

SAY
AHHHHH

REMEMBER!



VISIT THE
DENTIST

every year for a
healthy mouth.

BRUSH
YOUR TEETH

twice a day, when you
wake up and before
you go to bed.



EAT HEALTHY

not sugary snacks
and junk food.



DRINK
WATER

not sweet,
sugary drinks.



RHD
Queensland

For more information speak with your dentist, doctor or nurse

Rheumatic Heart Disease Register & Control Program, Queensland

Phone 1300 135 854 or email ArfRhdRegister@health.qld.gov.au