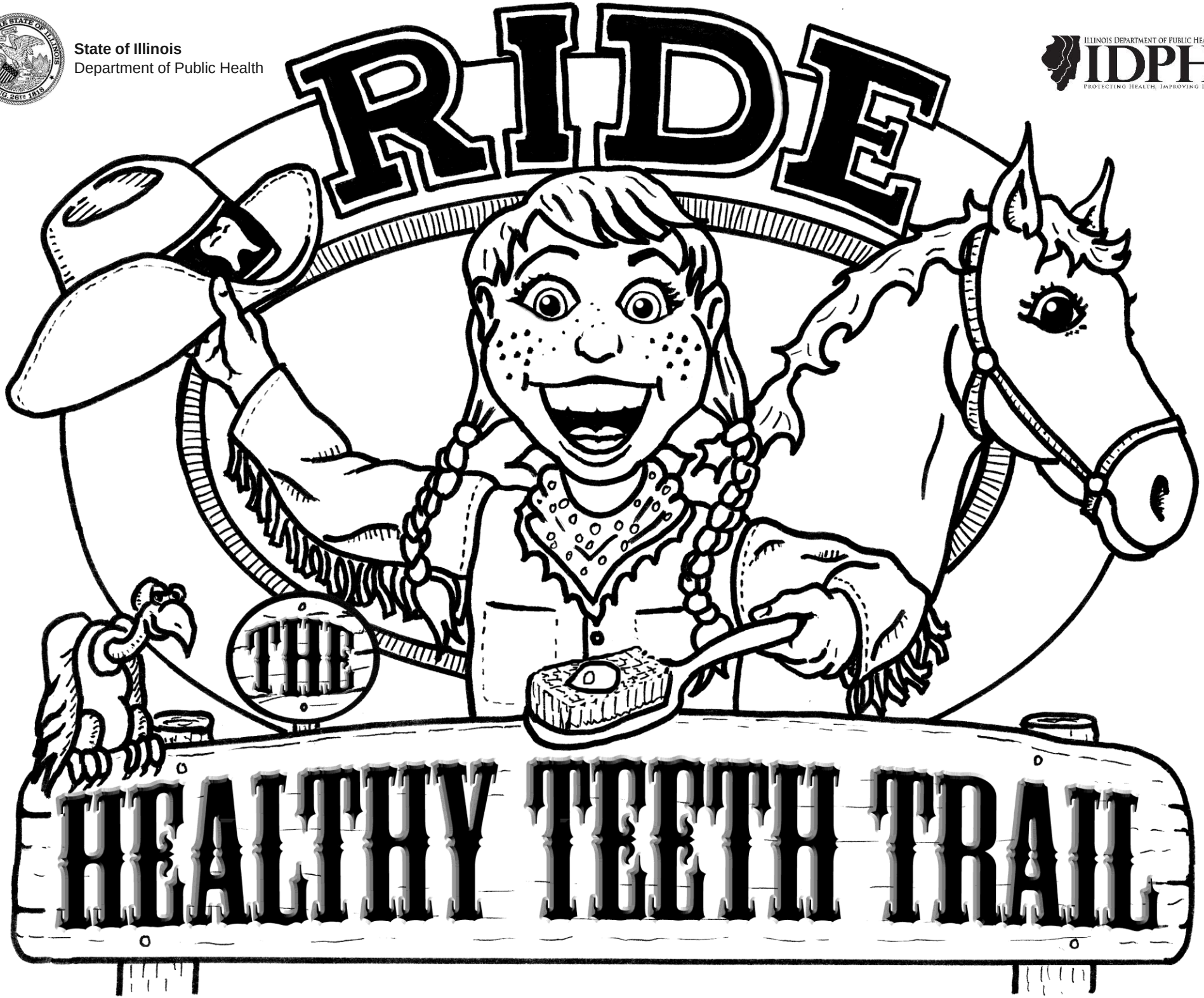
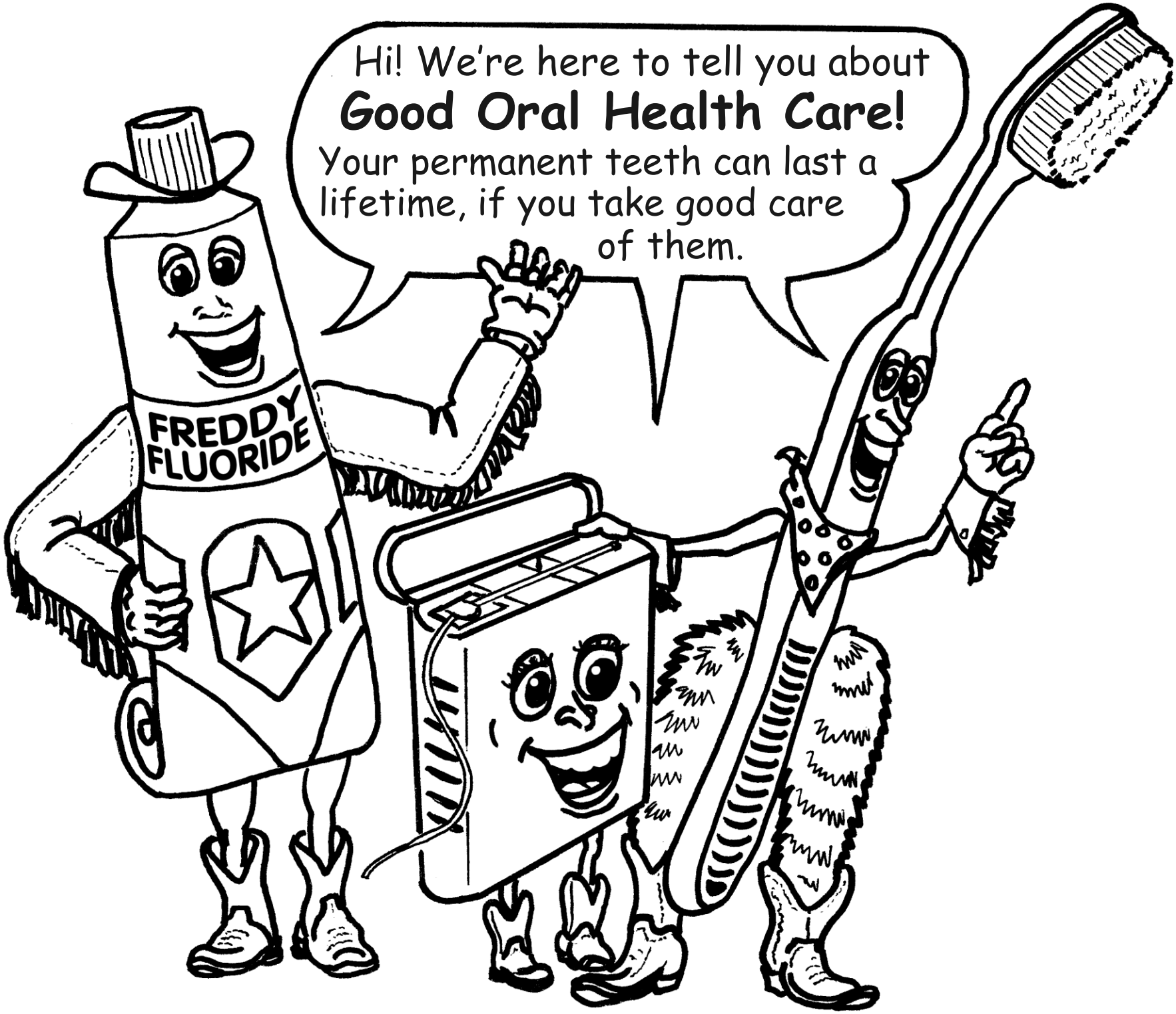
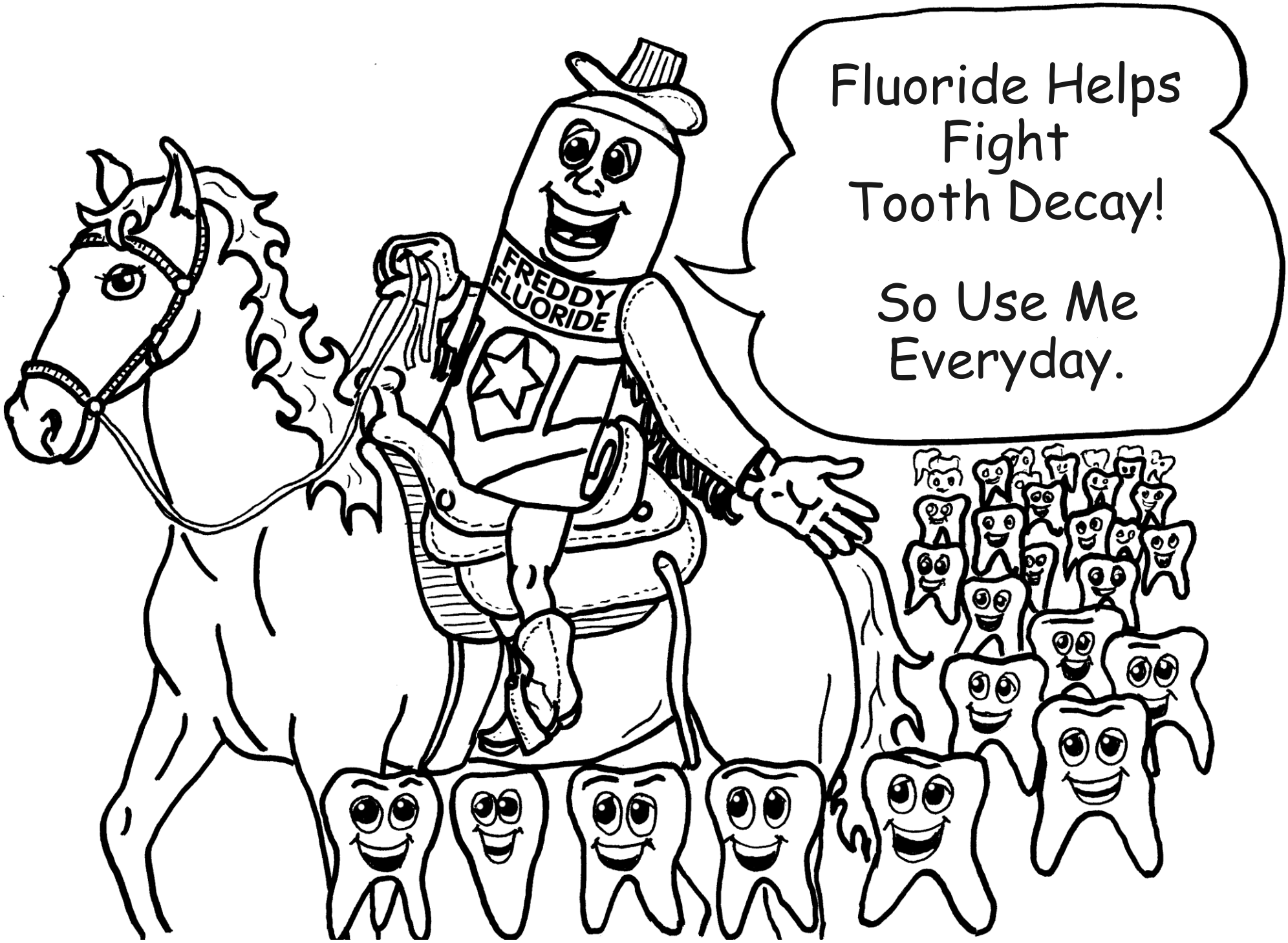
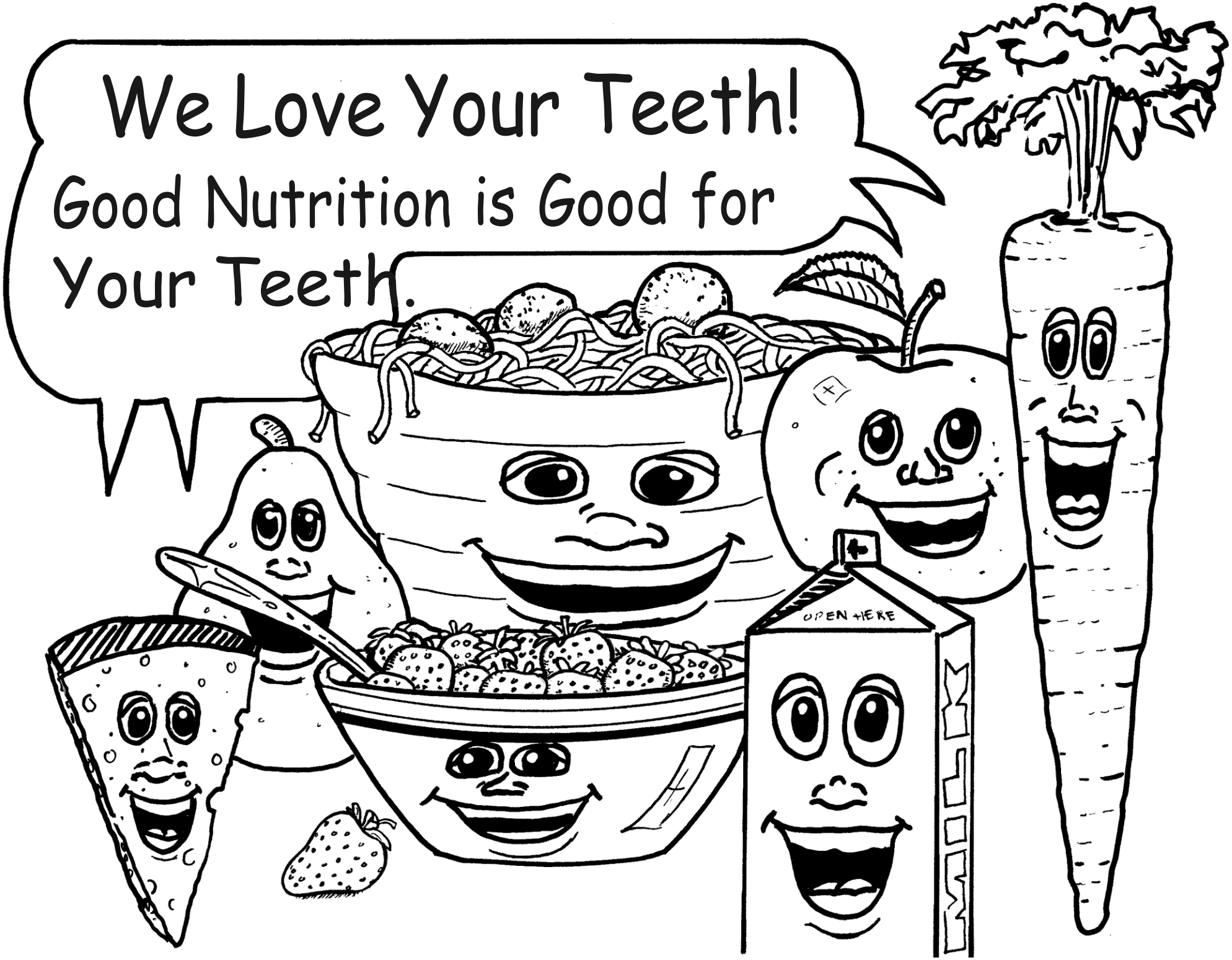
State of Illinois
Department of Public Health

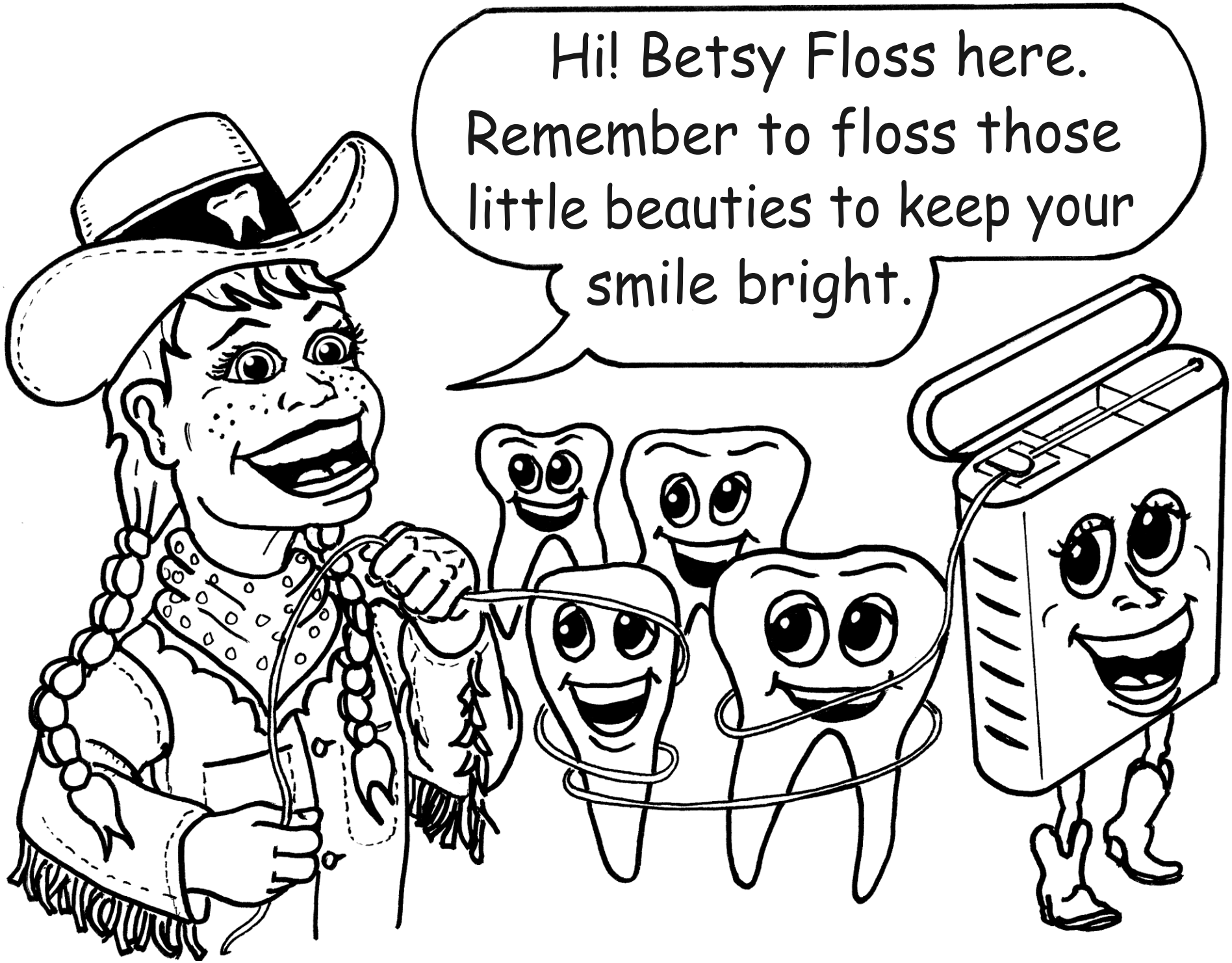
Illinois Department of Public Health
IDPH
Protecting Health, Improving Lives

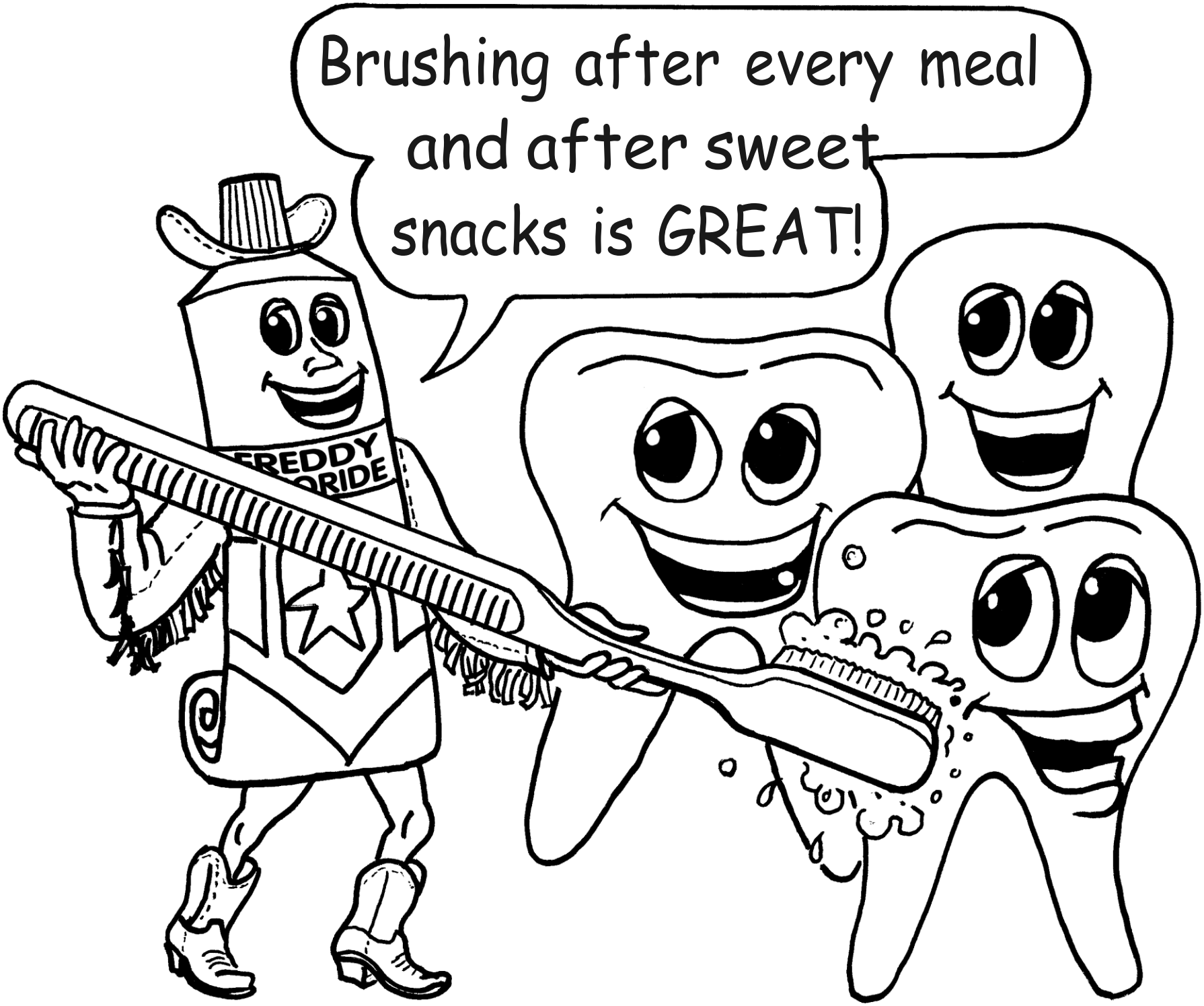


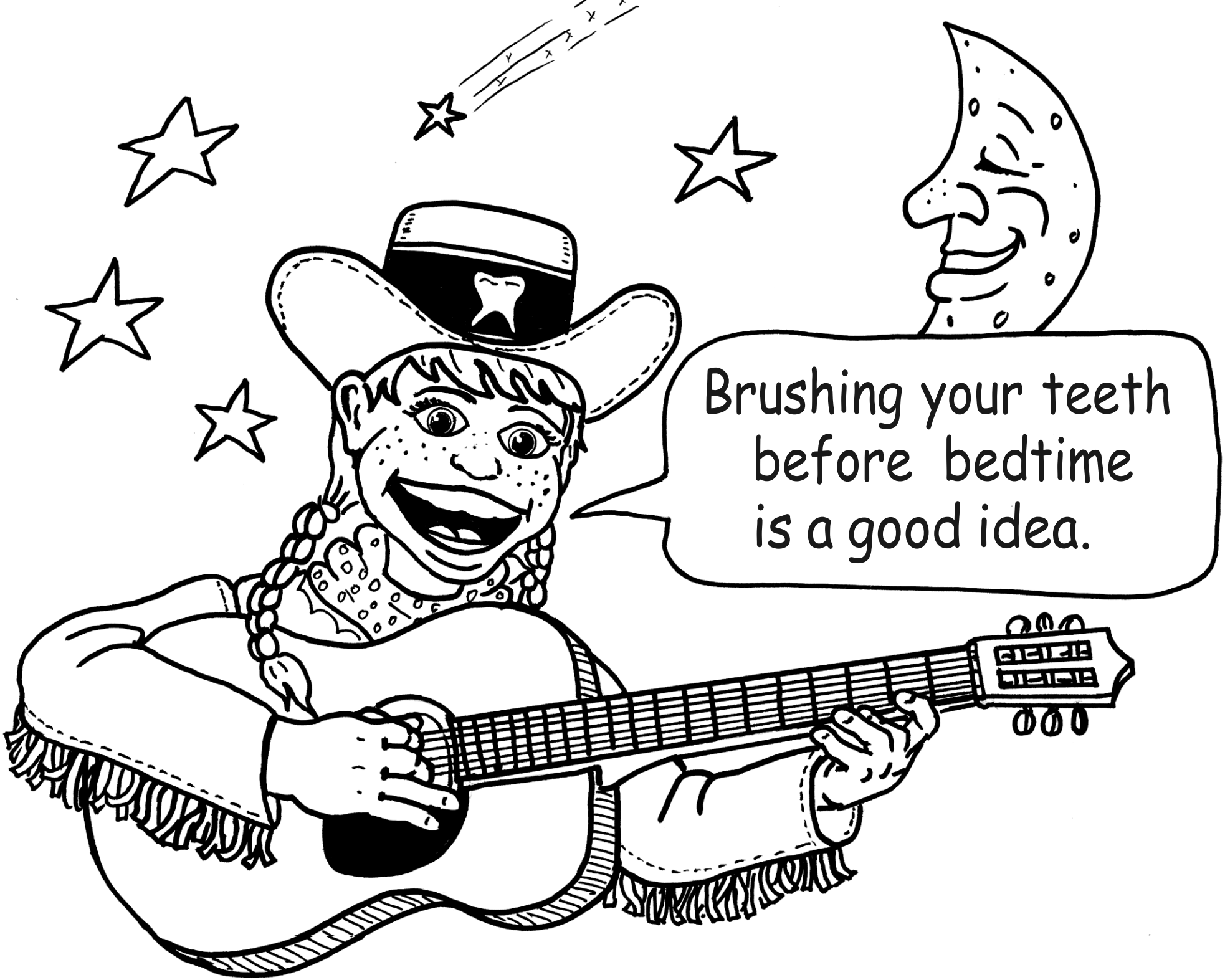

Hi! We're here to tell you about
Good Oral Health Care!
Your permanent teeth can last a lifetime, if you take good care of them.
FREDDY FLUORIDE

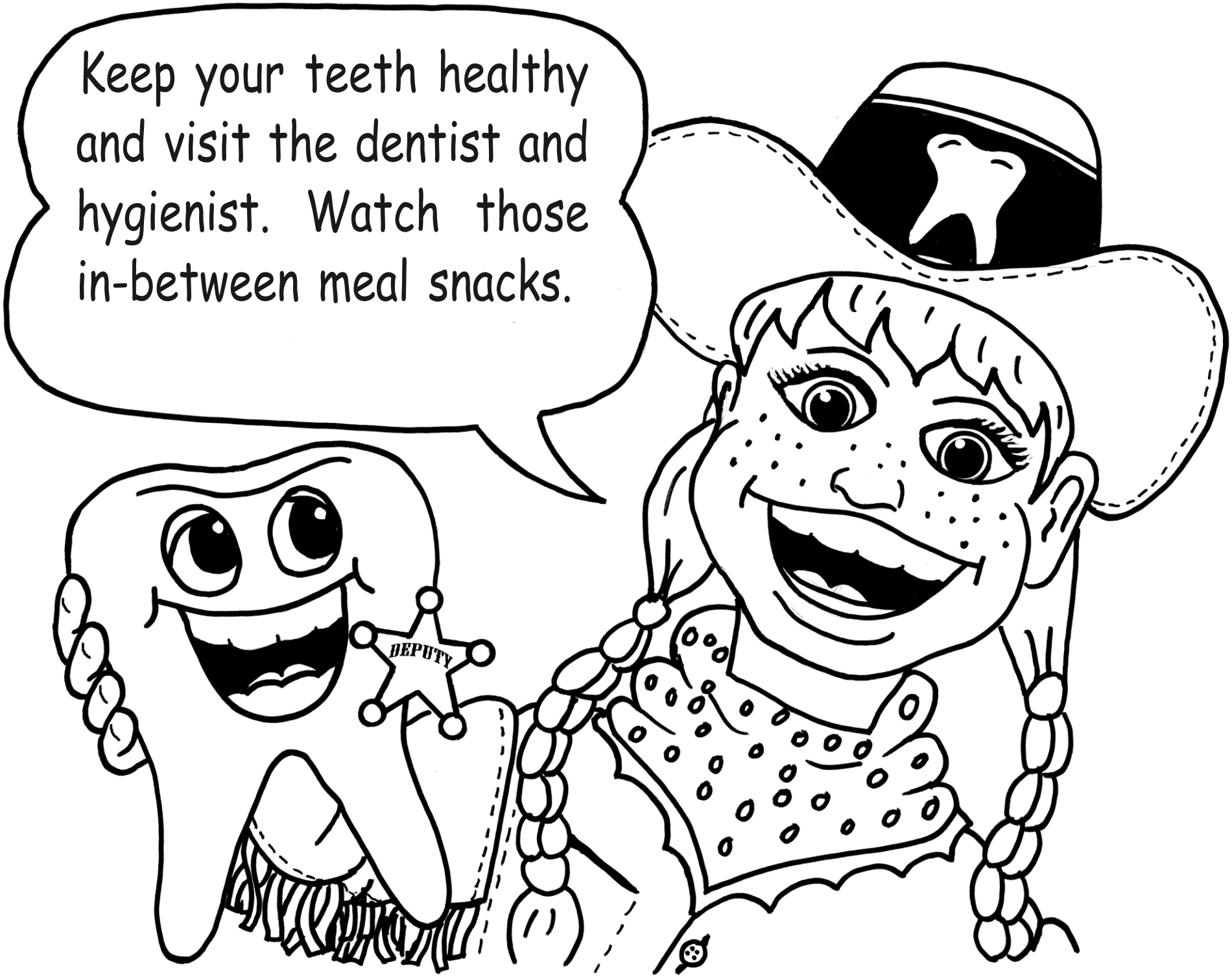

Fluoride Helps Fight Tooth Decay!
So Use Me Everyday.
FREDDY FLUORIDE

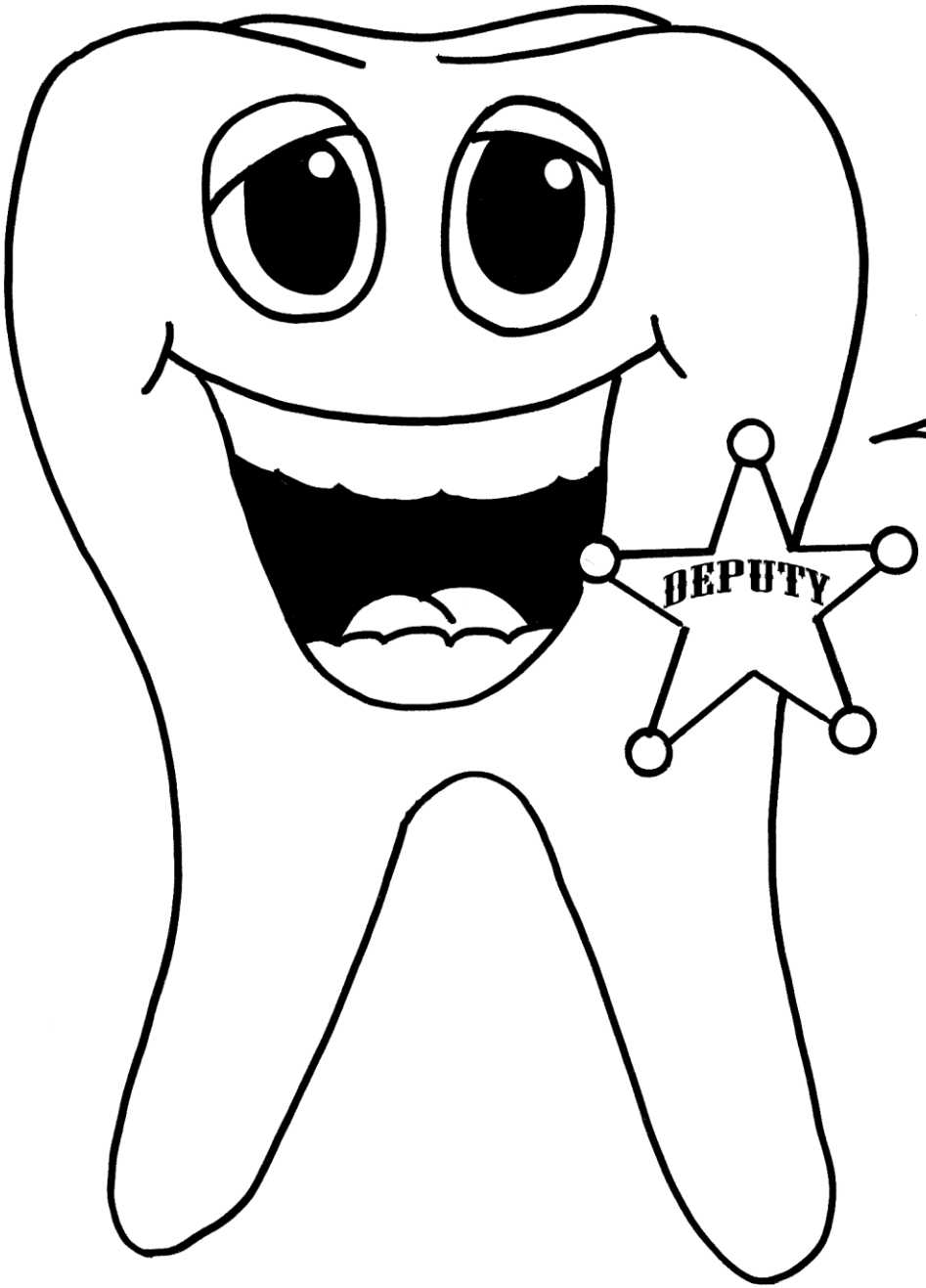

We Love Your Teeth!
Good Nutrition is Good for Your Teeth.
OPEN HERE


Hi! Betsy Floss here. Remember to floss those little beauties to keep your smile bright.


Brushing after every meal and after sweet snacks is GREAT!
FREDDY
ORIDE

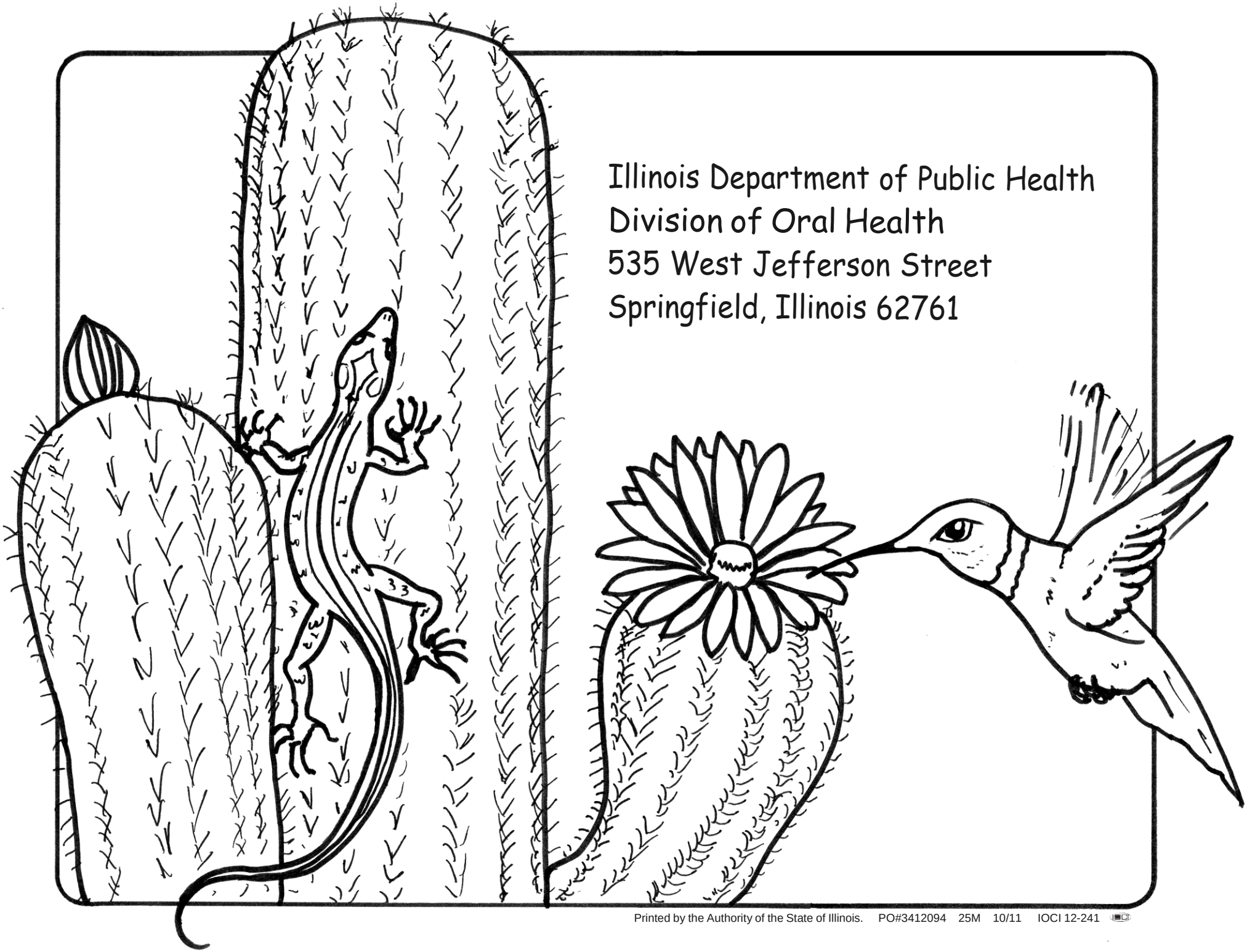

Brushing your teeth before bedtime is a good idea.


Keep your teeth healthy and visit the dentist and hygienist. Watch those in-between meal snacks.
DEPUTY



Remember kids, stay on the Healthy Teeth Trail.

1. Be sure your teeth are protected by fluoride.
2. Cut down on foods and drinks that have lots of sugar.
3. Go to your dentist and hygienist.
4. Brush and floss your teeth.



Illinois Department of Public Health
Division of Oral Health
535 West Jefferson Street
Springfield, Illinois 62761

Printed by the Authority of the State of Illinois. PO#3412094 25M 10/11 IOCI 12-241