

YOUR CHILD'S ORAL HEALTH IS IMPORTANT!



Now that school has started and you have returned to a regular routine, remember to include taking care of your teeth.

Due to COVID-19 precautions, the school based dental screening program is on hold.

- ✓ Brush your teeth 2 times daily for 2 minutes with fluoridated toothpaste
- ✓ Floss to clean between your teeth daily
- ✓ Choose healthy snacks like apples, crunchy vegetables, nuts and plain yogurt
- ✓ Limit unhealthy snacks like chips, crackers, and sweets
- ✓ Rinse your mouth with water after eating
- ✓ Make water your drink of choice

Dental offices are open so book a checkup to make sure your mouth and teeth are healthy.

HSO SERVICES OFFERED AT CK PUBLIC HEALTH OFFICE



Contact us!

519.355.1071 press 9

Ext. 5700

**Or check us out
online!**

ckpublichealth.com



- ◆ Screening at CK Public Health involving a quick look at the teeth and surrounding tissue
- ◆ Registered Dental Hygienist available to answer questions
- ◆ HSO application assistance
- ◆ Fluoride Varnish Application
- ◆ Oral Hygiene Instructions
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