



# World Oral Health Day

20 March 2021

# TIPS FOR TOP TEETH HEALTH!



Use a new toothbrush after you've had a cold - the bristles can collect germs that can lead to reinfection



Brush your teeth twice a day



Brush your tongue to expose your taste buds to the flavour of food



Limit sugary and acidic foods



Flossing before brushing your teeth is more effective than after



Saliva fights tooth decay so if you're chewing gum make it sugar-free!