

# Prevention Looks Like



## BRUSHING & FLOSSING TWICE A DAY

Drink optimally fluoridated water and brush with fluoride toothpaste to prevent cavities. Brush your teeth twice a day for two minutes and floss daily between teeth to remove plaque.



## ROUTINE DENTAL CLEANINGS

Visit your dentist at least once a year, even if you have no natural teeth or have dentures. Let the dental team know if you have any sudden changes in taste or smell. Do not use tobacco or vaping products. Talk to your dentist about smoking cessation programs.



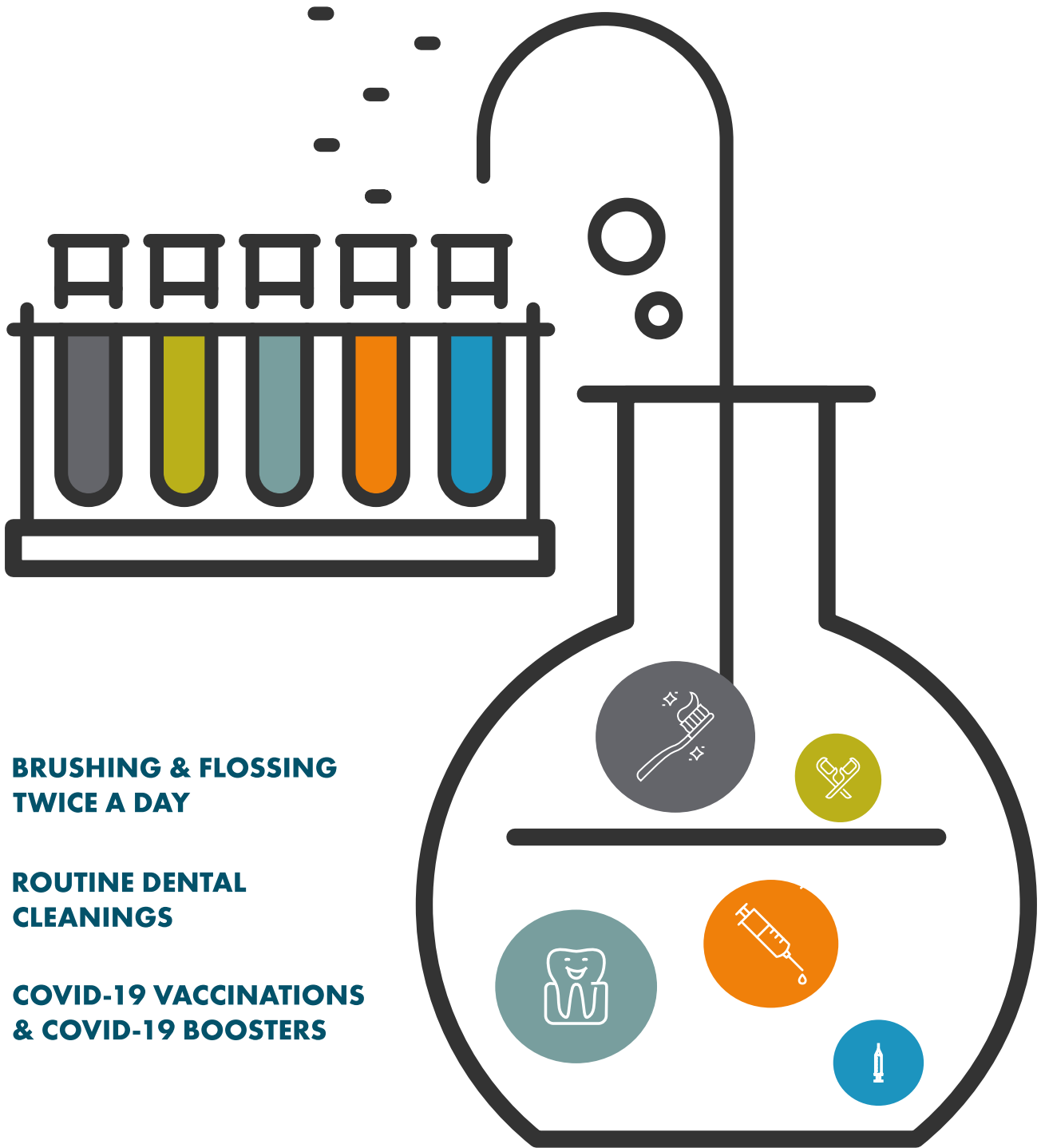
## COVID-19 VACCINATIONS & COVID-19 BOOSTERS

COVID-19 vaccinations are safe for kids under 5 and Boosters are available for everyone 5 and older.

Ask your dentist questions about COVID-19 vaccines and vaccine safety.

**Talk to your dental team about  
scheduling a vaccine!**

# Formula for a Healthy Smile



**BRUSHING & FLOSSING  
TWICE A DAY**

**ROUTINE DENTAL  
CLEANINGS**

**COVID-19 VACCINATIONS  
& COVID-19 BOOSTERS**

**Your dental team is here to keep you and  
your smile healthy!**

