

# Order Request: Dental Patient Education Cards

These patient education cards are bilingual with English on one side and Spanish on the other. Cards are available at no cost while supplies last. Browse our selection of education cards here:

[Toolkit Tools-Educational Brochures - Delaware Health and Social Services - State of Delaware](#)

E-mail the completed form below to [dhss\\_dph\\_dental@delaware.gov](mailto:dhss_dph_dental@delaware.gov) and a representative from the Bureau of Oral Health & Dental Services will be in touch to coordinate a delivery or a pick-up.

1. Your name: \_\_\_\_\_
2. Your title: \_\_\_\_\_
3. Your organization: \_\_\_\_\_
4. Best number to reach you: \_\_\_\_\_
5. Email: \_\_\_\_\_
6. Preferred contact method:
  - Phone
  - Email
7. Please tell us how the cards will be used:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.
8. Please specify which cards you would like and how many (a maximum of 50 of each card may be requested per order). Enter quantities below:

Prenatal

Requested  
Amount:

\_\_\_\_\_



## Start protecting your baby's smile now.

Taking good care of your teeth during pregnancy is important for you and your baby. Left untreated, severe gum disease may be associated with preterm birth and low birth weight. Protect your teeth:

- Brush twice daily with a fluoride toothpaste, and floss daily.
- Limit sugary foods.
- Drink water or low-fat milk instead of soda.
- If you have morning sickness, rinse your mouth with a teaspoon of baking soda and water after vomiting to remove harmful acid; wait 30 minutes, and then brush your teeth.
- Chew sugarless gum after eating.

Snacking, nausea, and hormonal changes are a natural part of pregnancy, but can make you particularly vulnerable to dental disease. By taking good care of your smile during pregnancy, you are protecting your baby's teeth, too!



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health  
Bureau of Oral Health and Dental Services

Infant

Requested  
Amount:



Babies are not born with the germs that cause cavities – they get them from grown-ups. By taking a few simple steps, you can avoid spreading harmful bacteria to your baby's mouth. Here's how you can make sure your child is free from cavities and other painful, expensive dental diseases:

- Don't put things in your mouth before your baby's – no sharing spoons, forks, or cups.
- Put only formula, milk, or water in a baby bottle – no juice or sweet drinks.
- Don't dip pacifiers in honey or sugar.
- All children should see a dentist by their first birthday.

Cavities are the most widespread childhood disease in the U.S. and can lead to a lifetime of pain, self-esteem issues, and learning problems. You have the power to stop them!

<b>Recommended Dental Care Schedule for Babies</b>	
No Teeth	Clean gums with a clean wash cloth morning and night.
With Teeth	Brush teeth with a soft toothbrush and fluoride toothpaste twice a day.



**DELAWARE HEALTH AND SOCIAL SERVICES**  
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Toddlers



Requested  
Amount:

\_\_\_\_\_

## A healthy smile should last a lifetime.

Cavities can be extremely painful and treatment very costly for parents. If left untreated, tooth decay can cause school absences and negatively impact a child's development and self-esteem. It doesn't have to be this way – you have the power to prevent dental disease!

- Take your child to the dentist every six months.
- Make sure your kids brush with fluoride toothpaste twice a day and floss daily.
- Brush and floss your children's teeth until they're coordinated enough to tie their shoes, usually around age six.
- Limit sugary foods and drinks, and drink fluoridated water.
- Get dental sealants (a liquid coating that prevents tooth decay) by age six to protect the first permanent molars.

Cavities are the most common childhood disease in the U.S. – yet they can almost always be prevented. Take good care of your child's teeth now through simple, preventative activities to avoid significant problems later.

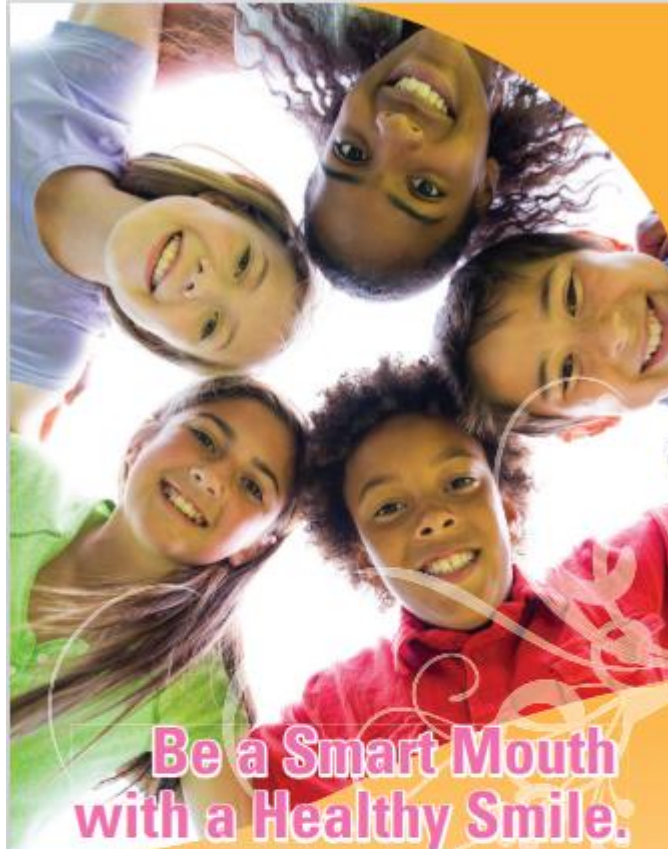


**DELAWARE HEALTH AND SOCIAL SERVICES**  
Division of Public Health  
Bureau of Oral Health and Dental Services

Adolescents

Requested  
Amount:

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## Be a Smart Mouth with a Healthy Smile.

Your smile is one of the first things people notice. Keeping it healthy is up to you. Cavities, bad breath, gum disease, and other dental problems can happen to anyone; but are often preventable. Here's how you can be a smart mouth:

- Brush your teeth twice every day for two minutes with fluoride toothpaste.
- Floss between all your teeth, every day.
- See your dentist regularly – ideally every six months.
- Drink water and avoid sugary beverages like soda, sports, and energy drinks.
- Avoid starchy, sweet, and sticky snacks like hard candy, chips, and crackers.
- Wear a mouth guard when playing sports.
- Don't pierce your tongue, mouth, or lips, or use tobacco products.

A healthy mouth not only helps you look good, it helps keep the rest of you healthy too. So be a smart mouth!

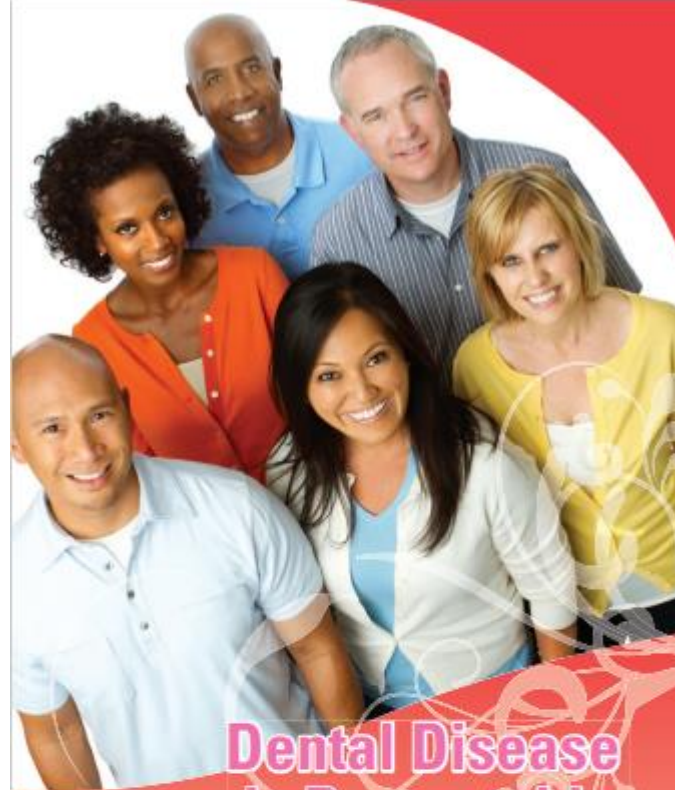


DELAWARE HEALTH AND SOCIAL SERVICES  
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Adults

Requested  
Amount:

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## Dental Disease is Preventable.

If left untreated, cavities and other dental infections can lead to serious health problems. These infections can spread to other parts of the body and, in very rare cases, be life threatening. The good news is that most dental disease can often be prevented with these healthy habits:

- Brush your teeth twice every day for two minutes with fluoride toothpaste.
- Floss between all your teeth, every day.
- See your dentist regularly – ideally every six months.
- Drink plenty of water, eat a balanced diet, and limit between-meal snacks.
- Avoid starchy, sweet, and sticky foods, as well as sugary drinks.
- Don't smoke or use tobacco products.

Good health starts with your smile, so get your mouth in shape starting today. With proper care a healthy smile should last a lifetime.



**DELAWARE HEALTH AND SOCIAL SERVICES**  
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Seniors

Requested  
Amount:

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**A Healthy Smile Can Be Life Changing.**

Maintaining healthy dental habits is especially important as you age. Research shows infections in the mouth may be associated with heart disease, stroke, diabetes, and other health problems common in older adults. There's good news too; following these simple steps reduces the risk of dental disease:

- Brush your teeth twice every day for two minutes with fluoride toothpaste.
- Floss between all your teeth, every day.
- See your dentist twice a year - even if you have dentures - and ask for an oral cancer screening.
- Drink plenty of water, eat a balanced diet, and limit between-meal snacks.
- Avoid starchy, sweet, and sticky foods, as well as sugary drinks.
- Don't smoke or use tobacco products.

A healthy mouth not only helps you speak clearly, be confident, and eat delicious and nutritious foods, it is essential for a good quality of life!



**Healthy smile**  
Healthy You!



**DELAWARE HEALTH AND SOCIAL SERVICES**  
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Bureau of Oral Health and Dental Services

Thank you for promoting oral health!