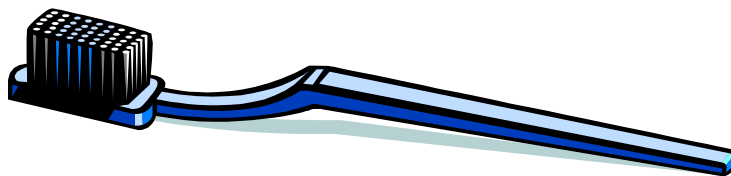


# Brush Up on Dental Health

- I brush my teeth thoroughly every day to remove bacterial plaque.
- I floss my teeth at least once a day to clean between my teeth.
- I get a new toothbrush every two to three months.
- I check my gums regularly for redness, bleeding or puffiness.
- I have no loose or missing permanent teeth.
- I eat balanced meals as recommended by the Food Pyramid.
- I choose foods like cheese, popcorn, and vegetables when snacking.
- I use ADA accepted fluoride toothpastes and mouth rinses.
- I wear a mouth protector when playing contact sports.
- I avoid clenching and grinding my teeth.
- I don't use cigarettes or spit tobacco.
- I check my jaw for "pops or cracks" when I yawn and chew.
- I check my mouth for signs of trouble like sores or bumps.
- I see my dentist twice a year or as recommended by the dentist.
- I think I have a super smile.**



Distributed under the auspices of Bergen County Executive Dennis McNerney and the Board of Chosen Freeholders

Bergen County Department of Health Services  
327 E. Ridgewood Avenue • Paramus, New Jersey 07652 • (201) 634-2600  
www.bergenhealth.org • healthdept@co.bergen.nj.us  
Health and Safety Information Line (201)-225-7000