

## **Public Service Announcement**

## **Children's Oral Health Project expansion**

Start Date: September 11, 2018 End Date: September 18, 2018

Nunavut-wide 45 sec

The Department of Health Children's Oral Health Project provides annual check-ups and preventive dental services such as fluoride applications, extractions, preventive fillings on teeth and referrals for young children.

The project will be expanding by offering regular services to children in Grade 7 and under. In addition, fluoride varnish applications will be available across the territory for children in Grade 8 and above by Community Oral Health Coordinators.

Nunavummiut can improve their oral health by using five simple steps:

- 1. Brush teeth for two minutes twice a day and floss daily.
- 2. Check mouth regularly for any changes.
- 3. Make healthy food choices.
- 4. Visit oral health care professionals regularly.
- 5. Avoid use of tobacco products.

For more information on oral health, please visit: <a href="http://www.nunavutsmiles.ca/">http://www.nunavutsmiles.ca/</a>.

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