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Cartel del mes nacional de la salud dental infantil "Cepíllate y limpia entre tus dientes..." [Spanish language version: Brush and clean in between...] (2019)

American Dental Association Foundation

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¡CEPÍLLATE Y LIMPIA ENTRE TUS DIENTES PARA TENER UNA SONRISA SANA!

Visite MouthHealthy.org/SmileBuilders 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.

ADA American
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