SEAFARERS HEALTH

DENTAL CARE | NO. 08

HEALTH

2×2

2 minutes, 2 times a day. Your teeth sail with you.

Brush 2 minutes, twice a day.

Swelling in the face or neck, fever or trouble swallowing is an emergency. Get radio medical advice.

Read the free guide

seafarershealth.org/dental-care/

Free to print and share. General information, not medical advice.