



Keep Your Smile Healthy & Happy

- Brush Your Teeth 2-3x per Day
- Always Brush Before Bedtime
- Don't Share Your Toothbrush
- Change Your Toothbrush Every 3 Months
- Clean Between Your Teeth With Floss
- Avoid Sweets and Sugary Foods & Drinks
- See Your Dentist / Hygienist 2x per Year

Door County Oral Health Coalition