

Tips for a healthy smile!

Oral health is important to overall health.
Here are some tips for a healthy smile.

Don't rush
your brush

BRUSH
twice daily



especially before bedtime 🌙



Rinse your mouth

with water after eating/drinking;
and wait 30 minutes to brush
your teeth

BRUSH gently

Use a fluoridated
toothpaste

Children under three years
of age or who cannot spit
should use non-fluoridated
toothpaste or plain water
unless advised otherwise
by their oral health
professional

Tips for flossing:



Floss **before** brushing

Tips to help lower acidity in your mouth:

Use a straw

if consuming drinks high in sugar,
like juices, sodas and sports drinks
to minimize exposure of teeth
to sugar

**Chew
sugar-free**



Rinse
with
water

after all meals and snacks
to remove food debris and
reduce acid

**Can't afford
dental care?**

You may be eligible for **free** dental
coverage through the
Healthy Smiles Ontario dental
program if you are 17 years
of age or under.

**Eat a
healthy diet,
limiting sugary
and sticky foods**



**Oral health is
linked to
overall health**

Visit 
an oral health care
professional regularly

All babies should visit
a dentist or dental
hygienist by one
year of age



Visit york.ca/dental
or call **1-800-735-6625**
to learn more about
York Region Public Health
Dental Program services.