FAST DAYS: TEETH BRUSHING

Fast Days: Brushing Teeth without Water

You may brush your teeth on <u>Yom Kippur</u> and all other fast days without water and without toothpaste. (You may not use water to brush your teeth even on <u>Tenth of Tevet</u> and 17th of <u>Tamuz</u>.)

Fast Days: Flossing on Fast Days

You may floss your teeth on <u>Yom Kippur</u> as long as your gums don't bleed and on other fast days even if they do bleed.

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