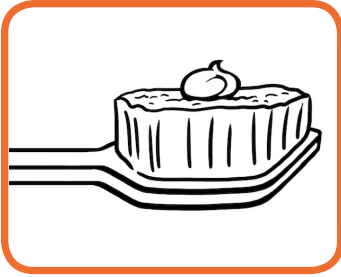


How To Brush



Use a soft bristle toothbrush and fluoridated toothpaste.

Use a **pea-sized** amount of toothpaste.



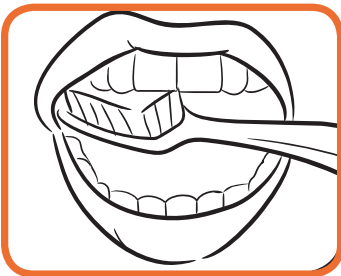
Hold your brush at an angle where the gum meets the tooth.

Food and germs like to stick there.



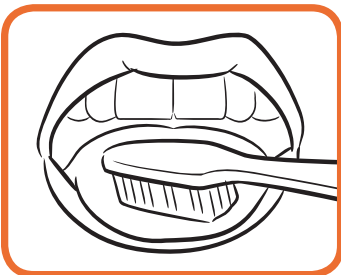
Move the toothbrush in small circles.

Count to 5 before moving the brush to another spot.



Remember the biting surfaces.

That is where the food gets stuck and germs hide.



Brush the tongue.

Germs hide there.

Brush after breakfast and before bed.

