February is National Children’s Dental Health Month

DENTAL HEALTH is an important component of your overall health. According to Dr. Shalakpi Pendurkar DDS, MPH, Director, SMC Oral Public Health Program and the California Department of Public Health, dentists may now provide non-emergency and preventive dental care. It is safe to see your dentist, and important to maintain good oral hygiene. Brushing and flossing regularly keeps your mouth healthy, helps prevent cavities and gum diseases. Children and adults can practice good oral hygiene by following the steps below.

**Brush Your Teeth Twice a Day**
- Use a soft toothbrush and fluoride toothpaste
- Brush for 2 minutes, twice a day

**Schedule Routine Dental Check-Ups**
- Make appointments for examination and cleaning
- Follow your dentist’s instructions
- Continue your dental care

**Floss Once a Day**
- Before bedtime

**Wash Your Hands Frequently**
- Wash with soap and water
- Use hand sanitizer when soap and water are unavailable

**Eat Healthy Foods**
- Like whole grains, dairy products, fruits, vegetables, meat, fish, chicken, eggs, beans and nuts

**Eat Fewer Sweets**
- Avoid candy, cookies, cake and other sweet foods
- Avoid sugary drinks like fruit-flavored drinks or soda

Watch this video to see how your dental appointment may look: [https://bit.ly/2Vvd7wM](https://bit.ly/2Vvd7wM)
Have an idea for the newsletter, or want to subscribe? Contact [jvandroff@smcoe.org](mailto:jvandroff@smcoe.org)