

**BE PROUD
OF YOUR MOUTH**

Learn good oral health habits from Toothie

Did you know?

It is really important to look after your teeth and mouth because germs can cause toothache, tooth decay (dental caries) and holes in your teeth.

www.worldoralhealthday.org



**World Oral
Health Day**
20 March



Brush every morning and night

- Use a fluoride toothpaste and a soft-bristled toothbrush.
- Gently move the brush in tiny circles for two minutes.
- Remember to brush all sides of your teeth: the outside, the inside, and the chewing surfaces.
- Spit out the toothpaste but don't rinse with water straight after brushing. This can wash the fluoride away, which helps to protect your teeth.
- Never snack after brushing your teeth at night. Going to bed with a clean mouth is very important.



More Toothie Tips

- Visit the dentist regularly.
- Eat healthy foods and drinks.
- A healthy mouth helps protect your body too.

Good oral health can help you live a longer, healthier life