

Fluoride Training Quiz

Date of Training: _____

Volunteer Name: _____

1. The single most effective way to prevent dental decay in children is by:
 - A. Daily brushing and flossing
 - B. Cutting down on sweet snacks.
 - C. Using fluorides routinely.
 - D. Visiting the dentist regularly

2. The weekly sodium fluoride mouthrise solution is: (Choose two)
 - A. Meant to be swallowed.
 - B. Placed directly on the teeth.
 - C. An effective tooth whitener.
 - D. Temporarily incorporated into the outer tooth surface.

3. A weekly sodium fluoride mouthrinse can benefit:
 - A. Children drinking fluoridated water.
 - B. Children taking a daily fluoride tablet.
 - C. Children brushing daily with a fluoride toothpaste.
 - D. Children currently not using fluoride products.
 - E. All of the above

4. The sodium fluoride rinse is recommended for:
 - A. Preschool aged children.
 - B. Children 5 years and older.
 - C. All children regardless of age.

5. Research has proven that the weekly 0.2% rinse reduces cavities by:
 - A. 15%
 - B. 25%-30%
 - C. 80%

6. Sodium Fluoride
 - A. May be stored in any dry storage area.
 - B. May be stored in the classroom out of reach of students.
 - C. Must be stored in a locked, central storage area.

7. For students rinsing in the classroom, it is recommended that:
 - A. Only a classroom tray with enough prefilled cups and napkins for the number of participants should enter the classrooms.
 - B. A teacher may store and dispense the fluoride at their convenience.

8. A child may participate in the rinse only if:
 - A. The parent has given verbal permission.

- B. A signed parent consent form is on file.
- C. A timer with a minute hand is available.

9. Time the rinse for a full:

- A. 30 seconds
- B. 60 seconds
- C. 90 seconds

10. If possible, the children should not eat or drink after rinsing, for:

- A. 30 minutes
- B. 60 minutes
- C. 90 minutes

11. When supervising the rinse, it is recommended to limit the group rinsing to:

- A. 30 students per mouthrinse administrator.
- B. 60 students per mouthrinse administrator.
- C. 90 students per mouthrinse administrator.

12. While rinsing, students should be instructed to:

- A. Move their lips and cheeks vigorously.
- B. Shake their heads back and forth vigorously.
- C. Merely hold the rinse in their mouths.

13. Once the timed rinse is over, instruct the students to:

- A. Return the solution to their cups.
- B. Orderly file past a sink to discard the solution.
- C. Swallow the rinse

14. If a child accidentally swallows the weekly portion of rinse once:

- A. Report the incident immediately to proper medical authorities.
- B. There should be no adverse reaction.
- C. Have the child practice with a water rinse until he or she demonstrates the ability to rinse.
- D. B and C.
- E. All of the above

15. In the unlikely event of an extreme overdose:

- A. Induce vomiting
- B. Call poison control and follow instructions.
- C. Ask the child if he'll be OK until he gets home.
- D. All of the above

16. When distributing the rinse, each participant:

- A. Should receive a pre-filled rinse cup and napkin.
- B. Should be instructed to start and stop rinsing with a timed group.
- C. Should be instructed not to eat or drink for half an hour if possible.
- D. Should be reminded not to swallow the rinse.
- E. All of the above.

