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Building Nunavut Together
Nunavu liuqatigiingniq
Bâtir le Nunavut ensemble
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Nunavut

Public Service Announcement

Oral Health Month

Start Date: April 2, 2024
End Date: April 30, 2024
Nunavut-wide **60 sec**

April is Oral Health Month, with the theme of "Oral Health for Total Health".

The Oral Health Program provides dental services and educational resources for Nunavummiut children under twelve to build healthy Nunavut smiles.

This year, the Department of Health's Oral Health Program is encouraging children under 18 to take the Nunavut Regional Tooth Brushing Challenge.

Adults can challenge children to brush twice a day for two minutes then floss and avoid sugar for better dental and overall health. Three children per region can win their choice of a portable laptop, tablet, or wireless headphones.

Pick up your "Nunavut Regional Tooth Brushing Challenge Log" from your Community Oral Health Coordinator (COHC) or Community Health Representative (CHR). The log is an instructional package which tracks daily oral hygiene.

Return the completed log to your COHC or CHR by May 3, 2024, to enter the challenge. Three winners per region will be randomly selected and notified by telephone on May 21, 2024.

For more information, contact your Regional Community Oral Health Coordinator:

- Kitikmeot: 867-983-4081
- Kivalliq: 867-645-8041
- Qikiqtaaluk: 867-975-5778

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