

BE PROUD
OF YOUR MOUTH

Protect your mouth while you're on the go

FACT: Chewing sugar-free gum is proven to benefit dental health as it helps neutralize plaque acids.

www.worldoralhealthday.org



World Oral
Health Day
20 March



What you can do

It is important to brush your teeth twice a day with fluoride toothpaste.

But your teeth come under attack from bacteria and plaque more than twice a day. Help protect your mouth while you're on the go and after meals and snacks by doing the following:

- **Rinse with a fluoride mouthwash**

A fluoride mouthwash not only freshens breath, it can help prevent tooth decay (dental caries).

- **Use floss or interdental brushes**

Regular cleaning helps to dislodge food and may reduce gum disease and bad breath by removing plaque that forms along the gum line.

- **Chew sugar-free gum**

Chewing sugar-free gum increases the amount of saliva you produce, which helps wash away food particles before they become trapped on, around or in between your teeth.

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

 @worldoralhealthday #MouthProud #WOHD21