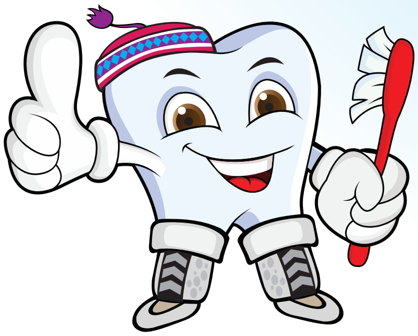
Top 10 Tooth Tips



HEALTHY TEETH,
HEALTHY LIVES
ᑭᒍᑎᑦᑎᐊᓇᕐᓂᖅ
ᐃᓅᑦᑎᐊᑭᑕᐅᔪᖅ

1. Be a tooth two-timer!
- Brush your teeth at least twice a day for two minutes each time. Use a small amount of toothpaste that has fluoride. The size of a grain of rice is all you need.

2. Fight with floss!
- Floss between your teeth. Using dental floss daily can help keep gums healthy.

3. Rinse germs down the drain!
- Rinse using a germ-killing mouthwash. Germs cause cavities and gum disease.

4. You are what you eat!
- Choose food low in sugar. It's good for your mouth and your body.

5. Rethink your drink!
- Drink water more often. Sweetened drinks can lead to cavities.

6. Protect your pearly whites!
- Wear a mouthguard when playing or practising sports.

7. Butt Out!
- Using tobacco products can stain your teeth and increase your risk of developing oral cancer.

8. Lift the lip!
- Check children's teeth at least once a month. If a tooth looks brown or stained have it checked.
- At age 6 children get their first adult teeth. Have them sealed to prevent decay.

9. Open Wide!
- Check your mouth once a month and know what's normal for your mouth.
- If you have a sore that doesn't get better in 2 weeks, have it checked by a health professional.

10. Book it!
- Visit your dental hygienist regularly.
- First visit should start around age one and continue throughout your life.

More tips and information about oral health are available online from the Canadian Dental Hygienists Association at
www.dentalhygienecanada.ca

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10-ᑎᒍᑦ ᑭᒍᑎᑦᑎᐊᖅᑲᕈᑎᔅᓴᐃᑦ

1. ᑭᒍᑎᓯᐅᖅᑲᑦᑕᕐᓗᑎᑦ ᐅᑦᓗᖅ ᒪᕐᕈᐃᖅᑕᕐᓗᒍ

- ᐅᑉᓗᖅ ᒪᕐᕈᐃᖅᑕᕐᓗᒍ ᑭᒍᑎᓯᐅᖅᐸᒃᓗᑎᑦ 2-ᒥᓂᑦᓯᑦᓗᐊᒥᒃ ᐊᑐᓂ. ᒥᑭᑦᑐᑯᓗᒻᒥᒃ ᑭᒍᑎᓯᐅᕈᑎᓂᒃ ᐃᑦᑕᓇᕗᓪᓗᒍ ᑭᒍᑎᓯᐅᕈᑎᑎᑦ ᑭᒍᑎᓄᑦ ᓴᙱᓕᖅᓴᐅᑎᓕᒻᒥᒃ. ᑯᒪᐅᔮᖅᑐᑎᑐᑦ ᐊᖏᓂᖅᖃᖅᑎᑦᓕᑦᓗᐊᖅᑐᒥᒃ ᐃᑦᑕᓇᑐᐃᓐᓇᖅᐸᒃᑯᓐᓂ ᓈᒻᒪᒃᑐᖅ.

2. ᑯᒃᑮᔭᐅᑎᓂᒃ ᐊᑐᖅᐸᒃᓗᑎᑦ!

- ᑯᒃᑮᔭᐅᑎᓂᒃ ᑭᒍᑎᕕᑦ ᐊᑯᓐᓂᖏᑎᒍᑦ ᐊᑐᖅᐸᒃᓗᑎᑦ. ᖃᐅᑕᒫᑦ ᑯᒃᑮᔭᐅᑎᓂᒃ ᐊᑐᖅᐸᒃᑯᕕᑦ ᐃᒃᑭᖅᑎᑦ ᖃᓄᐃᙱᑦᑎᐊᖅᑎᑦᑐᓐᓇᖅᐸᑎᑦ.

3. ᖃᓂᖅᐱᑦ ᐃᓗᐊ ᐃᕐᕿᖅᑐᖅᐸᒃᑯᓐᓂ ᐋᓐᓂᐊᕐᓇᖅᑲᓕᕈᑕᐅᔪᓐᓇᖅᑐᑦ ᐲᔭᖅᐸᒍᓐᓇᖅᐸᑎᑦ!

- ᖃᓂᕐᒧᑦ ᐃᕐᕿᖅᑐᕈᑎᓂᒃ ᐋᓐᓂᐊᕐᓇᖅᑲᓕᖅᑕᐃᓕᒪᔾᔪᑎᓕᓐᓂᒃ ᐊᑐᖅᐸᒃᓗᑎᑦ. ᖁᐱᕐᕈᐃᑦ ᑭᒍᑎᓄᑦ ᐃᒍᓇᐅᓕᖅᑎᑦᑎᕙᓪᓕᑕ ᐊᒻᒪᓗ ᐃᒃᑭᕐᓄᑦ ᐋᓐᓂᐊᕐᓇᖅᑲᓕᕈᑕᐅᕖᒃᑭᑦᓗᑎᒃ.

4. ᓂᕿᒥᕙᒃᑕᑎᑦ ᑎᒥᓐᓄᑦ ᐊᑕᓐᓂᖅᑲᖅᑐᑦ!

- ᓂᕿᖅᑲᖕᒫᓇᐊᖅᐸᒃᓗᑎᑦ ᓱᑲᓕᖅᓯᒪᓗᐊᙱᓐᓂᖅᓴᓂᒃ. ᖃᓂᕐᓄᑦ ᑎᒥᓄᑦᓗ ᓱᒃᖃᓗᐊᙱᑦᑐᑦ ᐱᐅᓂᖅᐸᐅᓪᓕᑕ.

5. ᐃᒥᕐᓂᐊᖅᑕᐃᑦ ᐅᔾᔨᓇᑦᑎᐊᓇᐊᖅᐸᒃᓗᒍ!

- ᐃᒥᑐᐃᓐᓇᕐᒥᒃ ᐃᒥᖅᑲᖅᔪᓐᓂᖅᓴᐅᕆᐊᕐᓗᑎᑦ. ᓱᒃᖃᓗᐊᖅᑐᑦ ᐃᒥᒐᐃᑦ ᑭᒍᑎᓄᑦ ᐊᐅᓂᖅᑲᕈᑎᐅᓪᓕᑕ.

6. ᖃᐅᑦᑎᐊᖅᑑᑦᓗᑎᒃ ᑭᒍᑎᑦᑎᐊᕙᒃᑎᑦ ᒥᐊᓂᓇᑦᑎᐊᓇᐊᕐᓗᒋᑦ!

- ᑭᒍᑎᓄᑦ ᑕᓗᕐᔭᐅᕙᑦᑐᓂᒃ ᐊᑐᖅᐸᒃᓗᑎᑦ ᐱᙳᐊᕐᓂᐊᖅᑎᓪᓗᑎᑦ ᐅᕙᓘᓐᓃᑦ ᐊᔪᕐᓅᓐᓴᓂᖅᑲᖅᑎᓪᓗᑎᑦ.

7. ᖃᒥᑦᓗᒍ!

- ᑎᐹᑭᑐᖅᑲᑦᑕᕐᓂᖅ ᑭᒍᑎᖕᓄᑦ ᖃᐅᑦᑎᐊᕈᓐᓂᖅᑎᑦᑎᔪᓐᓇᖅᓕᑕ ᐊᒻᒪᓗ ᖃᓂᖅᐱᑦ ᐃᓗᐊᒍᑦ ᐋᓐᓂᐊᕐᓇᒥᒃ ᑳᓐᓯᖅᑖᕈᑎᐅᔪᓐᓇᖅᑑᑦᓗᑎᒃ.

8. ᑲᒃᑭᕙᐊᖓ ᖁᒻᒧᒃᑎᕆᐊᖅᐸᒃᓗᒍ!

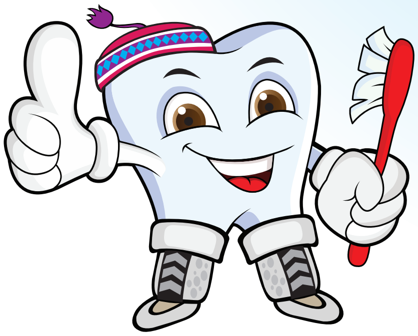
- ᓯᕗᓯᖅᐱᑦ ᑭᒍᑎᖏᑦ ᑕᖅᑭᑕᒫᑦ ᖃᐅᔨᒋᐊᖅᐸᒃᓗᒋᑦ. ᑲᔪᙱᖅᓯᒪᓕᕐᓂᖅᐸᑕ ᐅᕙᓘᓐᓃᑦ ᑕᐅᑦᑐᓇᙱᑦᑕᒥᓐᓂᒃ ᑕᐅᑦᑐᖅᑲᓕᖅᐸᑕ ᖃᐅᔨᓴᖅᑕᐅᑎᑉᐸᒃᓗᒋᑦ ᑭᒍᑎᓕᕆᔨᒧᑦ.
- ᐅᑭᐅᖅᑲᓕᖅᑎᓪᓗᒋᑦ 6-ᓂᒃ ᓯᕗᓰᑦ ᑭᒍᑎᒌᓐᓇᕐᓂᐊᓕᖅᑕᒥᓐᓂᒃ ᑭᒍᑖᖅᐸᑦᑕᓕᐊᓕᖅᐸᓪᓕᑕ. ᑭᒍᑎᖏᑦ ᐃᒍᓇᖅᓯᒪᓕᖅᑯᓇᒋᑦ ᐊᒥᐊᕈᑎᓂᒃ ᐃᑦᑕᓇᔭᐅᑎᓯᒪᓕᖅᐸᒃᓗᒋᑦ.

9. ᐊᐃᑦᑕᕐᔪᐊᕐᓗᑎᑦ!

- ᑕᖅᑭᑕᒫᑦ ᖃᓂᖅᐱᑦ ᐃᓗᐊ ᖃᐅᔨᒋᐊᖅᐸᒃᓗᒍ ᖃᐅᔨᒪᓕᓇᐊᕐᓗᑎᑦ ᖃᓄᐃᙱᑦᑎᐊᕐᓗᓂ ᖃᓂᖅᐱ ᐃᓗᐊᒍᑦ ᖃᓄᖅ ᑕᐅᑦᑐᖅᐸᓐᓂᖓᓂᒃ.
- ᖃᓂᖅᐱᑦ ᐃᓗᐊᒍᑦ ᐊᒥᕐᓗᖕᓂᖅᑲᕐᓂᕈᕕᑦ ᒪᒥᑦᓯᓐᓇᙱᑦᑕᖅᓯᒪᔪᒥᒃ ᐱᓇᓯᐊᕈᔾᔫᒃ ᒪᕐᕉᒃ ᐊᑐᐊᓂᒃᓯᒪᓕᖅᑎᓪᓗᒋᑦ, ᐋᓐᓂᐊᖅᓯᐅᖅᑎᓕᓇᔾᔨᒥᑦ ᑕᑯᔭᐅᑎᓯᒪᓕᓇᐊᕐᓗᑎᑦ.

10. ᑕᑯᔭᐅᕝᕕᒃᓴᓇᓂᐊᖅᑕᐃᑦ ᐋᖅᑭᒃᓯᒪᓕᓇᐊᖅᐸᒃᓗᒍ!

- ᑭᒍᓯᓇᔨᒥᔭᕐᓂᑦ ᑭᒍᑎᑎᑦ ᖃᐅᔨᓴᖅᑕᐅᑎᑉᐸᒃᓗᒋᑦ. ᓯᕗᓪᓕᖅᐹᖅᓯᐅᑎᒥᒃ ᑕᑯᔭᐅᖅᑲᑦᑕᓇᐊᖅᑲᖅᐸᒃᑐᑦ ᐅᑭᐅᖅᑲᖅᑎᓪᓗᒋᑦ ᐊᑕᐅᓯᕐᒥᒃ (1) ᐊᒻᒪᓗ ᑭᖑᓂᐊᓂ ᑕᑯᔭᐅᕙᕆᐊᖅᑲᖅᓂᐊᖅᑐᑎᒃ ᐃᓅᓯᓕᒫᒥᓐᓂ.



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ᐊᓯᒃᑲᓐᓂᖕᒥᓂᒃ ᓇᓗᓇᐃᔭᐅᑎᔅᓴᓂᒃ ᐊᒻᒪᓗ ᑐᓴᒐᔅᓴᖅᑯᑎᒋᔭᐅᔪᓂᒃ ᖃᓂᐅᑉ ᐃᓗᐊᒍᑦ ᐋᓐᓂᐊᕐᓇᖅᑲᖅᑕᐃᓕᒪᓂᕐᒧᑦ ᐱᔪᓐᓇᖅᐳᓯ ᖃᓇᑕᐅᔭᑎᒍᑦ ᑲᓇᑕᒥ ᑭᒍᑎᓕᕆᓂᕐᒧᑦ ᖃᐅᔨᒪᔨᕆᔭᐅᔪᑦ ᑲᑐᔾᔨᖃᑎᒌᖕᒥᓂᑦ ᐅᕙᓂ ᑐᕌᖅᑎᖓᓂ

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