



## tooth care tips

1. **Brush** – twice a day.
2. **Floss** – At least once a day.
3. **Toothpaste** – Use toothpaste with fluoride.
4. **Limit Snacks** – Especially sugary.
5. **Visit the Dentist** – You should visit the dentist twice a year—once every six months for routine cleanings and x-rays.

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