

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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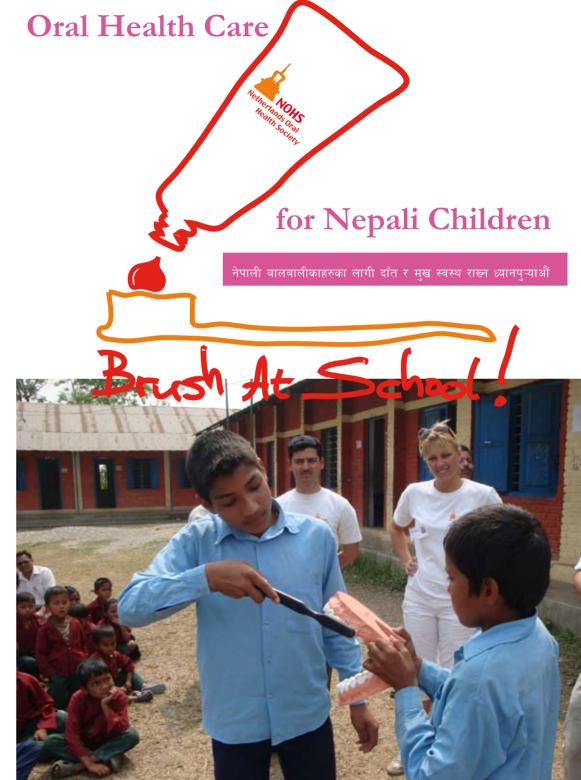












Daily toothbrushing with fluoride toothpaste at school

दैनिक फ्ल्राइडयुक्तमञ्जनले विद्यालयमा दाँत माभने गरौं



Put a pea-sized amount of toothpaste onto a dry toothbrush ठूलो केराउ जत्रो अलिकति दन्तमञ्जन सुकेको दाँत माभने ब्रशमा हाल्न्



Brush all teeth, especially your molars, for two minutes सबै दाँतहरु माभनु , विषेशगरि चपाउने दाँतहरुलाई दुई मिनेटसम्म माभन्



दैनिक साबनले विद्यालयमा हात धुने गरौं



Wet hands with running water

बगेको वा खन्याएको सफा पानीले हातहरु भिजाउन्



Apply soap and create lather Rub palms together साबुन दलेर फिज निकाल्नु हत्केलाहरु एकैसाथ माभन



Spit the toothpaste out Do not rinse your mouth मुखमा रहेको दन्तमञ्जन थुक्नु मख नपखाल्न



Rinse your toothbrush with water

ब्रशलाई सफा पानीले पखाल्न्



Rinse hands with running water

बगेको वा खन्याएको सफा पानीले हातहरु धुन्नु



Dry hands in the air

हावामा पानी भारेर हातहरु स्काउन्