

# 6 EASY ORAL HEALTH HABITS

You can do every day!



WRIGHT COUNTY  
PUBLIC HEALTH

## 2X2 RULE

Brush your teeth for two minutes, twice a day. Don't forget your tongue too!

## DRINK MORE WATER

Not only does it keep you hydrated, water can help wash away residue from your last meal.

## FLOSS DAILY

Don't worry, you can do it! Start small by flossing once a week and then build up to every day.

## AVOID TOBACCO

Tobacco use is a risk factor for gum disease. Smoking can also affect appearance by leading to yellowing of the teeth and tongue.

## LIMIT SUGARY FOODS AND DRINKS

You may be happy to hear the solution isn't to stop eating sugars entirely. Just be mindful of how much you are consuming

## TRY MOUTHWASH

Ask your dentist for specific mouthwash recommendations

## \*BONUS TIP\*

Visit a dentist regularly. If you need help finding a dentist, please visit MHCH Provider Directory webpage or call (612) 437-6313