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Cartel del mes nacional de la salud dental infantil "Tiene sentido aplicar selladores." [Spanish language version: Sealants make sense.] (2022)

American Dental Association Foundation

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TIENE SENTIDO APLICAR SELLADORES.



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Febrero es el Mes Nacional de la Salud Dental de los Niños. Visite [ADA.org/NCDHM2022](https://www.ada.org/NCDHM2022), donde encontrará hojas de actividades.

CONSEJOS PARA SONRISAS SANAS

- Cepilla tus dientes dos veces al día con pasta dental con fluoruro.
- Limpia entre tus dientes a diario.
- Lleva una dieta sana que limite bebidas azucaradas y picoteos.
- Visita a tu dentista regularmente para prevenir y tratar enfermedades orales.

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