants.

Licensed dental teams will visit your child's school and apply sealants on their back teeth to prevent future cavities. Getting sealants is safe, quick, painless and comfortable.

Hi! We are dental
providers visiting
your child's school.

We give children a
healthy smile to help
them learn, play
and grow.



WHAT IS SEAL MINNESOTA?

SEAL Minnesota is a statewide School Dental Sealant Program. The initiative increases the use of dental sealants to prevent cavities in children who might not receive regular dental care.

WHAT ARE DENTAL SEALANTS?

Dental sealant is a thin white coating that is brushed onto the tops and sides of your child's back teeth to prevent cavities or stop the early stages of decay from becoming a full-blown cavity.

HOW DO DENTAL SEALANTS WORK?

Even if your child brushes and flosses carefully, it is very hard - sometimes impossible - to clean the tiny grooves and pits on certain teeth. Food and germs build up in these grooves, making your child get cavities easier. Sealants, seal out food and germs helping your child to stop getting cavities.

WHICH TEETH SHOULD BE SEALED?

The very back top and bottom teeth (molars) should be sealed. These are the teeth that get the most cavities.

ARE DENTAL SEALANTS SAFE FOR KIDS?

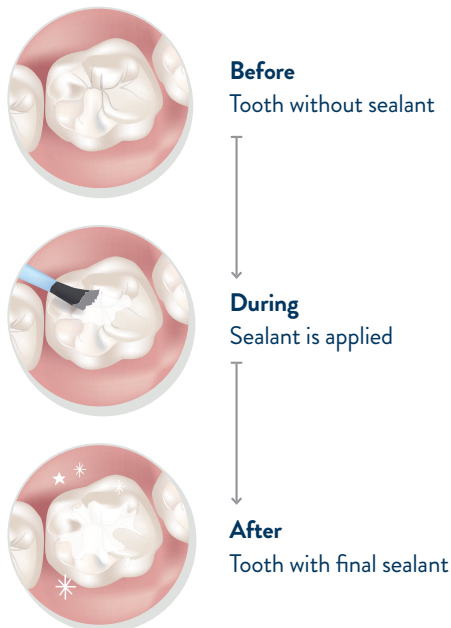
Dental sealants are safe, easy, and painless to apply. No shots are needed. Your child does not need to wait to eat after getting sealants.

HOW ARE SEALANTS PUT ON THE TEETH?

The placement of a sealant is quick and comfortable. The tooth is cleaned, a special liquid is put on the tooth to get it ready, it is dried, and then the sealant flows into the grooves. It is hardened with a special light. Your child can eat right after the sealant is placed.

WHAT ARE THE BENEFITS OF APPLYING DENTAL SEALANT?

A seal on teeth to prevent cavities in children and teenagers is especially beneficial if they are at risk for decay due to a poor diet or brushing habits.



HOW LONG DO DENTAL SEALANTS LAST?

The CDC says that once applied, dental sealants prevent 80% of cavities in the back teeth, where 9 in 10 cavities occur. Sealants may need to be replaced periodically. Sealants last longer if they have good oral hygiene and avoid certain foods.

HOW CAN I GET SEALANTS FOR MY CHILD AT NO COST?

Through the SEAL Minnesota School Dental Sealant Program, your child can get dental sealants and you and your family WILL NOT be billed for anything. Only your Medicaid or other dental insurance will be billed. This program is supported by grants that allow kids to get sealants in schools. Talk to your child's school nurse about SEAL Minnesota.

WHAT CAN PARENTS AND GUARDIANS DO?

Parents and guardians can provide consent to Seal Minnesota Program to apply dental sealants to their child's back teeth.

5 STEPS TO KEEP YOUR CHILD'S MOUTH HEALTHY & HAPPY



Put a pea-sized amount of fluoride toothpaste on your child's toothbrush.



Brush teeth in circles for two full minutes, twice a day.



Floss daily between all teeth.



Drink tap water with fluoride.



Make and keep regular dental hygiene appointments and follow up care as needed.

TO LEARN MORE ABOUT DENTAL SEALANTS: Talk to your child's school nurse, a community dental hygienist or dentist, or contact MDH at health.oral@state.mn.us

