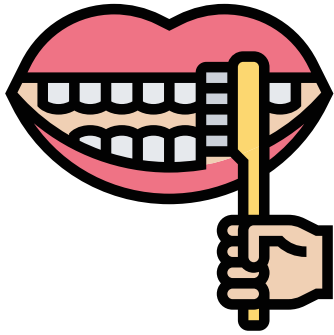


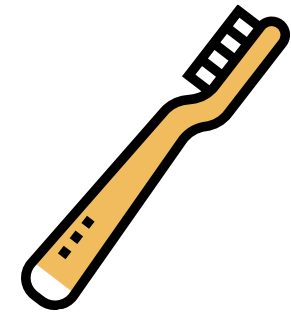
Tips for a healthy mouth during COVID-19



Brush your teeth morning and night for 2 minutes.



Wash your hands before and after touching your face or mouth.



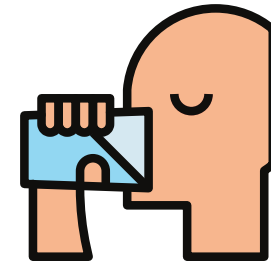
Do not share your toothbrush with others.



Clean shared areas regularly, such as the bathroom and kitchen.



Limit sugary treats to mealtimes to prevent decay and toothache.



Drink water throughout the day and after meals.