

Public Service Announcement

Celebrate Oral Health Month

Start Date: April 13, 2023

End Date: April 28, 2023

Nunavut-wide

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This April, the Department of Health is celebrating Oral Health Month. This year's theme is "*Oral Health for Total Health*". Commit to brushing your teeth daily with fluoridated toothpaste for healthy teeth and gums to see how it positively impacts your overall health.

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.

These simple tips can help you achieve good oral health:

- Brush your teeth twice a day with a soft-bristled toothbrush and fluoridated toothpaste to help remove food and harmful bacteria that causes dental decay and bad breath.
- Choose a toothbrush that fits your mouth and allows easy access to all areas.
- Replace your toothbrush every three to four months.
- For children under three years, use a smear of toothpaste the size of a grain of rice on the brush.
- For children older than three years, use a pea-sized amount of toothpaste on the brush.

The Oral Health Promotion Program provides free toothbrushes of all sizes and fluoridated toothpaste to all Nunavummiut. For access to these products, please contact your Community Oral Health Coordinator or send an e-mail to oralhealthpromotion@gov.nu.ca.

For more tips on good oral health, visit www.nunavutsmiles.ca.

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