

Fold on dotted lines and tape ends together.

Learn more at [PacificSource.com/healthymouth](https://PacificSource.com/healthymouth).



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- **Prevent gum disease.** Every day, brush twice and floss once.
- **Use fluoride.** You can do this with fluoridated water, toothpaste, or rinses.
- **Replace your toothbrush.** Choose a new toothbrush three to four times per year or after an illness.
- **Avoid sugary food and drinks.** This will help prevent enamel erosion and tooth decay.

## Tips for a Healthy Mouth



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