

February is Dental Health Month



If you have any questions, I can be reached at nurse@stannenj.com or 201-796-3353

FIVE STEPS TO A HEALTHY SMILE

- 1.) Visit your dentist regularly for preventative checkups and cleanings. Your dentist is trained to see the problems you can't.
- 2.) Floss your teeth once everyday. Dental floss reaches many areas that your toothbrush can't.
- 3.) It's important to eat a well-balanced diet and avoid excessive snacking between meals - especially sticky, sweet things like candy.
- 4.) Keep an eye on your gums for signs of gum disease. Puffy, red or tender gums, gums that bleed or persistent bad breath are signs that you need to see your dentist right away.
- 5.) Brush your teeth carefully at least once a day. Remember, a thorough job takes 2 1/2 to 3 minutes.

Some important reminders:

Do not send children to school if they are sick. Any child who becomes sick while in school or is identified as being sick while in school will be sent home.

Keep sick children at home for at least 24 hours after they no longer have a fever, or signs of a fever. The fever should be gone without the use of a fever reducing medicine. Keep away from others as much as possible to keep from making them sick. This is key to controlling the spread of disease.

Be sure your contact information given to the school is correct and current. There must be someone who is available to promptly pick up your child from school, if it is determined the child must go home. (15 - 20 minutes is a reasonable amount of time for a sick child to wait to be picked up from school.)
