

Don't Forget Your Oral Health!



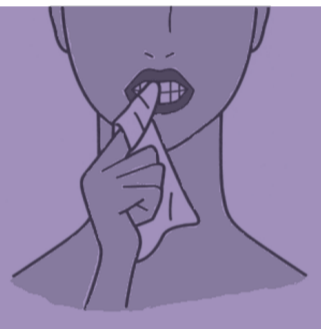
Prevent pneumonia in evacuation

- If the mouth is not kept clean, bacteria can grow and cause pneumonia and other systemic diseases.
- Elderly people need to be extra careful.



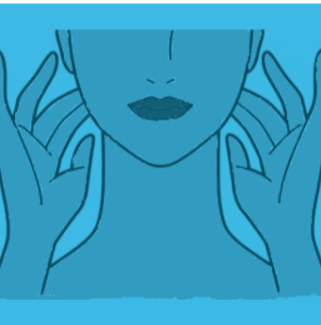
Washing dentures is a must, too

- Cleaning dentures is the key to clean mouths.
- Clean dentures after meals.
- Remove dentures before sleeping.



What if I don't have a toothbrush?

- Gargle with a little water after meals.
- Clean your teeth with a piece of clothing or paper towel.



Saliva will help you

- Saliva helps to cleanse the mouth.
- To help produce saliva, warm up or rub your cheeks, and underside of chin.



How to brush teeth when water is limited

- Prepare 30mL water.
- Wet your toothbrush and brush your teeth with water.
- In intervals, wipe toothbrush with paper towel.
- Rinse your mouth 2-3 times with water.



- Use mouthwash instead of water if available.
- Gargle after every meal.