



NOT JUST YOUR TEETH.
NOT JUST YOUR GUMS.
YOUR WHOLE MOUTH.

NOT JUST YOUR TEETH.
NOT JUST YOUR GUMS.
YOUR WHOLE MOUTH.

NOT JUST YOUR TEETH.
NOT JUST YOUR GUMS.
YOUR WHOLE MOUTH.

**WATCH
YOUR
MOUTH!**

**WATCH
YOUR
MOUTH!**

**WATCH
YOUR
MOUTH!**

TO FIND OUT MORE VISIT
DENTALHEALTHWEEK.COM.AU

TO FIND OUT MORE VISIT
DENTALHEALTHWEEK.COM.AU

TO FIND OUT MORE VISIT
DENTALHEALTHWEEK.COM.AU

Dental Health Week brought to you by the
Australian Dental Health Association

Dental Health Week brought to you by the
Australian Dental Health Association

Dental Health Week brought to you by the
Australian Dental Health Association

#DENTALHEALTHWEEK

#DENTALHEALTHWEEK

#DENTALHEALTHWEEK

healthyteethaustralia aus_dental australiandentalassociation

healthyteethaustralia aus_dental australiandentalassociation

healthyteethaustralia aus_dental australiandentalassociation

ORAL HEALTH BASICS

FOUR SIMPLE TIPS



1 Brush twice daily, with fluoride toothpaste



2 Use floss at least once a day



3 Eat healthy. Reduce sugary drinks and food



4 Visit the dentist for regular check-ups

TO FIND OUT MORE VISIT ADA.ORG.AU

ORAL HEALTH BASICS

FOUR SIMPLE TIPS



1 Brush twice daily, with fluoride toothpaste



2 Use floss at least once a day



3 Eat healthy. Reduce sugary drinks and food



4 Visit the dentist for regular check-ups

TO FIND OUT MORE VISIT ADA.ORG.AU

ORAL HEALTH BASICS

FOUR SIMPLE TIPS



1 Brush twice daily, with fluoride toothpaste



2 Use floss at least once a day



3 Eat healthy. Reduce sugary drinks and food



4 Visit the dentist for regular check-ups

TO FIND OUT MORE VISIT ADA.ORG.AU