



HEALTH ALERT

Take precautions provided by Ministry of Health

Oral Health

Accomplishing solid teeth takes a lifetime of care. Regardless of whether you've been informed that you have decent teeth, it's significant to make the correct strides each day to deal with them and forestall issues. This includes getting the correct oral consideration items, just as being aware of your every day propensities.

- 1) Brush your teeth twice a day with a fluoride toothpaste**
- 2) Clean between your teeth daily**
- 3) Eat a healthy diet that limits sugary beverages and snacks**
- 4) See your dentist regularly for prevention and treatment of oral disease**
- 5) Treat flossing as important as brushing**
- 6) Consider mouthwash**
- 7) Drink more water**
- 8) Limit sugary and acidic foods**

