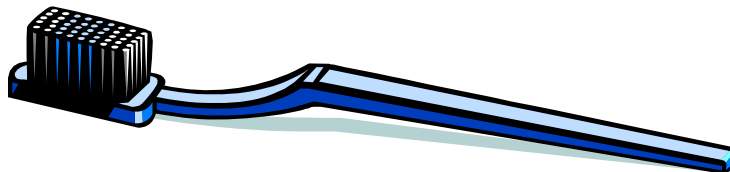




COUNTY OF BERGEN
KATHLEEN A. DONOVAN, *County Executive*

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.**



BOARD OF CHOSEN FREEHOLDERS

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