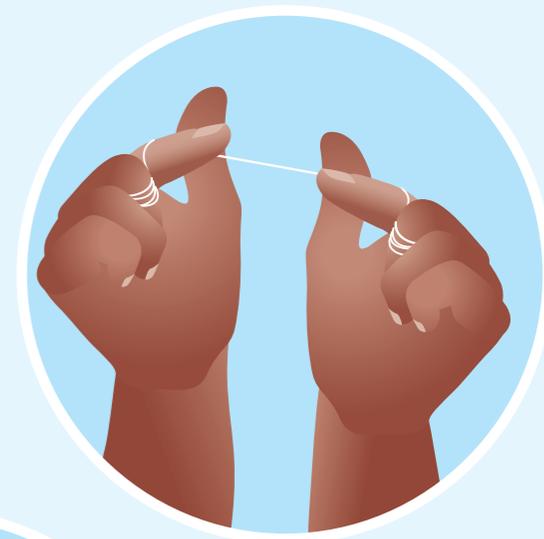


How to floss

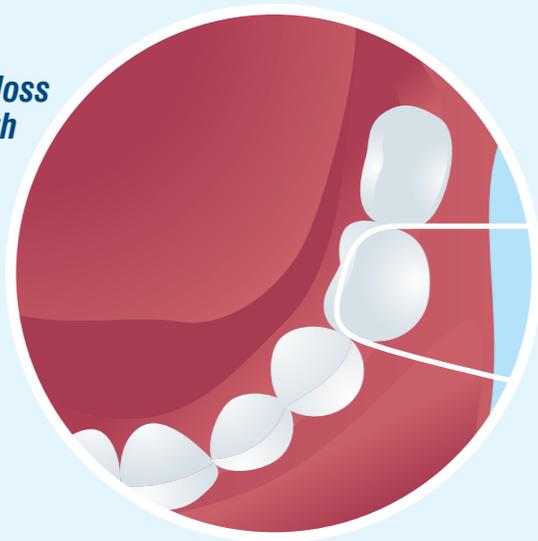
- 1** Everyone should floss, including children. Flossing should begin as soon as two teeth are touching.



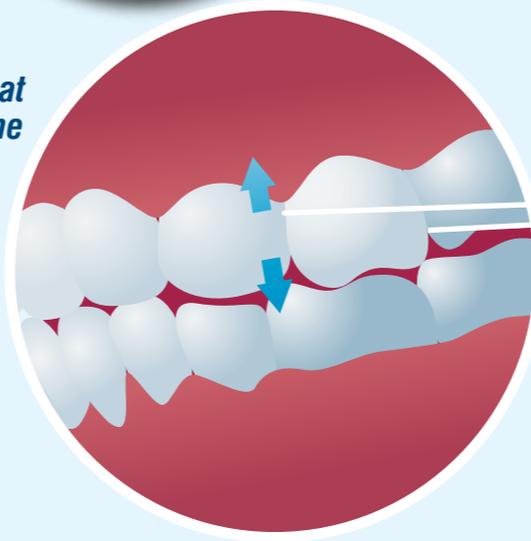
- 2** Use enough floss so that you can wrap it around your middle fingers. Use your thumbs and index fingers to guide the floss.



- 3** Gently ease the floss between two teeth and form a 'C' shape against the surface of one tooth.



- 4** Pull the floss so that it is tight around the tooth and gently guide it up and down from the chewing surface to under the gum. Repeat for each side on all teeth.



- 5** Samples of floss products available from supermarkets and pharmacies.

