

Brush-Up on your oral health



Brush your teeth for at least two minutes twice a day and floss once a day.



Regular dental check-ups and cleaning help promote good oral health.



Use fluoridated toothpaste to strengthen tooth enamel and prevent cavities.



Smoking, chewing, and using tobacco cause oral cancer, bad breath, stained teeth, shrinking gums, mouth sores, and decreased senses of taste and smell.



High sugar snacks and drinks cause cavities. Limit the number and amount you have.

WATCH 
YOUR MOUTH