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Cartel del mes nacional de la salud dental infantil "Cepilla tus dientes con pasta con fluoruro..." [Spanish language version: Brush your teeth with fluoride toothpaste...] (2018)

American Dental Association Foundation

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¡Cepilla tus dientes con pasta con fluoruro y
 limpia entre tus dientes para
 tener una sonrisa sana! ★★

Visite MouthHealthy.org/ToothTeam para ver más hojas de actividades.

CONSEJOS PARA SONRISAS SANAS



Cepilla tus dientes dos veces al día con pasta dental con fluoruro.



Limpia entre tus dientes a diario.



Lleva una dieta sana que limite bebidas azucaradas y picoteos.



Visita a tu dentista regularmente para prevenir y tratar enfermedades orales.



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