

# National Smile Month 2020



Brush twice a day with a fluoride toothpaste, once last thing at night and at least one other time during the day!

18 May - 18 June 2020  
www.smilemonth.org #SmileMonth



Use interdental brushes or floss to clean between your teeth at least once every day!

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Cut down on how much sugar you have, and how often you have it.

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Alongside regular brushing, mouthwash can be a great addition to your oral health routine.

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Visit your dental team regularly, as often as they recommend, no matter how old you are.

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Oral Health Foundation  
Better oral health for all



We can gain a better quality of life by looking after our oral health.

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The benefits of great oral health go far beyond a healthy smile.

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