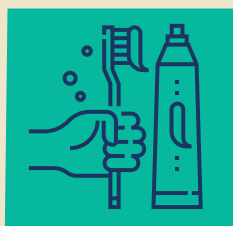


Maintaining healthy dental habits during COVID-19 pandemic

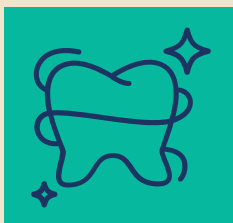


During this pandemic, hand washing and wearing masks are on our minds, but what about brushing and flossing???

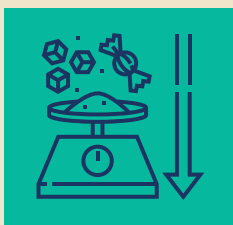
Here are a few things that can have a positive impact on, not just our oral health, but our overall health:



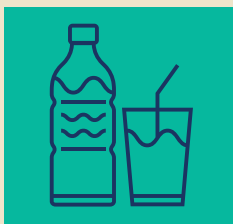
Brush your teeth twice a day.



Floss between your teeth daily.



Limit sugar & simple carbohydrates.



Make water your first beverage choice.