

# FAST DAYS: TEETH BRUSHING

## Fast Days: Brushing Teeth without Water

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

## Fast Days: Flossing on Fast Days

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