Easy Read – Oral Health
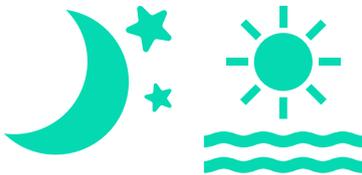
	Brush your teeth – two times a day
	Use a toothbrush and toothpaste
	Brush in the morning and at night
	Floss after cleaning your teeth
	Visit your dentist
	Avoid sugary food
	We will help you and take you if you want