

HOW TO PROTECT your mouth

DID YOU KNOW YOUR MOUTH, BODY,
AND MIND ARE ALL CONNECTED?

Caring for your oral health means caring for your entire 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.



CHILDREN

3 teaspoons per day.



Avoid sugary snacks
in-between meals.



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

#WOHD25

#HappyMouth

