



DELTA DENTAL
**Washington Dental Service
Foundation**
Community Advocates for Oral Health

**You cannot be healthy
without oral health.** Surgeon General, 2000.

PROVIDED BY:

Olympic Area Agency on Aging

Get in the Groove with Daily Mouth Care

Brush

Twice per day; 2 minutes each time (bedtime brushing is most important, choose a "soft" brush, and brush the tongue, too)

Floss

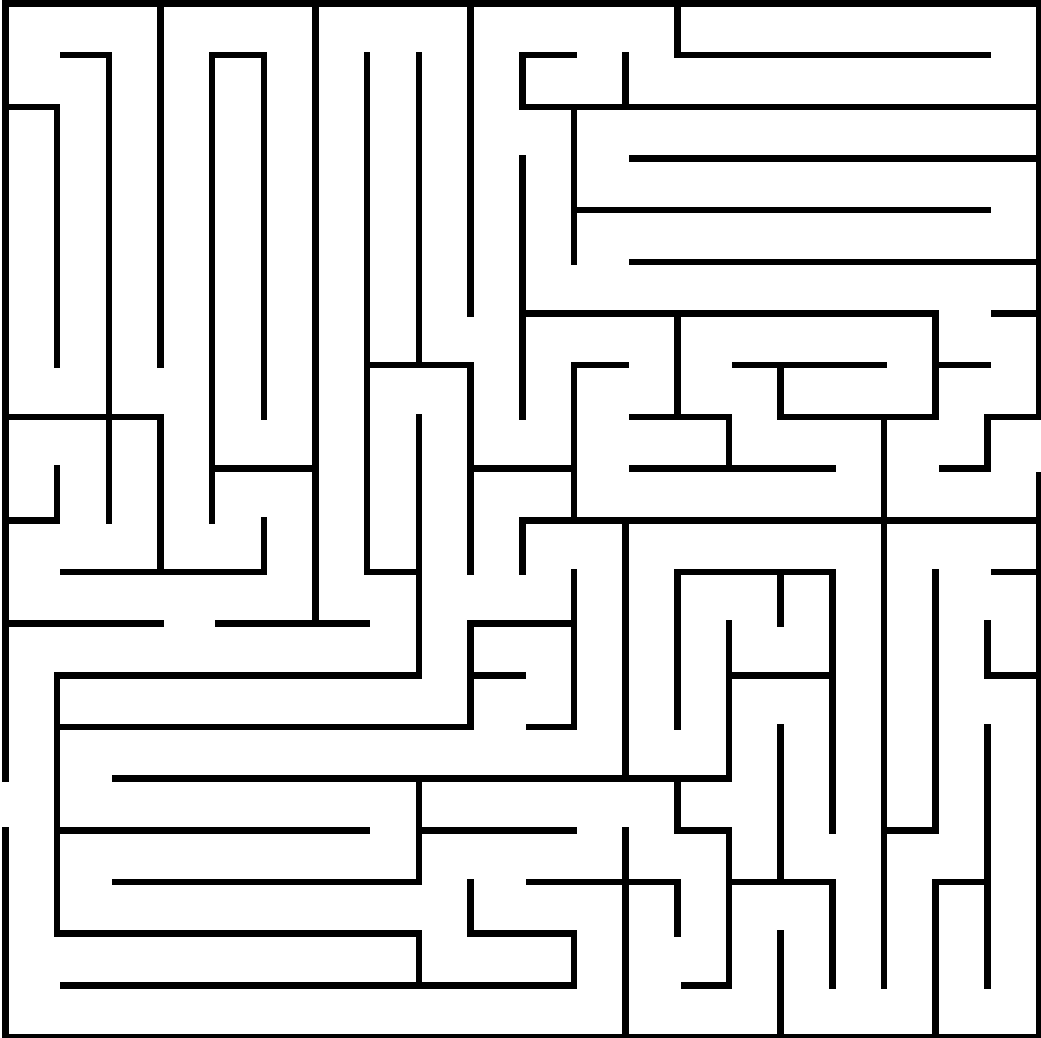
Once per day (cleans between teeth where the brush misses)

Fluoride

Get it in your toothpaste, mouth rinse, and water supply

**For more information, or help finding a dental provider,
call 1-888-4ELDERS or visit www.seniorsoralhealth.org**

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