



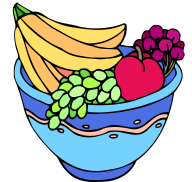
Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

“Don’t let your treat be a sweet”



Now that we have to stay at home
Cause of Corona virus we cannot roam
To visit our friends we must not do
But not for long, maybe a week or two

So think of your teeth & lovely smile
And leave your sugar hit for a while
Twice a day put your toothbrush to good use
Try to avoid sweets or drinking juice.



Don’t forget to use fluoride toothpaste
A pea sized amount and then there is no waste
Brushing your teeth twice a day
Will help to keep decay away.



Don’t swallow the toothpaste – spit it out
Get help when brushing if in doubt.
For a snack choose fruit and vegetables for your pack.
Drink milk or water first as these are best to kill the thirst.

Keep sugary foods and drinks to have with your meal
as then much better you will feel.
Your dental appointment you should always keep
And go to bed early and get enough sleep



From all this brushing I might get worn out
a new tooth brush you might have to check out.

Happy brushing, have fun & stay safe



Oral Health Promotion Meath Louth CHO 1 & CHO 8
Covid-19
Poem composed by Rose Bradley Molloy