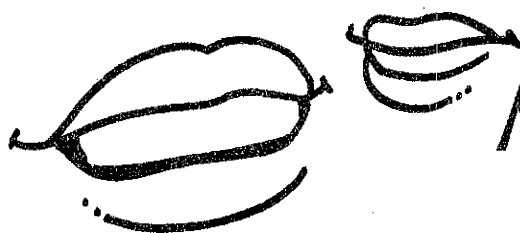


# Watch your mouth:

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## Mouth watch is a bodyguard



**L**ife and health depend on our mouth. People get into trouble all the time for what they say. Equally, if we are not careful with what we put into our mouth, many diseases enter the body. If we are careful with what goes in, we can prevent many of these diseases. We must know what our hands are feeding our mouth.

The mouth is the door into our personal property. It is the reflection of what is stored inside. The look of your smile, the smell of the breath, the colour of the teeth, the sound of the words and the feel of your mouth can make or break a person.

Many people call this general care of the mouth: 'oral health'.

**H**ere are some general guidelines to oral health care:

### **Clean your mouth:**

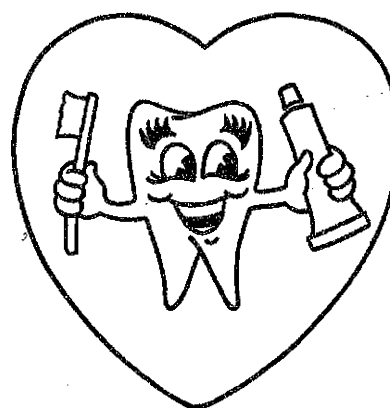
Brush your teeth regularly, at least once a day before you go to sleep or in the morning. It will improve your smile and the smell of your breath. It will also help to keep away disease-carrying agents such as germs.

### **Keep your mouth clean:**

Make sure that the food and drinks you put in your mouth are healthy and nutritious and do not contain faeces, dirt, poisons and germs that may contaminate you. Eat only well prepared food. Protect food and water and keep them well away from flies and animals.

### **Use your mouth wisely :**

Keep dirty things away from the mouth (e.g. pens, soil, dirty fingernails and other items not for eating and drinking). Anything you put in your mouth may carry diseases or may change your oral health. Don't eat too many sweet foods or drink too many fizzy drinks and sodas.



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