#SendYourSmile

It's never been more important to look after your teeth as it is now. With the current worldwide health crisis, routine visits to your dentist are currently being deferred, so it is imperative that you maintain your oral hygiene at home.

For a healthy mouth, remember to:
• brush morning and night for at least two minutes
• floss regularly
• minimise sugary foods and drinks
• make tap water your usual drink

Help us share this important message with your friends and family by printing out our fun pictures and sticking them to a skewer, straw or even a piece of cutlery. Don't have a printer at home? No problem – simply create your own smile to share.

Take a photo of yourself, share it on social media using the hashtag #sendyoursmile and let's see how far around the world we can spread this message and smiles.

Download printable smiles from
www.adansw.com.au/smiles
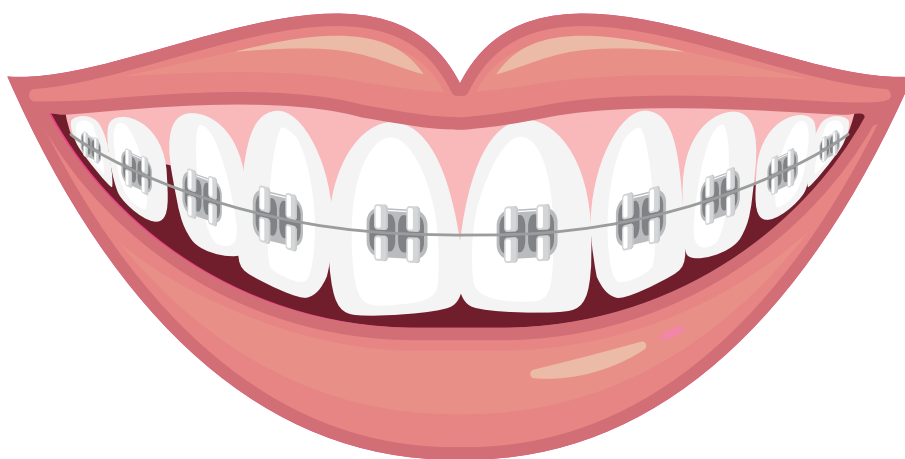
ADA
NSW

Australian Dental Association
NSW Branch

To keep a healthy smile always brush your teeth for at least 2 minutes morning and night, floss regularly and avoid sugary drinks and food.
Share your smile style on social media and use hashtag #sendyoursmile

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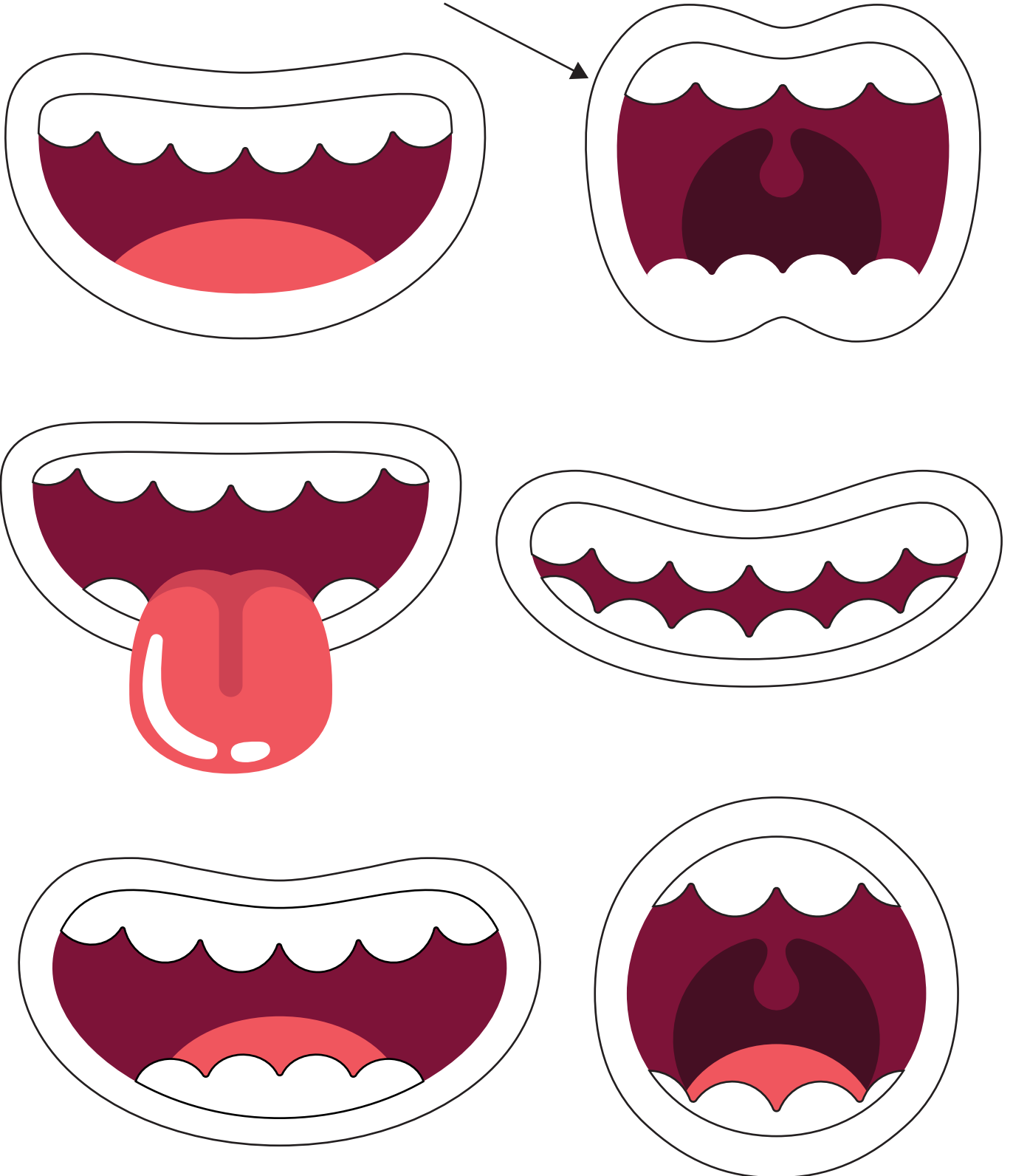
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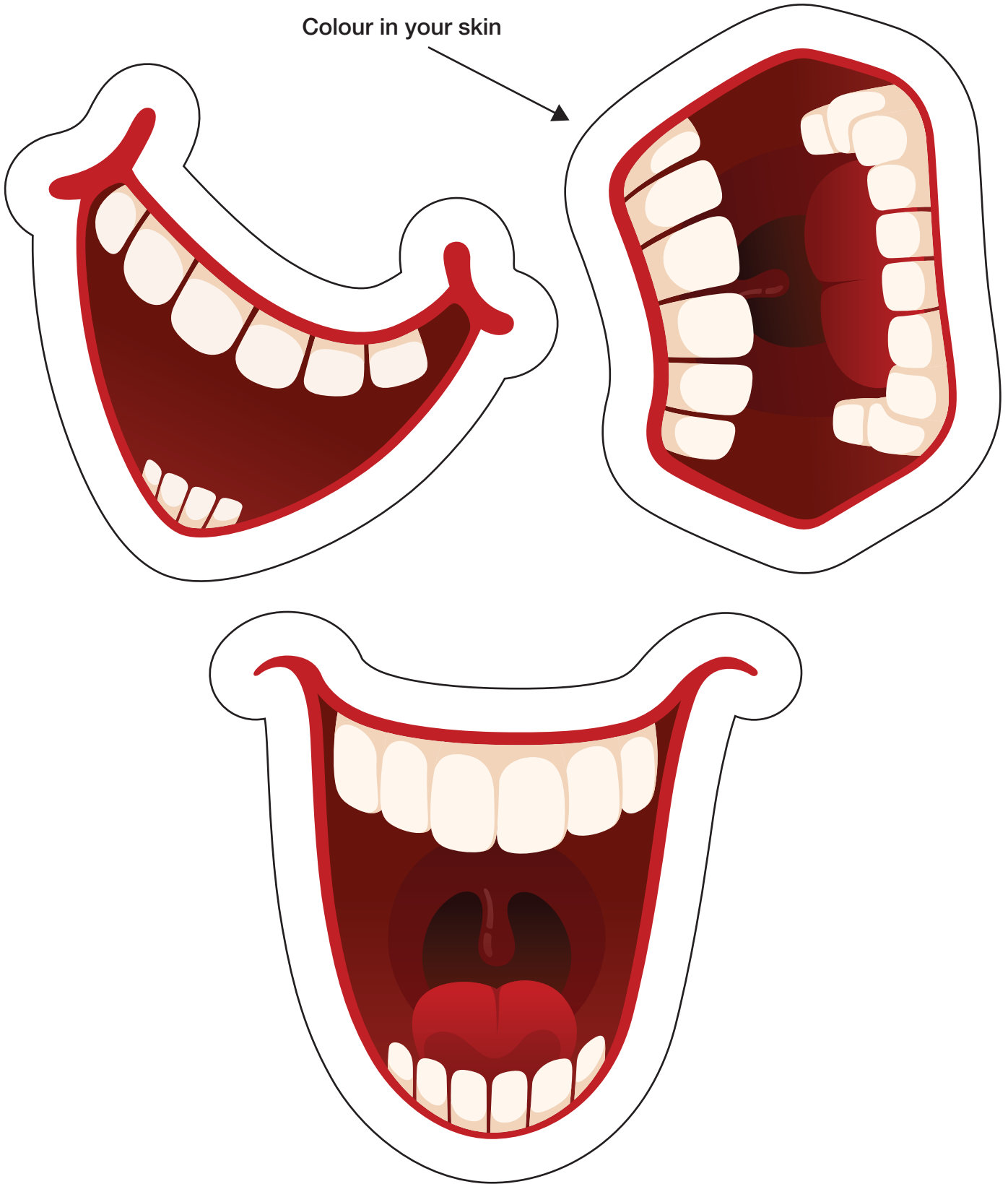
Colour in your skin

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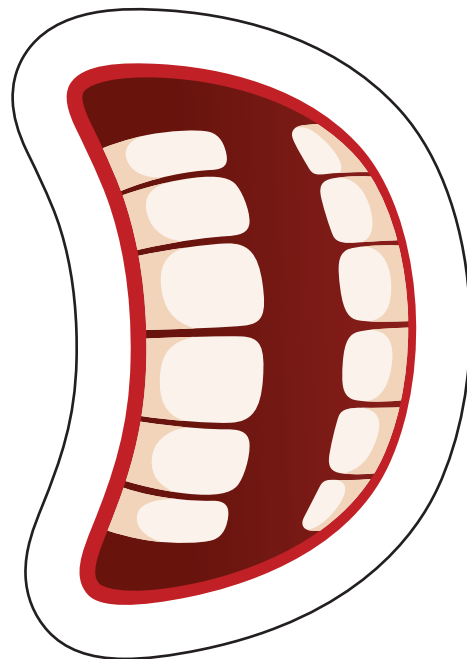
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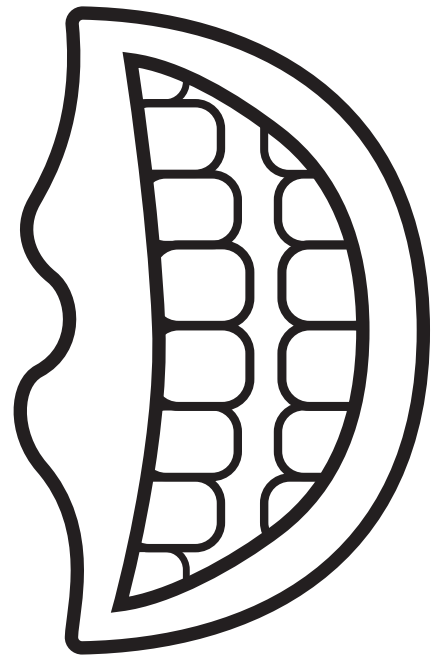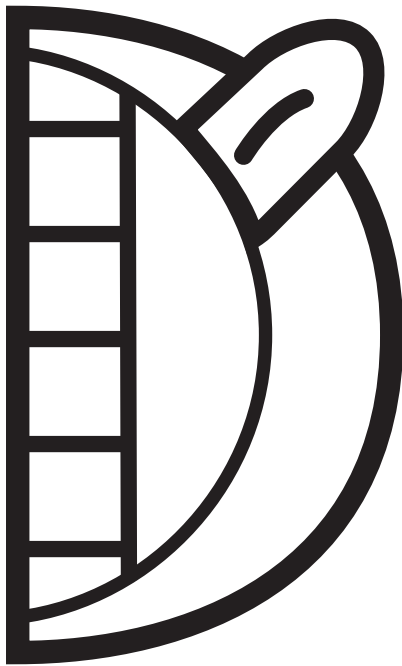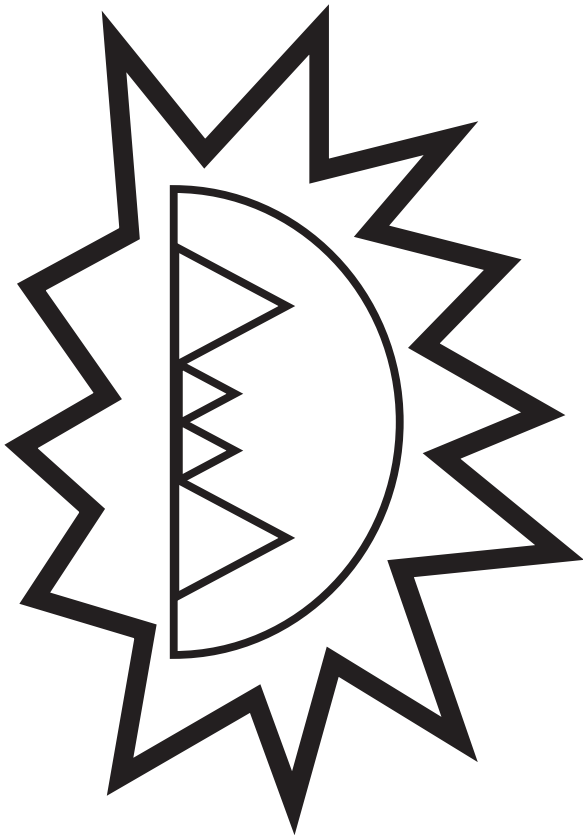Share your smile style on social media and use hashtag #sendyoursmile

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Use these templates to colour your own smile.

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