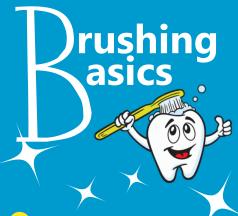


Healthy teeth are important for chewing, speaking and your appearance.

For healthy teeth:

- 1. Brush twice a day
- 2. Floss every day
- **3.** Avoid sugary foods
- 4. Avoid sugary drinks
- **5.** Visit the dentist twice a year



Q. What do I need to use for brushing my teeth?You need a soft bristled toothbrush and toothpaste with fluoride in it.

Q. How much toothpaste will I need?

About the size of a pea.



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Q. How long do I need to brush my teeth?

Brush for two minutes.

Q. Why do I need to floss my teeth?

Flossing can remove food and plaque that your toothbrush cannot reach.

Q. How do I floss?

Use about 18 inches of floss but leave about two inches between your fingers to use. Gently slide floss between your teeth, following the curves of the teeth.

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