

Don't forget  
to

Brush



**Brush two times a day**



**Use a small amount of fluoride toothpaste  
(about the size of a pea)**



**Brush for two minutes**

- Top and bottom
- Front and back
- Brush your tongue



**Floss at least once a day**

[health.mo.gov/oralhealth](http://health.mo.gov/oralhealth)