# Learn good oral health habits

## Did you know?

**It is really important to look after your teeth and mouth because germs can cause toothache, tooth decay (dental caries) and holes in your teeth.**

- Use a fluoride toothpaste and a soft-bristled toothbrush.
- Gently move the brush in tiny circles for two minutes.
- Remember to brush all sides of your teeth: the outside, the inside, and the chewing surfaces.
- Spit out the toothpaste but don't rinse with water straight after brushing. This can wash the fluoride away, which helps to protect your teeth.
- Never snack after brushing your teeth at night. Going to bed with a clean mouth is very important.
- Visit the dentist regularly.
- Eat healthy foods and drinks.
- A healthy mouth helps protect your body too.

www.sada.co.za
worldoralhealthday.org

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