

futures for
KIDS



RIDE

THE HEALTHY TEETH TRAIL

Illinois Department of Public Health

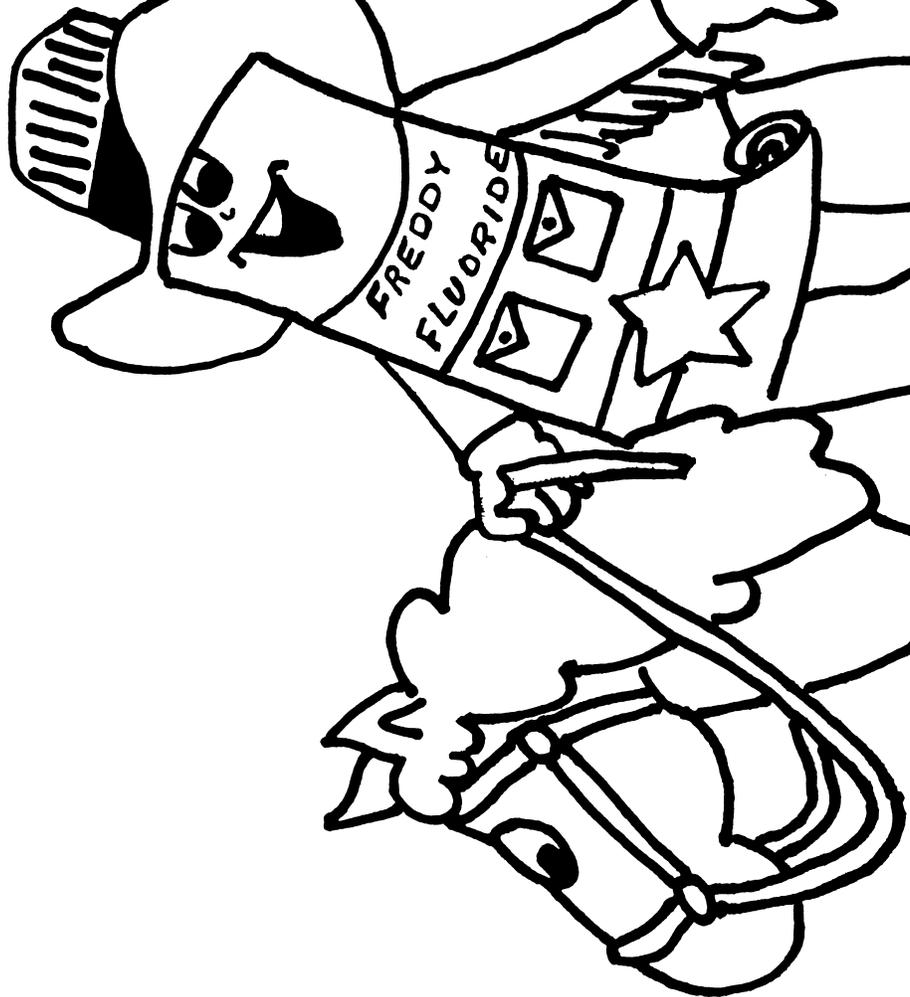
HI! We're here to tell you a little about
GOOD ORAL HEALTH CARE!
Your permanent teeth can last a lifetime,
IF you take good care of them.



GOOD NUTRITION
BRUSHING AND FLOSSING
REGULAR VISITS TO YOUR
DENTIST AND HYGIENIST
ALL HELP TO KEEP YOUR SMILE
BRIGHT.

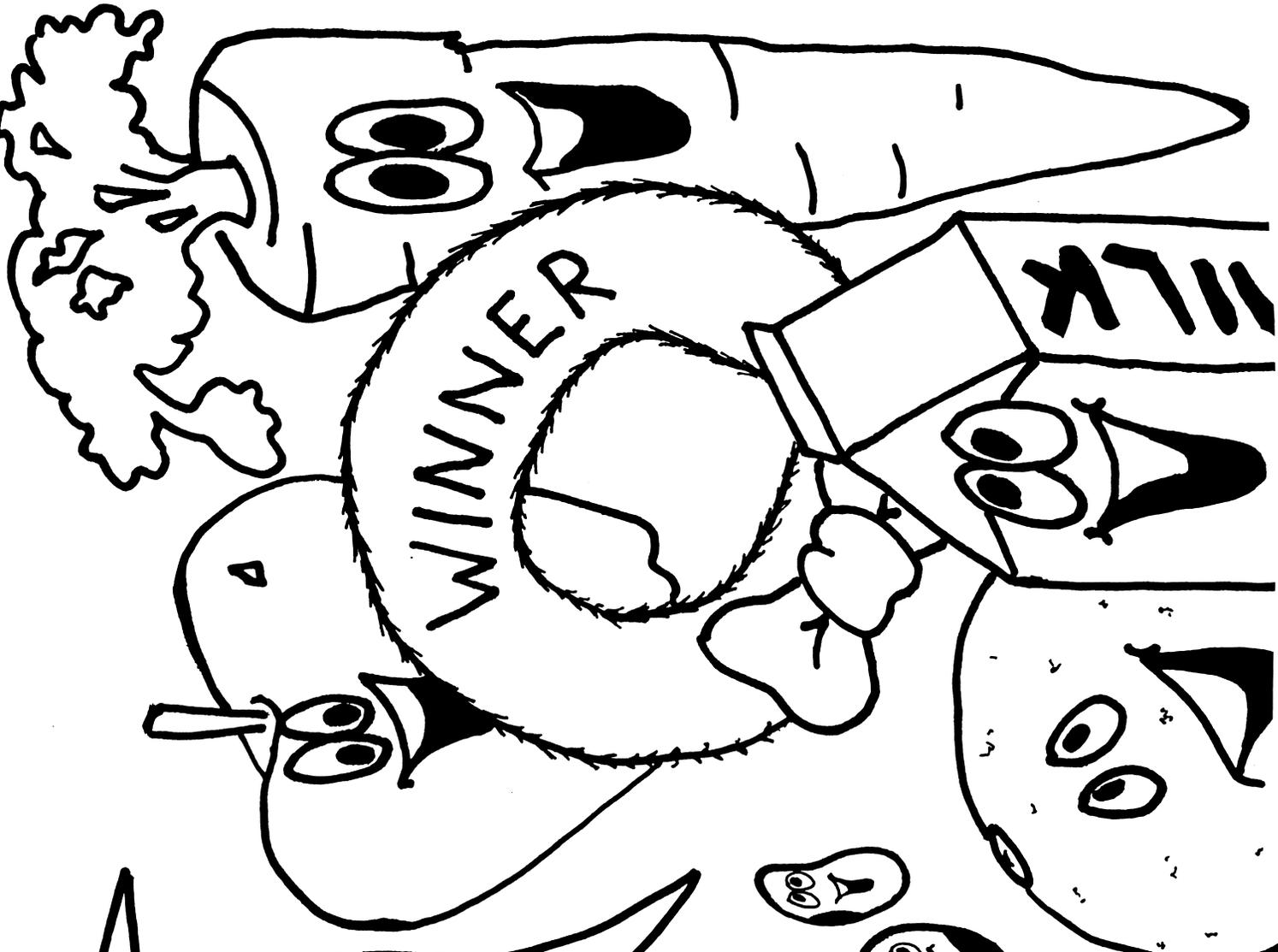
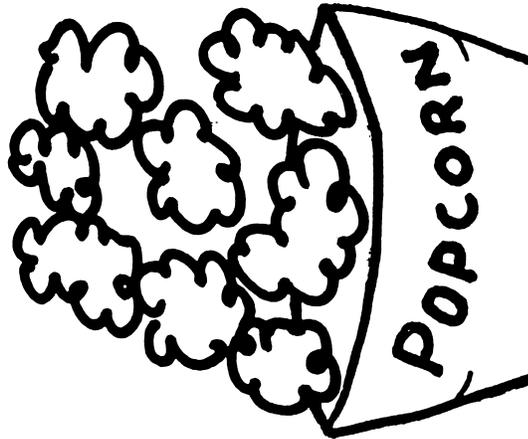
FLUORIDE HELPS
FIGHT
TOOTH DECAY!

SO USE ME EVERYDAY.



WE LOVE YOUR TEETH!

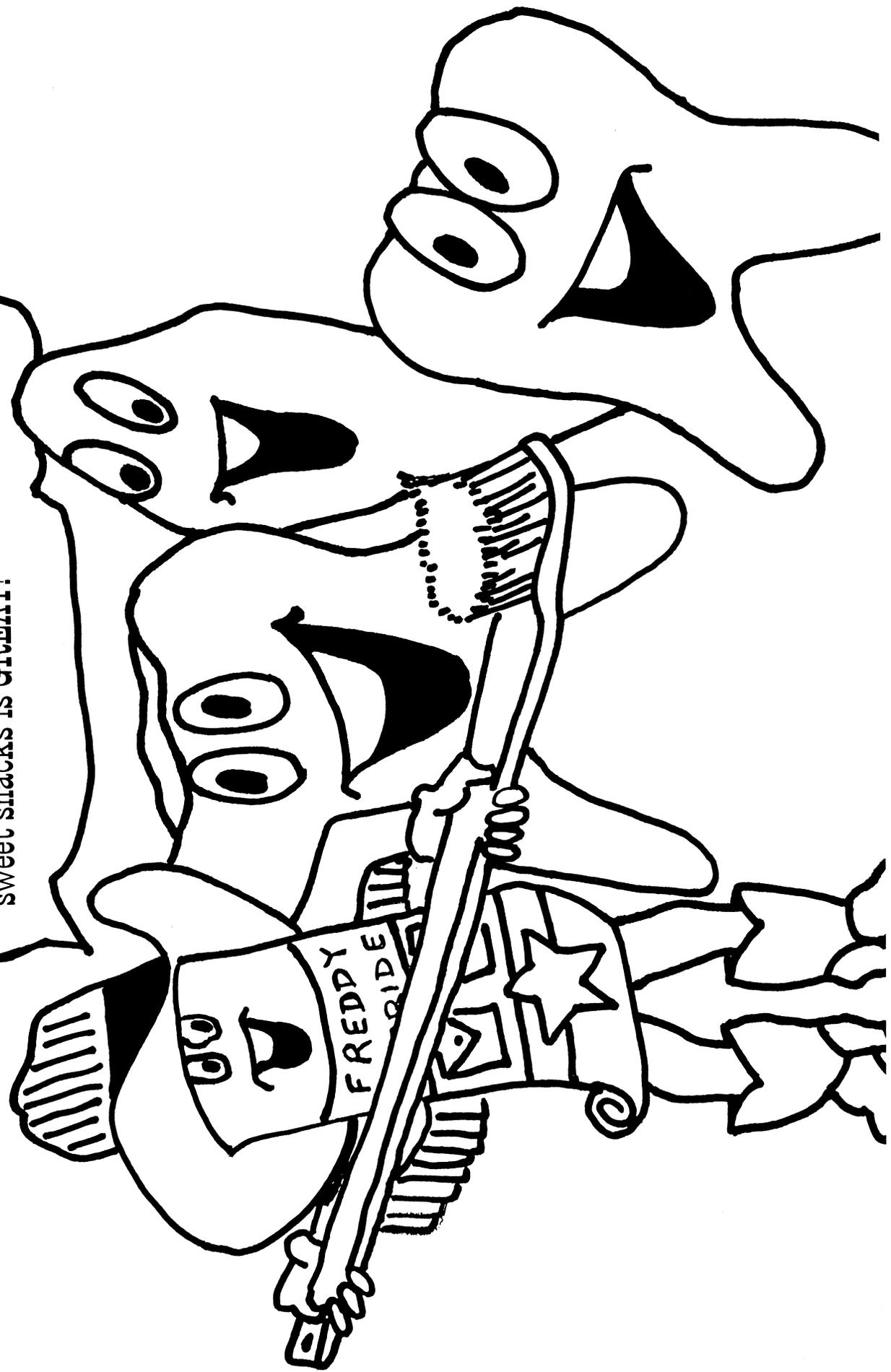
Good nutrition is
GOOD for your teeth.



Hi! Betsy Floss here,
Remember to floss those little beauties to keep
your smile bright.

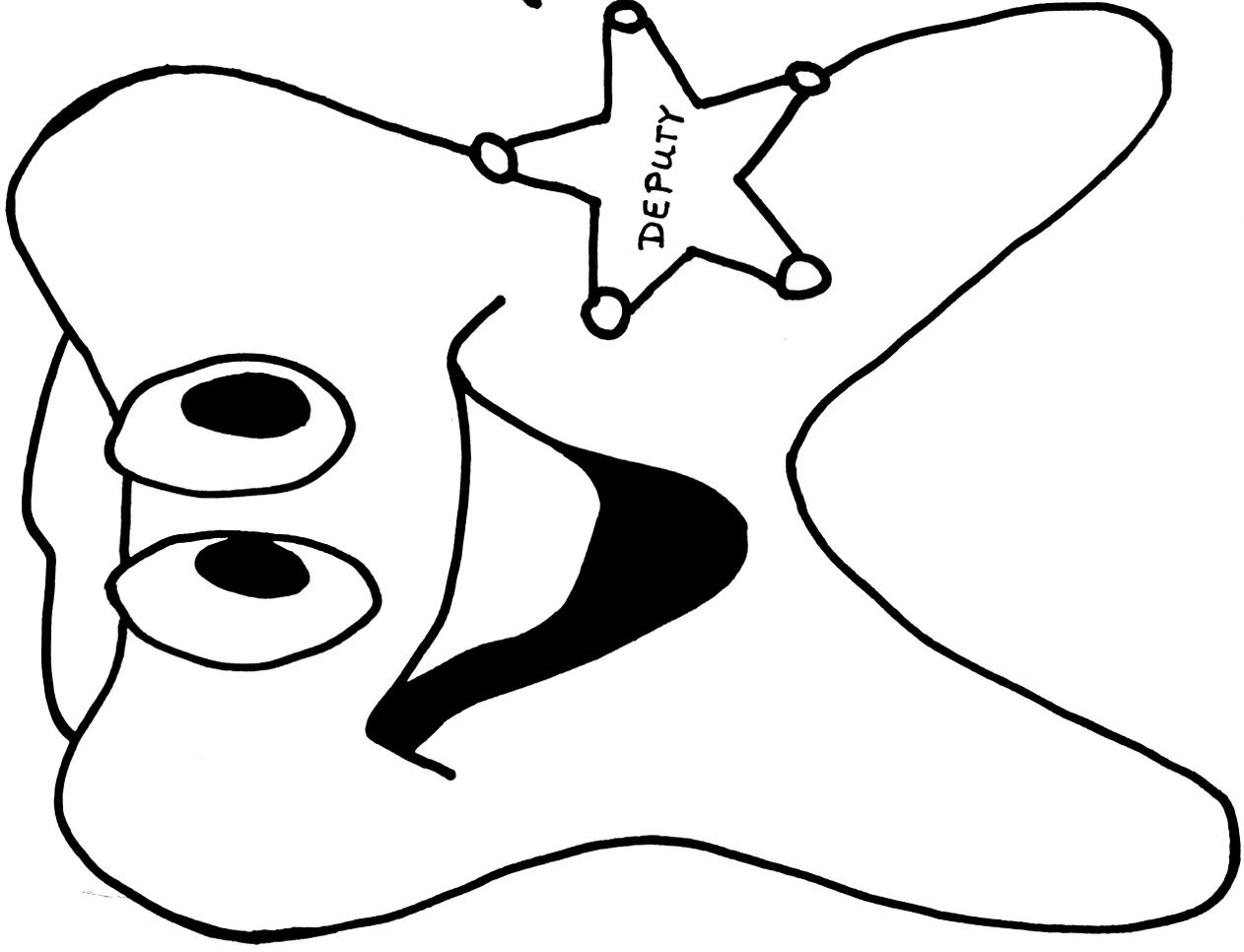


Brushing after every meal and after
sweet snacks is GREAT!





Brushing your teeth before bedtime
is a good idea.



REMEMBER KIDS,

Stay on the Healthy Teeth Trail.

1. Be sure your teeth are protected by fluoride.
2. Cut down on foods that contain lots of sugar.
3. Go to your dentist and hygienist as often as needed.
4. Brush and floss your teeth soon after eating.

Keep your teeth healthy and visit
the dentist and hygienist
as often as needed.
Watch those in-between
meal snacks.



ILLINOIS DEPARTMENT OF PUBLIC HEALTH
DIVISION OF ORAL HEALTH
535 W. Jefferson St.
Springfield, IL 62761

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