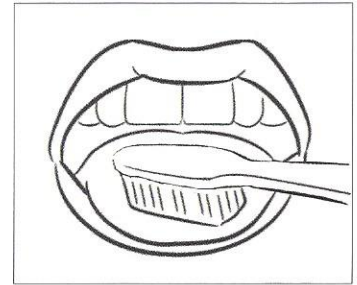
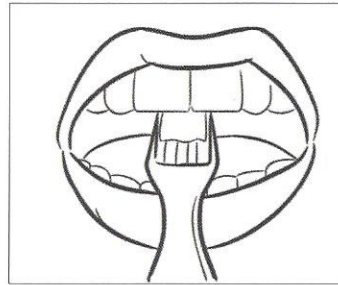
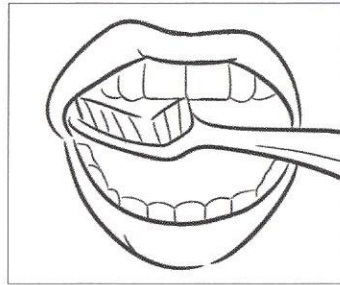
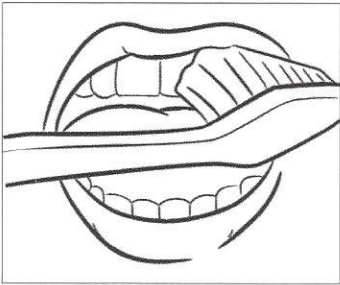


# HOW TO BRUSH

Comment se brosser les dents

► **Call 2-1-1 to learn more**

Appelez 211 pour plus d'information



**1 Place the toothbrush at 45-degree angle to the gums.**

Placez la brosse à dents à un angle de 45-degré aux gencives.

**2 Move the brush back and front gently in short strokes.**

Bougez la brosse à dents d'avant en arrière doucement par petites touches.

**3 Brush the outer surfaces, the inside surfaces, and the chewing surfaces of all teeth.**

Brossez les surfaces extérieures, les surfaces intérieures et les surfaces de mastication de dents de l'ensemble.

**4 To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.**

Pour nettoyer la surface intérieure des dents de devant, incliner la brosse verticalement et faire plusieurs mouvements ascendants et descendants.

**5 Brush your tongue to remove the bacteria and make your breath fresh.**

Brossez votre langue pour éliminer les bactéries et rendez votre haleine fraîche.

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