

Oral Health Care for Nepali Children

Daily toothbrushing with fluoride toothpaste at school



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



Brush all teeth, especially your molars, for two minutes



Spit the toothpaste out
Do not rinse your mouth



Rinse your toothbrush with water

Daily handwashing with soap at school



Wet hands with running water



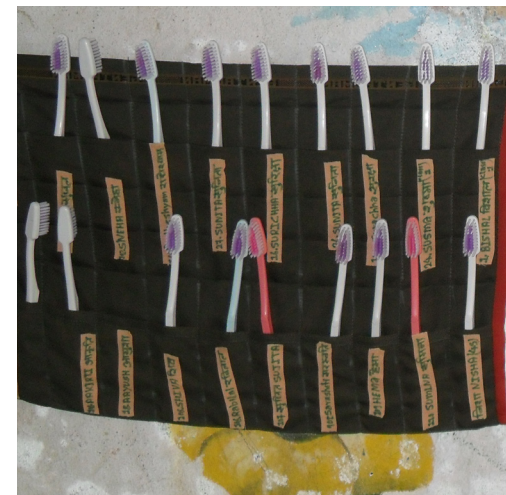
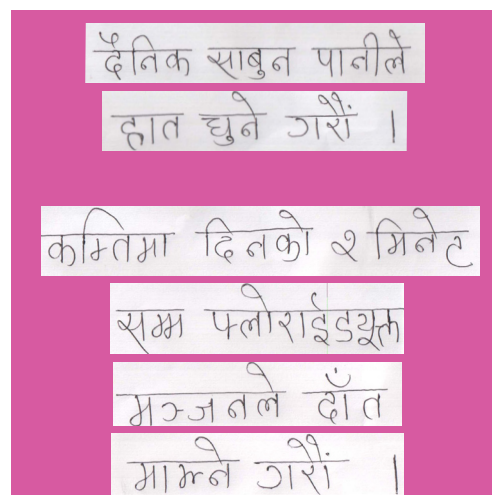
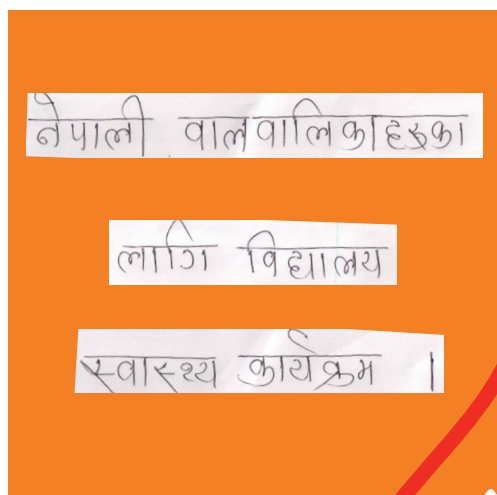
Apply soap and create lather
Rub palms together



Rinse hands with running water



Dry hands in the air



NOHS
Netherlands Oral
Health Society

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MEDORA
health foundation
Nepal

www.nohs.nl

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Brush At School!