

SAY AHH

Hi
TOOTHIE!



REMEMBER

BRUSH YOUR TEETH

twice every day, after you wake up and before you go to bed

EAT HEALTHY

by avoiding sugary snacks and drinks, especially between meals

VISIT THE DENTIST

regularly for a healthy mouth as you grow older

www.worldoralhealthday.org



World Oral
Health Day
20 March



Official World Oral Health Day Partners



Supporters

