

This project is funded by the European Union.  
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هذا المشروع تم تمويله من قبل الاتحاد الأوروبي

# PROTECT YOUR ORAL and DENTAL HEALTH

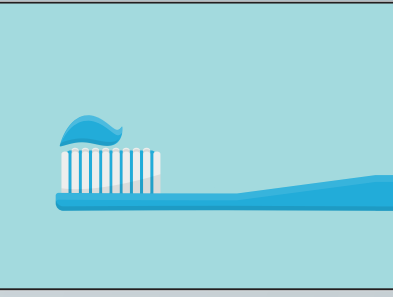


01



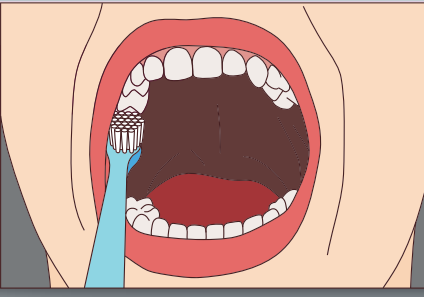
You should first wash your hands and then rinse your mouth with plenty of water.

02



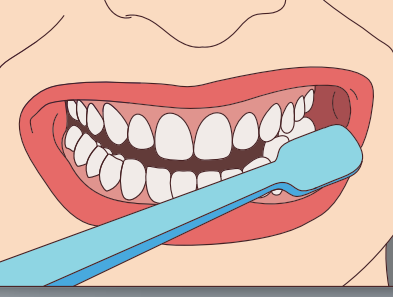
You should put pea-sized amount of toothpaste on your toothbrush before getting it wet.

03



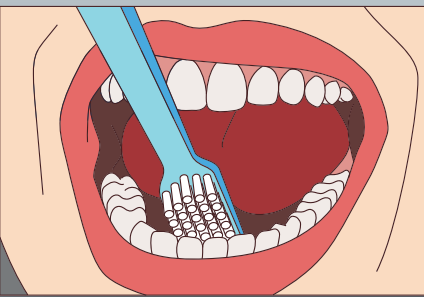
You should start brushing your teeth from the upper surfaces of your back teeth.

04



You should brush the inner surfaces of your front teeth by holding your toothbrush upright.

05



You should brush the inner and outer surfaces of your teeth as if sweeping away from your gums towards your teeth.

06



Finally, you should rinse your brush and mouth with plenty of water.

## For your oral and dental health;

You should brush your teeth for 2 minutes at least twice a day and make sure you visit the dentist twice a year!

**RIGHT PLACE, QUALITY SERVICES**

Contact the nearest Migrant Health Centre for more information and support.