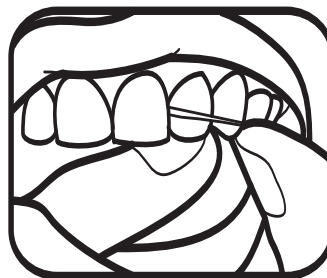
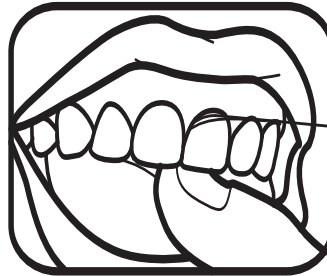
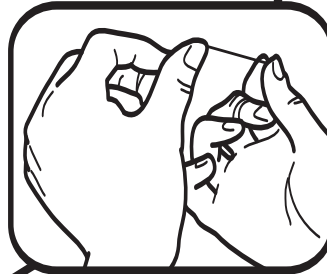
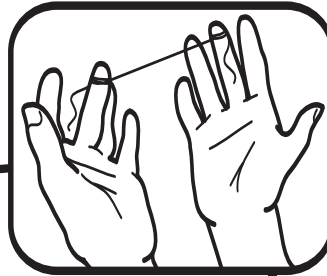


February is National Children's Dental Health Month

Fight Tooth Decay 24/7!



How to Floss

- Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.
- Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.
- Curve the floss into a "C" shape against the side of the tooth.
- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.
- Floss all your teeth. Don't forget to floss behind your back teeth.

ADA[®]

American Dental Association
www.ada.org

© 2007 American Dental Association