SMILE STRONG,

BREATHE EASY!

Your Health. Your Future. Your Choice.

YOUR ORAL HEALTH MATTERS!

- Brush 2x a day for 2 minutes.
- Floss daily where your brush can't reach.
- Drink water instead of soda or juice.
- Visit the dentist every 6 months.
- A healthy mouth = a healthy body!

TOBACCO TRUTH: STAY VAPE FREE!

- Smoking and vaping can damage your teeth and cause gum disease.
- Vapes have toxic chemicals that can hurt your lungs and stain your smile.
- Nicotine is addicitive and affects your brain development.

DID YOU KNOW?

- One puff of a vape contains over 30 harmful chemicals.
- Flavored tobacco is still dangerous- don't be fooled!

For free help to quit vaping, call **1-866-NEW-LUNG** (639-5864).

Source: cdc.gov

MAKE HEALTHY CHOICES:

- Join school sports and clubs.
- Hang out with friends that uplift you.
- Talk to trusted adults if you are feeling pressure or stressed.

health CARE AGENCY

For more information about having healthy teeth, go to https://smilehabitsoc.org/.

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