

**Keep your  
smile healthy  
and you'll  
be healthy too.**



**Some facts about  
tooth decay:**

It is the most common  
childhood disease.

It is an infection that can  
be spread through  
germs from others.

It can increase the risk for  
future tooth problems,  
premature birth,  
heart disease, diabetes  
and other diseases.

**IT IS PREVENTABLE!!!**

Visit [www.DOHCSmiles.org](http://www.DOHCSmiles.org)  
to learn more about how a  
healthy mouth is important to  
your overall good health. And,  
how you can prevent dental decay.



**DELAWARE HEALTH  
AND SOCIAL SERVICES**  
*Division of Public Health*

Source: U.S. Department of Health and Human Services.  
Oral Health in America: A Report of the Surgeon General.

# Brush. Floss. Keep On Smiling.

1

Replace your toothbrush every three months. Use soft bristles.

2

Brush and floss your teeth two times a day.

3

Brush your teeth in circular motions, for two minutes each time.

4

Be gentle when you brush and floss your teeth.

5

Brush your gums and your tongue, too.

6

Use a pea-sized amount of fluoride toothpaste.

7

Visit your dentist regularly.

8

Eat healthy snacks like yogurt, fruit and vegetables.

9

Don't chew hard candy or ice.

10

**Tooth decay is contagious.**  
Don't share spoons, cups, straws or pacifiers.



HEALTHY  
smile  
HEALTHY YOU!



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