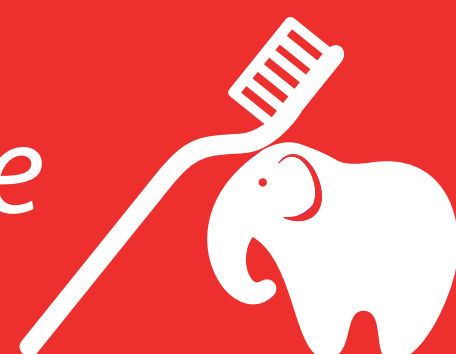


Staying overnight?

*If you've forgotten
your **toothbrush**,
please ask your nurse for one*



**Brush teeth
twice a day**



**Use a
fluoride
toothpaste**



**After brushing,
spit, don't rinse**



**Avoid sugary
snacks and drinks**

