



INFORMATION EN SANTÉ PUBLIQUE

Direction générale de la santé  
Avenue des Casernes 2  
CH – 1014 Lausanne

021 316 42 00  
[info.santepublique@vd.ch](mailto:info.santepublique@vd.ch)  
[www.vd.ch/bouche](http://www.vd.ch/bouche)



**It's my mouth, I care for it**



# It is important for my health

Oral health involves your mouth, teeth and gums. Your mouth helps you to perform certain functions, essential to your well-being, such as speaking, drinking, eating and smiling. There is a link between oral health and your overall health, quality of life and positive self-image. Look after your health: cavities and other oral diseases can often be avoided!

## Advice

### 1. Tooth brushing



Minimum twice/day, 2 minutes



Gentle rotating movements



After meals or treats



Age-appropriate fluoride toothpaste

### 2. Babies and small children



Milk teeth = first brushing



With an age appropriate brush



Do not share dummies and baby bottles

### 3. Check-ups



Minimum once/year



To keep your teeth healthy



### 4. Sugar



The bacteria that causes cavities feed off sugar



Watch out for sweets and treats



Watch out for sugary and fizzy drinks, especially in baby bottles

## Aid to pay for dental care

The cost of dental care can delay access to treatment. Financial support can be applied for in cases of severe financial hardship. The "Financial support" (Aides) section of [www.vd.ch/bouche](http://www.vd.ch/bouche) will tell you who to contact according to your personal situation.

## Cantonal policy

Some people are more vulnerable than others due to their age (children and senior citizens), their health or disabilities. The Canton is committed to tackling

health inequalities by supporting, for example, check-ups carried out in schools or institutions, access to care for vulnerable people, and prevention.



See all information at [vd.ch/bouche](http://vd.ch/bouche)