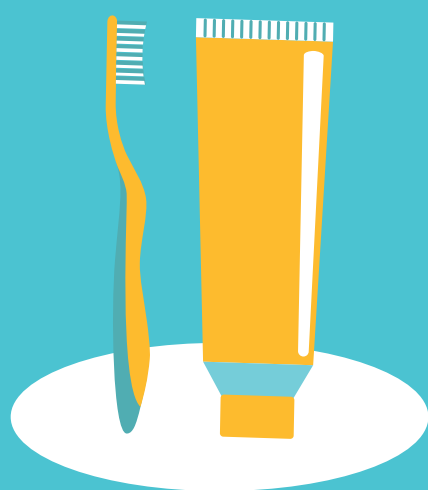


ORAL HEALTH BASICS

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

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