



Oral Health

Good oral health is simple and affordable. Teaching healthy behaviors early ensures a lifetime of good oral health.

What to do

Practice good oral health

- Brush and floss daily.
- Drink tap water (from the faucet).
- Eat healthy foods.
- Schedule regular dental check-ups.

Encourage healthy choices

- Lifestyle behaviors like tobacco use and drinking sugary beverages increase the risk dental problems like gum disease and cavities.
- Talk to your kids about healthy choices. Prevention pays off.

