

YORK REGION PUBLIC HEALTH DENTAL PROGRAM

Dental screening is available to children 17 years of age and under in all York Region elementary schools and at Public Health dental clinics.

Children from families in financial hardship may be eligible for free dental care through the Healthy Smiles Ontario (HSO) program.

If you have oral health questions or concerns, speak with a Registered Dental Hygienist from York Region Public Health, Monday to Friday, 8:30 a.m. to 4:30 p.m. by calling Health Connection at 1-800-361-5653.

DON'T RUSH YOUR BRUSH!

- Brush twice a day for two minutes, especially before bedtime
- Rinse your mouth with water after meals and snacks to reduce acid and remove food debris
- Wait 30 minutes after meals/snacks/beverages before brushing
- Brush gently but thoroughly
- Use fluoridated toothpaste
- Children under three years of age or who cannot spit should only use water or a rice grain-sized amount of non-fluoridated toothpaste unless otherwise advised by their oral health professional



Tips for flossing

- Floss daily
- Floss before brushing

Oral health is related to overall health

- Visit an oral health professional regularly

This material is provided by York Region Public Health. Visit york.ca/dental to learn more about services provided to children 17 years of age and under by York Region Public Health or call Health Connection at 1-800-361-5653.

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Public Health

1-877-464-9675
TTY: 1-866-512-6228
york.ca/healthyschools

