

# Oral Health

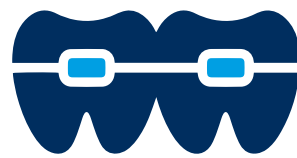
Maintaining the Well-Being of Your Mouth, Teeth and Gums

## Eat Well



Have a balanced diet and do not eat too much sugar, especially in between meals.

## Consider Braces



Talk to your dentist about braces if your teeth are crowded, gapped or crooked. Having your teeth properly aligned can improve your oral health and confidence.

## Keep Your Teeth Clean



Brush your teeth twice per day and floss daily. Ask your dentist about fluoride and dental sealants to prevent tooth decay too.

## Visit the Dentist



Go for regular dental checkups. Schedule visits every six months with your dentist to prevent oral diseases and find issues early, when they are easier to treat.

## Stay Hydrated



Drink tap water. The fluoride in NYC tap water is great for your teeth and helps prevent tooth decay.

## Avoid Smoking and Vaping Products



Quitting smoking or vaping can improve your oral and overall health and help you save money. Text **DROPTHEVAPE** to 88709 to join a support program or call 866-NY-QUITS (866-697-8487) to talk to a quit coach.

For more information, visit [nyc.gov/childrensoralhealth](https://nyc.gov/childrensoralhealth) or scan the QR code.



For help finding a low-cost dental provider near you, call **311** or visit [nyc.gov/health/map](https://nyc.gov/health/map). For help enrolling in or renewing health insurance such as Child Health Plus, call **311** or 347-665-0214 or visit [nyc.gov/health/healthcoverage](https://nyc.gov/health/healthcoverage).