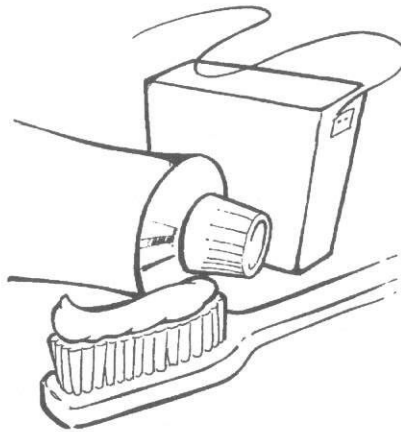
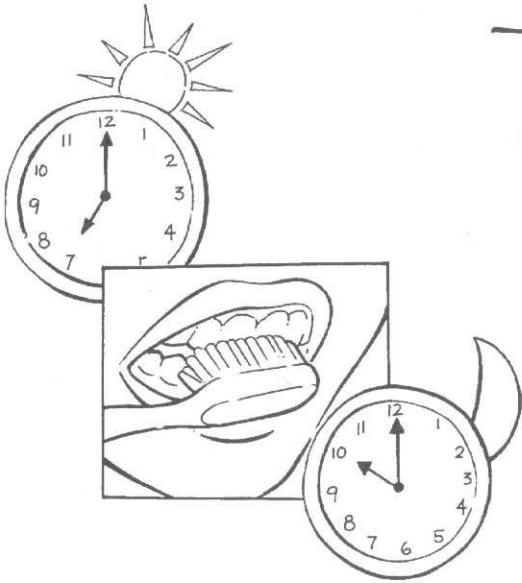


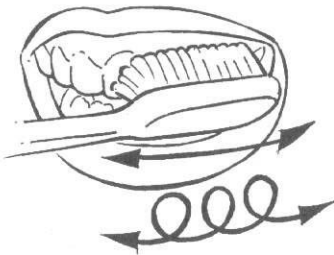
# CARE OF TEETH



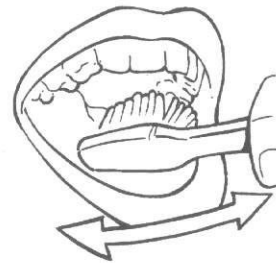
## BRUSHING

Brush your teeth two times a day.  
Get a new toothbrush every three months.

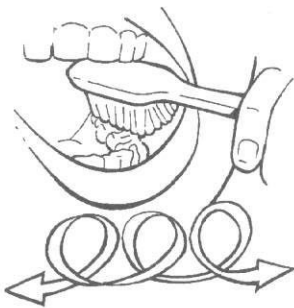
1. Brush the outside of the teeth, side to side moving across the teeth in circles. Clean gums too.



2. Scrub the top of the teeth gently by moving the brush back and forth.



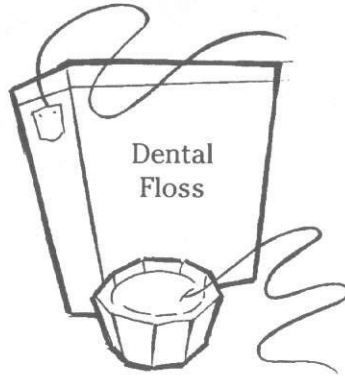
3. Clean the inside surface of the teeth in a circular motion.



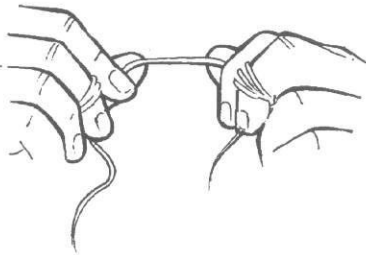
4. Clean the inside surfaces of your front teeth using up and down movements.



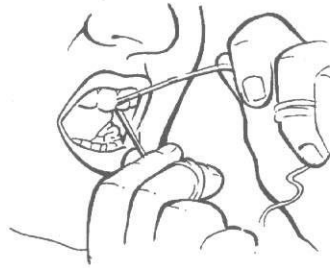
**FLOSSING**



1. Cut about 18 inches of floss and wrap around your middle fingers.



2. Slide floss between your teeth until it reaches the gum.

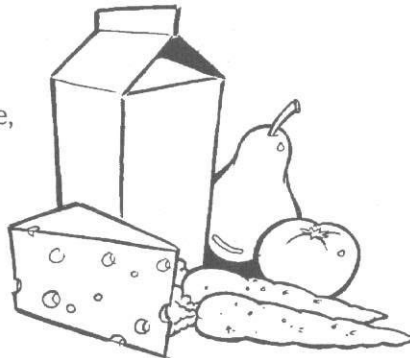


3. Move the floss up and down the tooth. Use clean floss as you go.



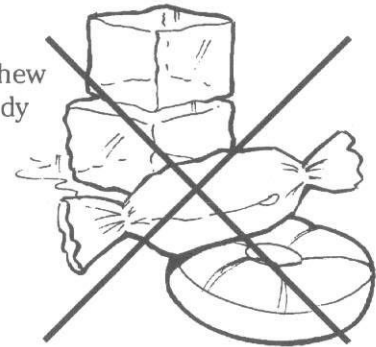
**HOME CARE**

1. Use fluoride which is found in toothpaste, mouth rinses and some drinking water.

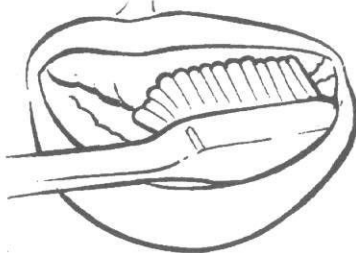


2. Eat a good diet.

3. Do not chew hard candy or ice.



4. If you have no teeth, brush your gums with a soft toothbrush and rinse with warm water mixed with a teaspoon of salt.



5. Cigarettes, snuff and chewing tobacco can cause gum problems and cancer of the mouth. Don't use them.



6. See a dentist at the health clinic if you have red, swollen or bleeding gums

