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# **CONTACT SPORTS = MOUTHGUARDS**

Wear a mouthguard when playing contact sports like:

| > football   | > hockey | > martial arts  |
|--------------|----------|-----------------|
| > netball    | > rugby  | > soccer        |
| > basketball | > boxing | > skateboarding |

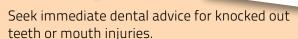
Some sports, such as cricket, need a full-faced helmet or face guard to protect teeth.

## HOW DO I GET A MOUTH GUARD?

Your oral health professional can make you a custom mouthguard.

OR you can buy a low cost do-it-yourself kit from a chemist or sports store.

#### **REMEMBER**



For dental emergencies call: 1300 360 054\* Country callers can call: 1800 833 039



When you play outside, wear an SPF 30+ broad spectrum lip balm and sunscreen to help protect against skin cancer.

\*standard call charges apply

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