

How To Use Promotion Card

This set of Oral Health Promotion Cards can be used by all health professionals and community programs in a variety of settings.



Each card contains evidence-based oral health messages for different age groups. The goal is to educate individuals and families about different ways to prevent dental disease at home. Please share these talking points with patients, families, clients, and students. Brochures for each age group are also available. Cards and brochures are available in Spanish.

A healthy mouth is important for people to eat, speak, smile, have good self-esteem, be free of pain, and do well at school and work. Tooth decay, gum disease, dry mouth, and oral cancer are examples of conditions that people experience in life. They can cause discomfort, pain, and be costly to treat. Learn to prevent such conditions by following simple measures at home.

Oral Health Promotion Cards

1. How to Use Promotion Cards
2. Is this Child at Risk for Decay?
3. Pregnant Women
4. Pregnant Women with Nausea
5. Breastfed Infants 0 -11 Months
6. Infants 0 -11 Months
7. Children 1- 5 Years
8. Children 6 -12 Years
9. Teens 13 -18 Years
10. Children with Special Needs
11. Is this Adult at Risk for Dental Disease?
12. Adults
13. Older Adults

To reprint cards visit:

www.doh.wa.gov/OralHealthPromotionCards



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For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-525-0127 (TDD/TTY 711)