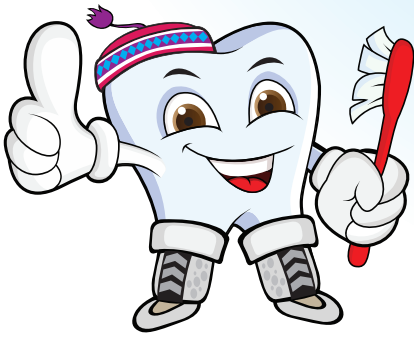




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Top 10 Tooth Tips



HEALTHY TEETH,
HEALTHY LIVES
Kigutigikteaknik,
Inuhikateaknaktok

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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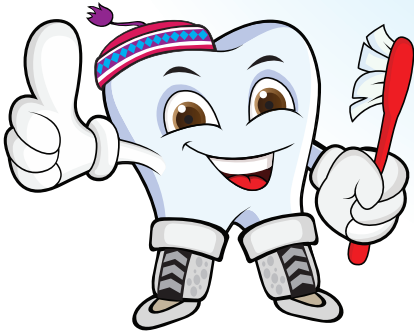
THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
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DES HYGIÉNISTES DENTAIRE

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Kulin Kigutigiknaktuloan



HEALTHY TEETH,
HEALTHY LIVES

Kigutigiktechnik,
Inuhikateaknaktok

1. Kigutigikhakpakloti malgeoktoklotin!

- Kigutigikhaklotin malgeoktoklotin uplotoagaagan malgukni mineoyukni hivitoynomik. Atoklotin mikakmik kigutigikhaotimi kagukhiyotikaktonik kitutini. Aginiga havikuyanum akitilaaga talvatoak atogeakaktan.

2. Akigaktoklogo kukilitimun ivalumik!

- Kukililotin akungani kigutivin. Atokniga kikilitiyotini uplotoagaagan kigutikakvikni aneaknaepkotaoyok.

3. Imakmun oaktiklogin halomaelguvaloen oakveom iloanun!

- Rinse using a germ killing mouthwash. Germs cause cavities and gum disease.

4. Taemaetputin nigiyavin ayikotaanik!

- Nigilotin sukakakpalaagitonik. Nakuyok kanikni timigiyanilo.

5. Ihomagivaaklogo neokaktan!

- Imikataenaklotin imaenakmik. Sukakaktun neogagan kigutigiknaetun.

6. Monagilogin kivliktun kigutigiyatin!

- Atoklogin kanikni kiligepkotimik ulapkiniguvun uktuvuvilunen ulapkiyohiknik.

7. Higaageoklotin!

- Atogeami tipokokaktonik halomaegutivaktun kigutikni aneagutikakpalealaktotilo kanikni kagutimik.

8. Umilguk kilulogik!

- Naonaeyaklogin nutakan kigutaen malgoektoklogolunen tatkiheonmi. Halomaektuyaakatan ihivgoektivyatin.
- Ukeokaligaagamik siksini nutakan hivuliknik inikneoyun kigotaenik kigutinipaktun. Hilataen halomaegepkotinmik ileogaktivyatin ilakoenagugitaagani.

9. Aetakpeaklotin!

- Naonaeyaklogo kangit ataohepaklo tatkiheonmi kaoyilotilo kanogitunikhaagun kanikin.
- Kilaknikaguvun malgukni Saneonikni mamilaetonik, naonaeyaktiyavan monakhimin.

10. Polakvikhan inigeklogo!

- Polakpaklogo kiguhikiyin kagugutaekpan.
- Hivulik polaknik ukeokalika ataohikmik atoktkhaogaloak atokhimaginaklonilo inuheani.

Amigaetkiyan atogakhan hivoikhiyotilo kanikmi aneaktaeliyotini
kahaktun kagitaoyami ukunanga Kanatami Kiguhikiyin Katimayinin uvani,
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