Mouthguards should be worn for all contact sports. Even at training!

Remember - proper sports gear includes proper mouth protection.
Wear a mouthguard when playing contact sports like:

<table>
<thead>
<tr>
<th>&gt; football</th>
<th>&gt; hockey</th>
<th>&gt; martial arts</th>
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<tbody>
<tr>
<td>&gt; netball</td>
<td>&gt; rugby</td>
<td>&gt; soccer</td>
</tr>
<tr>
<td>&gt; basketball</td>
<td>&gt; boxing</td>
<td>&gt; skateboarding</td>
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Some sports, such as cricket, need a full-faced helmet or face guard to protect teeth.

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.

Seek immediate dental advice for knocked out teeth or mouth injuries.
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