

Illinois Department of Public Health
 Division of Oral Health
 535 West Jefferson Street
 Springfield, Illinois 62761



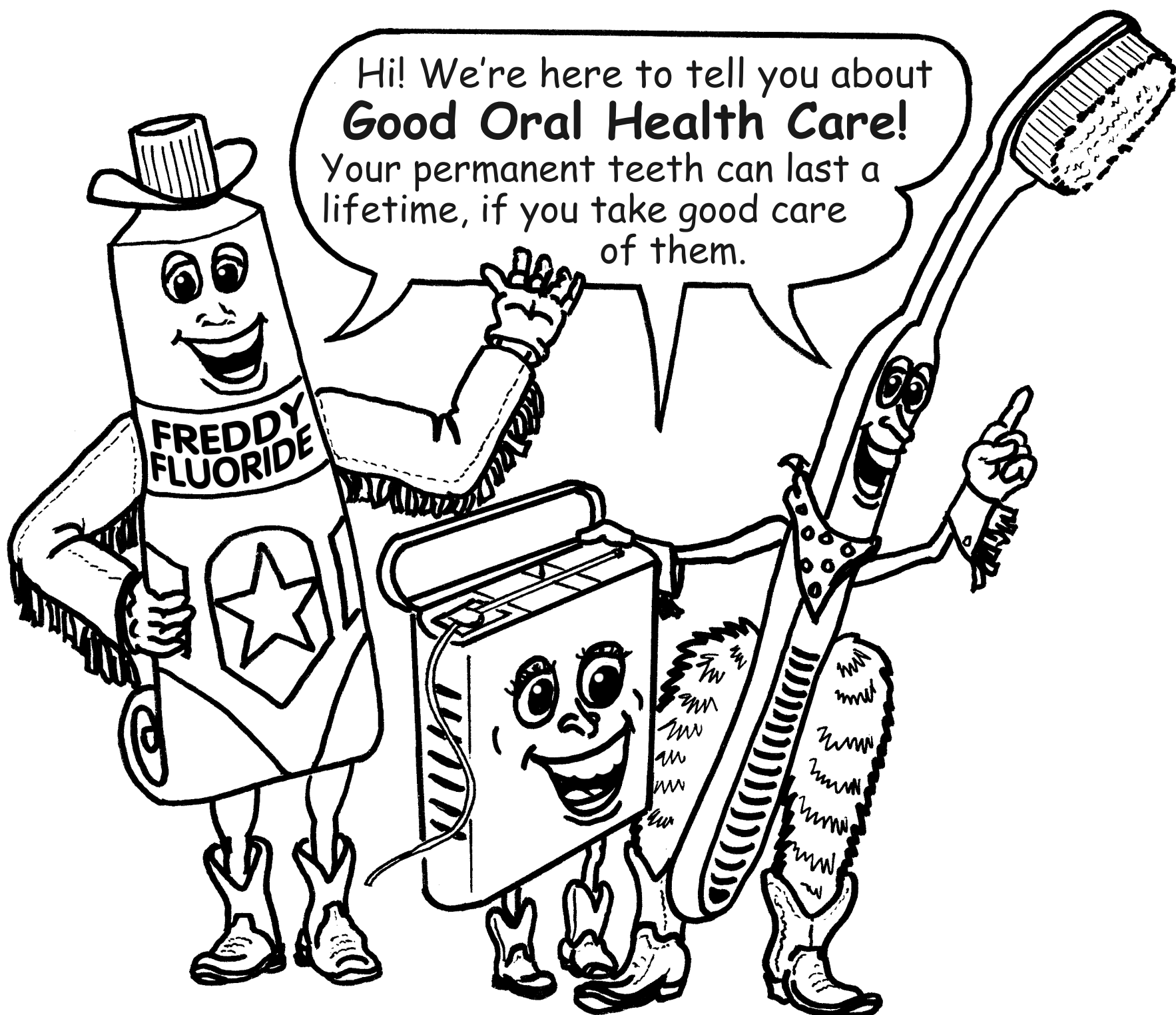
State of Illinois
 Department of Public Health



RIDE

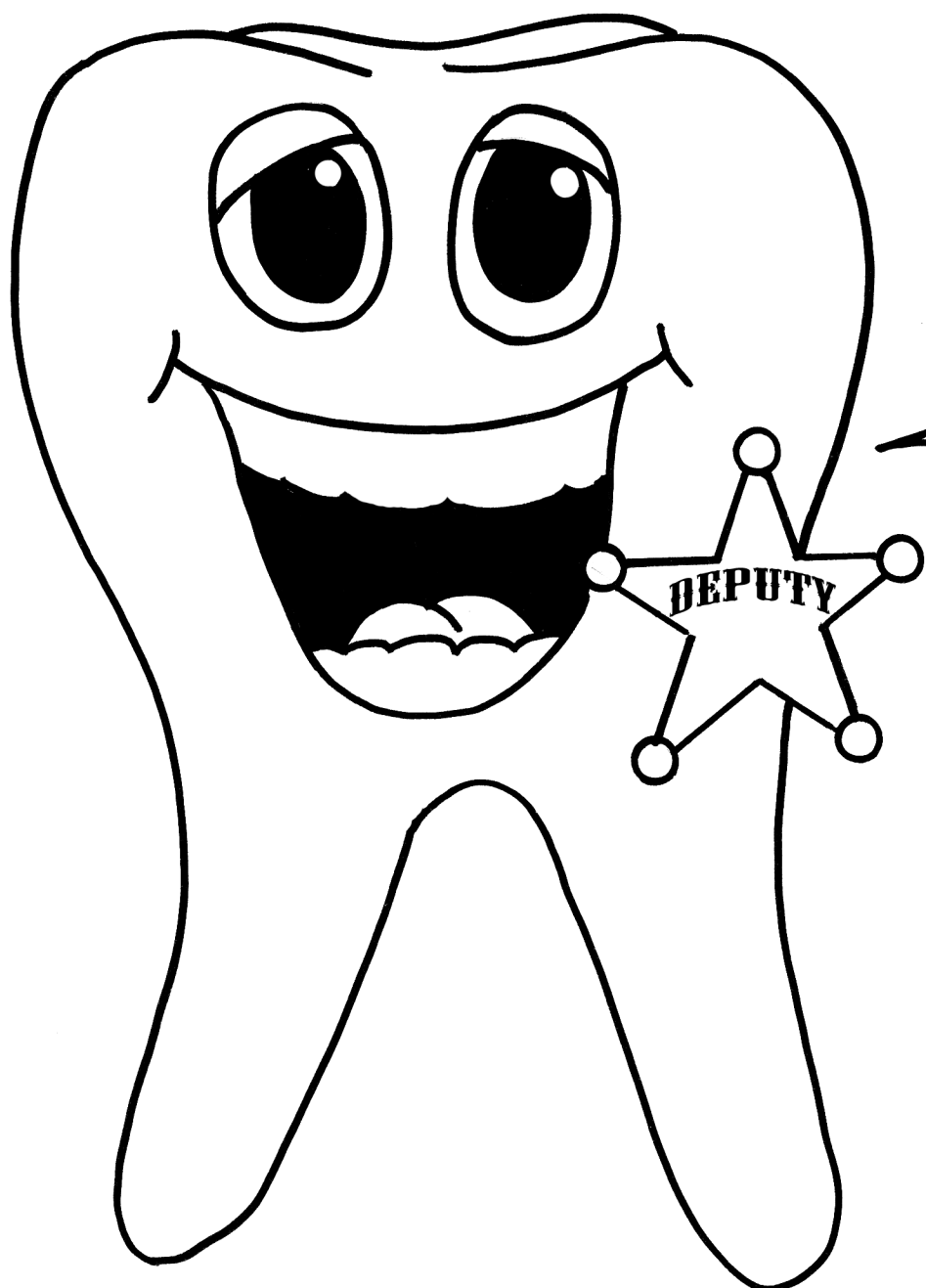


HEALTHY TEETH TRAIL



Hi! We're here to tell you about
Good Oral Health Care!
Your permanent teeth can last a
lifetime, if you take good care
of them.

FREDDY
FLUORIDE



Remember kids,
stay on the
Healthy Teeth Trail.

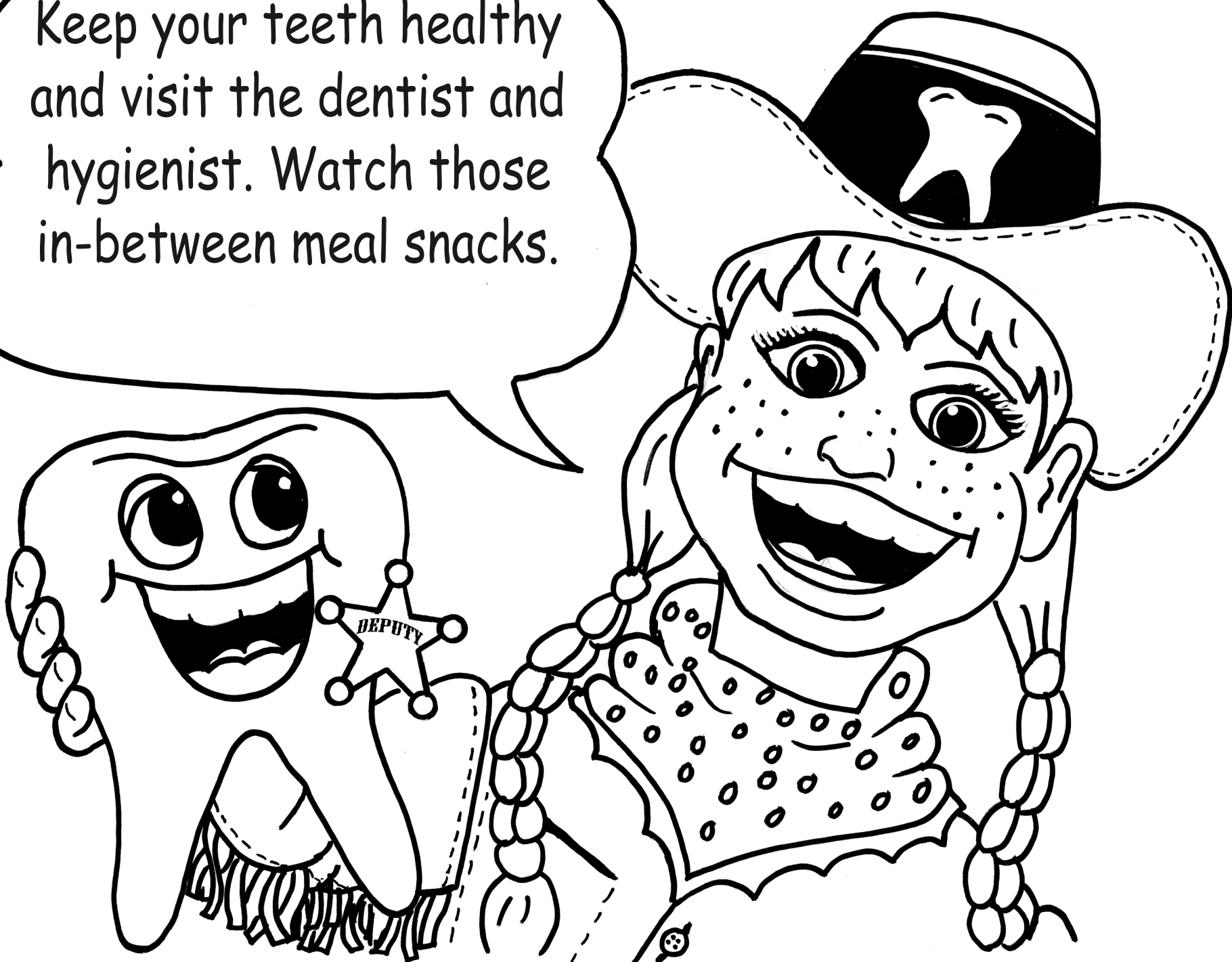
1. Be sure your teeth are protected by fluoride.
2. Cut down on foods and drinks that have lots of sugar.
3. Go to your dentist and hygienist.
4. Brush and floss your teeth.



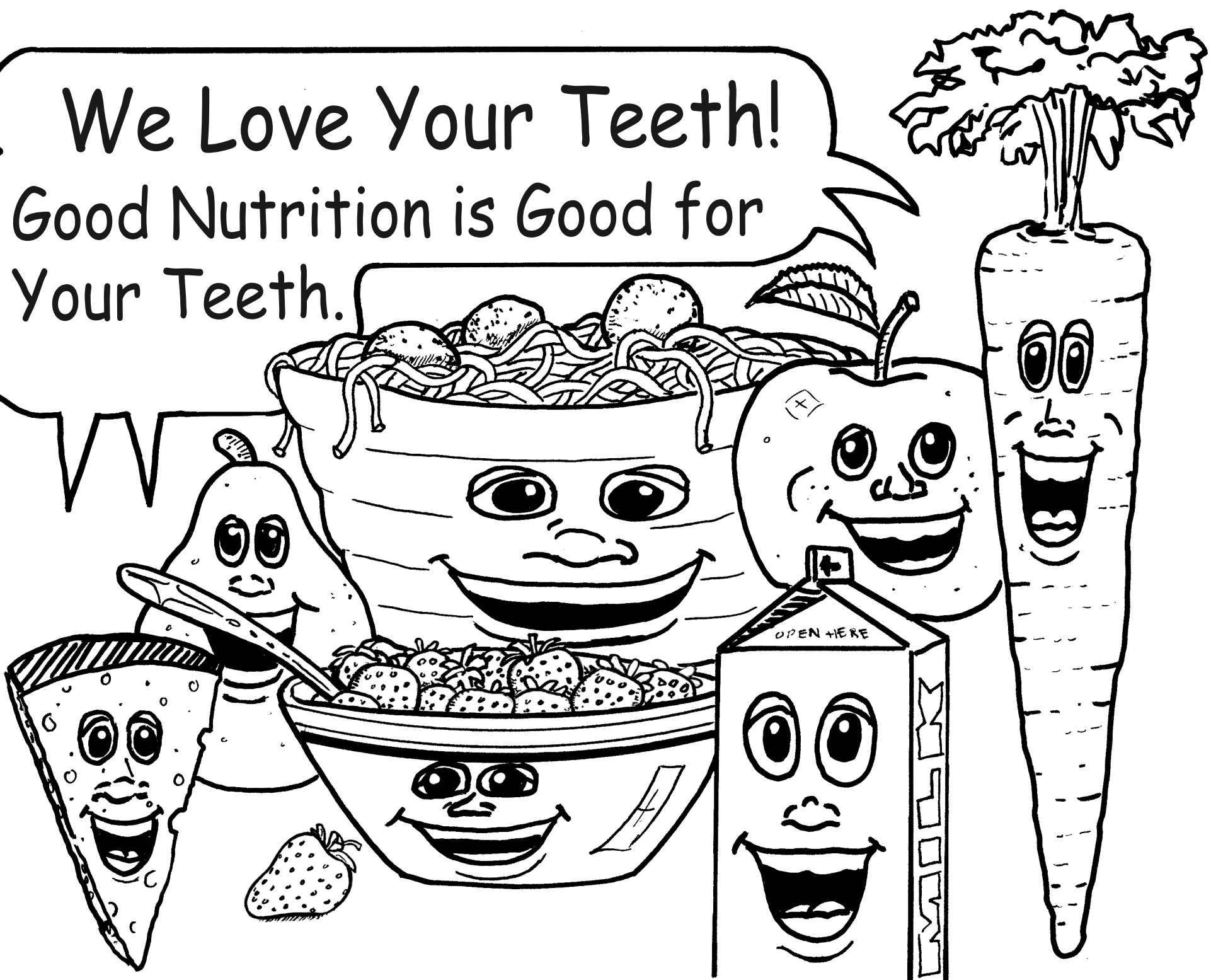
Fluoride Helps
Fight
Tooth Decay!

So Use Me
Everyday.

Keep your teeth healthy
and visit the dentist and
hygienist. Watch those
in-between meal snacks.



We Love Your Teeth!
Good Nutrition is Good for
Your Teeth.

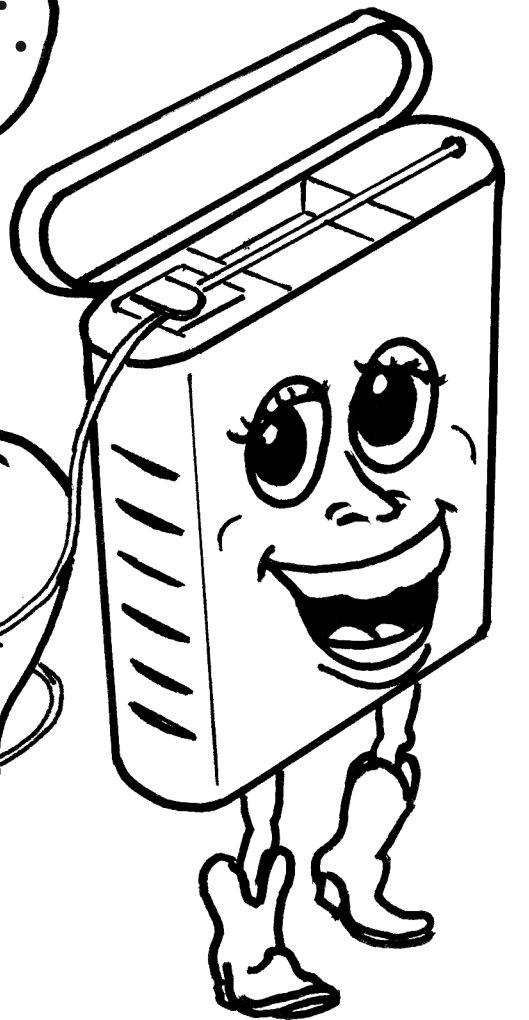
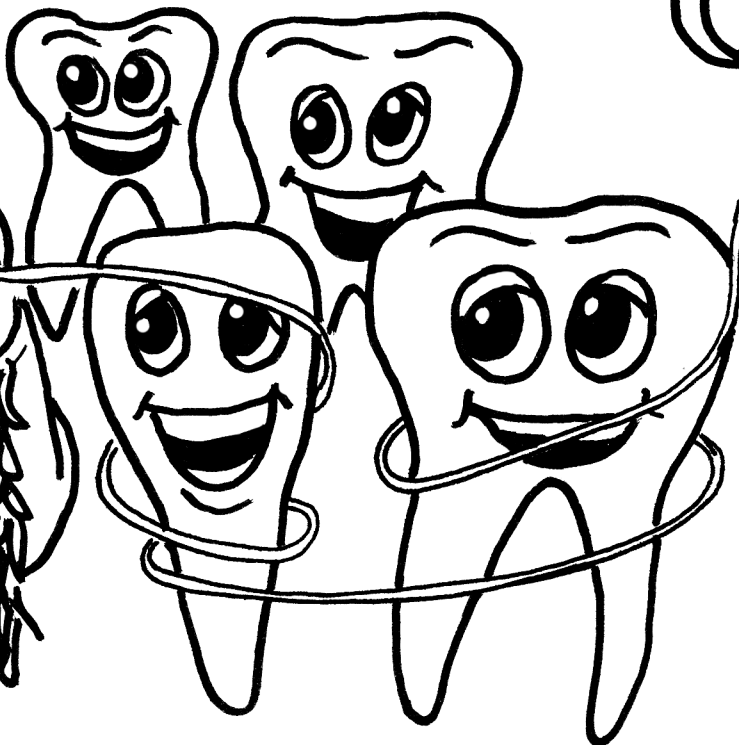




Brushing your teeth
before bedtime
is a good idea.



Hi! Betsy Floss here.
Remember to floss those
little beauties to keep your
smile bright.



Brushing after every meal
and after sweet
snacks is GREAT!

