Your mouth is connected to – your head bone.

Your head bone is connected to – your neck bone.

Your neck bone is connected to – your back bone.

All of YOUR body is one.

Your mouth is connected to your body. When your mouth feels bad, you can feel bad too. You need to care for your mouth, teeth and gums and keep them clean and healthy.

Take Care of Your Mouth!

- ✓ Brush your teeth twice a day with fluoride toothpaste.
- ✓ Floss once a day for healthy gums.
- ✓ Eat healthy foods like fruits and vegetables every day.
- ✓ Limit sugary drinks like soda pop or sports drinks.
- ✓ See your dentist and hygienist at least twice a year. They can apply dental sealants and fluoride varnish to help protect your teeth from cavities.
  - ☺ **Dental sealants** are thin plastic coatings that are placed on the grooves of your back teeth (molars) to protect them from bacteria and food particles.
  - ☺ **Fluoride varnish** is a liquid that is painted on your teeth to help protect them from cavities.

It's All Connected!

NORTH DAKOTA DEPARTMENT of HEALTH