

Public Service Announcement

Oral Health Month

Start Date: April 5, 2022

End Date: April 30, 2022

Nunavut-wide

60 sec

April is Oral Health Month in Canada. This year, the Canadian Dental Hygiene Association has announced a theme of “Oral Health for Total Health,” a reminder that taking care of our mouths helps our overall health too.

Practicing proper dental hygiene and avoiding sugary drinks are excellent ways to maintain good oral health which benefits our overall wellness. Healthy mouths and bodies mean healthy Nunavummiut.

Nunavummiut can improve their oral health by following these five key steps:

1. Brush your teeth twice a day with a fluoride toothpaste and floss once daily.
2. Check your mouth regularly for any changes.
3. Eat healthy food, such as country food, and make healthy drink choices.
4. Avoid the use of alcohol, tobacco and cannabis products.
5. Visit your oral health professionals regularly.

During Oral Health Month, visit your Community Oral Health Coordinator, Community Health Representative or Dental Therapist to participate in fun events and activities for all ages, with many prizes to be won each week. Oral Health Day will be celebrated on April 30, 2022.

For more information, please visit www.nunavutsmiles.ca.

###

Media Contact:

Danarae Sommerville
Communications Specialist
Department of Health
867-975-5712

Dsommerville1@gov.nu.ca

ለድረ-ገጽ ጋዜጣችን በርዕረ ለክፍል ፍርድ ልብ ምስጋናዎችን፣ ፍራንቅ፣ ልዩ ልዩ ልብ ምስጋናዎችን፣ www.gov.nu.ca.

News releases are available in Inuktitut, English, Inuinnaqtun and French on www.gov.nu.ca.

Tuhagtaghat ittut Inuktitut, Qablunaatitut, Inuinnaqtun Uiviititullu talvani www.gov.nu.ca.

Les communiqués de presse sont disponibles en inuktitut, en anglais, en inuinnaqtun et en français au www.gov.nu.ca.