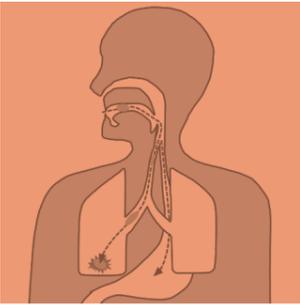


Don't Forget Your Oral Health!



Prevent pneumonia in emergency evacuation

- If the mouth is not kept clean, bacteria can grow and cause pneumonia and other systemic diseases.
- Elderly people need to be extra careful.



What if I don't have a toothbrush?

- Gargle with a little water after meals.
- Clean your teeth with a piece of clothing or paper towel.



How to brush teeth when water is limited?

- Prepare 30ml of water.
- Wet your toothbrush and brush your teeth for 2 minutes.
- Every so often, wipe bristles with a paper towel.
- Rinse your mouth 2-3 times with the remaining water.

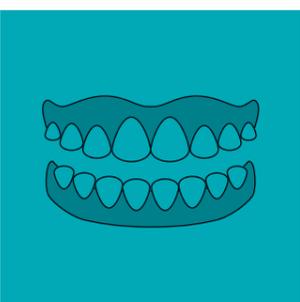


- Use mouthwash instead of water if available.
- Gargle after every meal.



Saliva will help you

- Saliva helps to cleanse the mouth.
- To help produce saliva, warm up or rub your cheeks, and under your chin.



Cleaning your dentures is a must, too

- Clean dentures are key to a clean mouth.
- Clean dentures after meals.
- Remove dentures before sleeping.