



The Brush At School! (BAS!) project promotes daily toothbrushing with fluoride toothpaste and handwashing with soap at school. Education and health go hand in hand.

Toothaches have a huge impact on the quality of life of children and on their ability to learn.

It has been proved that simple measures as toothbrushing and handwashing yield positive results for children.

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Oral Health Care

for Nepali Children



नेपाली बालबालीकाहरुका लागि दाँत र मुख स्वस्थ राख्न ध्यानपुन्याऔं

Brush At School!



Daily toothbrushing with fluoride toothpaste at school

दैनिक फ्लुराइडयूक्तमञ्जले विद्यालयमा दाँत माभन्ने गरौं



Put a pea-sized amount of toothpaste onto a dry toothbrush

ठूलो केराउ जत्रो अलिकति दन्तमञ्जन सुकेको दाँत माभन्ने ब्रशमा हाल्नु



Brush all teeth, especially your molars, for two minutes

सबै दाँतहरु माभन्नु, विशेषगरि चपाउने दाँतहरुलाई दुई मिनेटसम्म माभन्नु



**Spit the toothpaste out
Do not rinse your mouth**

मुखमा रहेको दन्तमञ्जन थुक्नु
मुख नपखाल्नु



Rinse your toothbrush with water

ब्रशलाई सफा पानीले पखाल्नु

Daily handwashing with soap at school

दैनिक साबुनले विद्यालयमा हात धुने गरौं



Wet hands with running water

बगेको वा खन्याएको सफा पानीले हातहरु भिजाउनु



**Apply soap and create lather
Rub palms together**

साबुन दलेर फिज निकाल्नु हत्केलाहरु एकैसाथ माभन्नु



Rinse hands with running water

बगेको वा खन्याएको सफा पानीले हातहरु धुन्नु



Dry hands in the air

हावामा पानी भारेर हातहरु सुकाउनु