

HOW TO PROTECT YOUR MOUTH

DID YOU KNOW YOUR MOUTH HEALTH HAS A DIRECT IMPACT ON THE REST OF YOUR BODY?

MAINTAINING A HEALTHY MOUTH IS VITAL FOR YOUR GENERAL HEALTH AND WELL-BEING.

BRUSH YOUR TEETH TWICE A DAY



Use a **fluoride toothpaste**.



Brush all the sides and surfaces of the teeth for **2 minutes**.



After brushing, spit **don't rinse**.



Clean **between the teeth** at least once a day (e.g., floss, interdental brushes).

STAY AWAY FROM SUGARY FOODS AND DRINKS



Limit sugar intake to no more than:

ADULTS

6 teaspoons per day.



Avoid sugary snacks in-between meals.



CHILDREN

3 teaspoons per day.



Avoid sugary drinks. **Favour** water.



Enjoy a healthy, **balanced diet**.

ENJOY A HEALTHY LIFESTYLE



Avoid tobacco and harmful use of alcohol.



Wear a mouthguard for contact sports and on bicycles.

VISIT YOUR DENTIST REGULARLY



A regular check-up helps prevent oral diseases and allows any dental problems to be identified and treated early to help keep your mouth healthy.



World Oral Health Day
20 March

worldoralhealthday.org

