

The 2-2-2 Rule for Healthy Teeth

**Brush Your Teeth
2 Times a Day!**



**In the Morning
& at Night!**

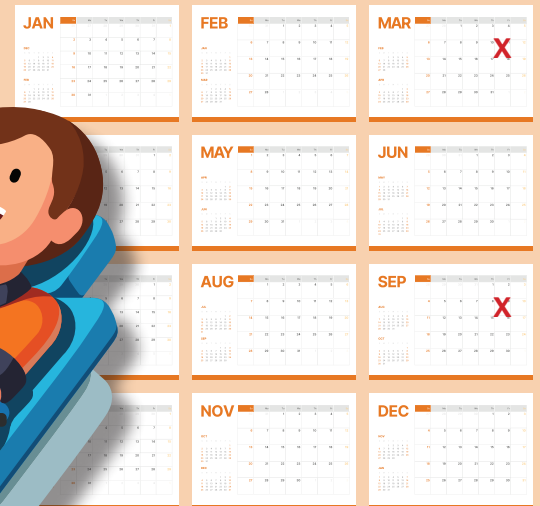
Don't forget to
floss at night
before brushing
your teeth.



**Brush your Teeth for 2
Minutes. Set a Timer or
Play a 2 Minute Song.**



**Visit the Dentist
2 Times a Year.
That's Every 6
Months.**



Source: <https://www.calstatela.edu/echo/echo-educates>