



 **DELTA DENTAL**

HDS
Hawaii Dental Service

Share Aloha, Not Germs

Our island culture teaches us to share, but the sharing of certain things may cause health problems. Care for your little one and limit the spread of germs with these easy oral health tips.

1

Avoid sharing eating utensils, food and drinks.

Germs can easily transfer from one body to another while sharing eating utensils, food and drinks. Give your keiki his or her own fork and plate at every meal to avoid spreading germs.



2

Do not share toothbrushes, floss or toothpaste.

Every person in your home should have his or her own toothbrush, floss and toothpaste. Sharing germs directly may come with oral health problems that may affect overall health.



3

Brush, floss and visit the dentist to stay healthy!

Tooth decay and gingivitis can cause pain and prevent your child from eating nutritious foods. Good oral hygiene and routine dentist visits keep a mouth clean and healthy.



Remember, good oral health leads to good overall health.

Visit our HDS Blog at HawaiiDentalServiceBlog.com for recipes, oral health tips and more!



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