

ኖቶፊር ኖቶፊርን ለብሃዎን ጥቅም ይዘውጡ፤ ልጅ ለሥጋዎ ህይወት ያለውን ጤናዎን ይጠብቁ፤ **ORAL HEALTH**



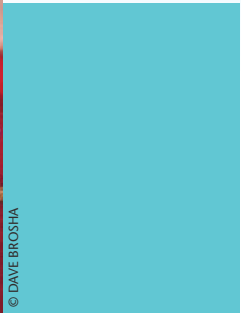
An Important piece of your overall health

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 Did you know there is a connection between good oral health and overall health?

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Follow these five simple steps to good oral health:

1. Brush your teeth and tongue twice a day using fluoride toothpaste and floss every day.
2. Eat a well-balanced diet.
3. Check your mouth regularly for signs of gum disease and oral cancer.
4. Don't smoke or chew tobacco.
5. See an oral health care provider regularly.



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Kids Oral Health – Snacks & Drinks

- Limit the number of times a day you eat or drink sugars.
- Avoid sugary treats that stay in the mouth for a long time like hard candy or lollipops.
- Avoid soft, sticky sweets that get stuck in your child's teeth.
- Serve juice and milk during or at the end of mealtime. Drink water between meals.
- Serve vegetables, cheese, nuts or seeds for snacks.
- Brush your teeth at least twice a day and before going to bed.



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