

Mundhygiene für Erwachsene

K ZāB ZchX] Zc\Z] ZcVj HhX] aZ1aX] °oj b °OV] cVgpi! j b °ZcZc°9 Z[Z i°VW] VcYZac°g° a°hZc#9 WZ^°h° Y°Z E[a°Z°YZg°OÁ] cZ°Yj gX] °YZc°OV] cVgpi j cY°hZ°cZ°egd[ZH°dcZaZ°B j cY] n°ZcZVh°h°Zci°c°] Zj iZ°i °X] i°^Zg YZcc_#9 Zg: gM°o°d°YZg°Y°Z°G°Ze°Vg°Mj gkdc°OÁ] cZc° Vcc°g° °Z°cZg] d] Zc°7Za°hij c°[Üg°YZc°< Za°WZ] iZa l Zg°YZc#9 V°ad] ci°h°X] °Y°Z°egd[ZH°dcZaZ°OV] cgZ°c°^j c°\°Vj X] °[°c°Vco°Za#9 Vg°WZg°] °c°Vj h°WZYZ] iZi°Z°c° \Zh° c°YZh°< ZVh°b° Z] g°AZWZch°f°j Vaf°Ái°/° Z°cZ°HX] b° ZgpZc!° g°[ikda°Zh°Oj VZ°Y°Zc!° WZ°h°Zg°Vj H°Z] Zc#

: °cZ°WZ] Á] gZ°B° Zi] d°YZ°YZg°egd[ZH°dcZaZ°c°OV] cgZ°c°^j c°\°h°c°Y°j chZgZ°B° j cY] n°ZcZ°H°t°g° c°\Zc°#9 WZ^ l °g°>] g°\Zh°b° iZi°< ZVh°h°j c°Y°OV] c] VáZVee°Vg°M°t°OV] c[a°Z°h°X]!°@cdX] Zc°\°g°k°Ya°X] °j ciZg°j X] i°j c°Y°Y°Z : g°ZV°t°h°Z°b° °iZ°h°Z°c°Zg°e°Zg°ÓcaX] Zc°6°c°Vah°Z°Zg°Vh°i°#°H°d°Á°h°i°h°X] °Zi l V°Y°Z°i° Z[Z°YZg°OV] c[a°Z°h°X] i°Vh°X] Zc° \Zc°Vj °kZg°b° Zh°Zc#°: h°Zci°h°Z] i°Z°c°°7°°Y°Zg°OV] c[a°Z°h°X] f°j Vaf°Ái° j c°Y°°j gZ°b° °EVg°d°Y°dci°↑°h°G°h° dh°#9 °Z°9°°X] iZ° YZh°OV] chX] b° Za°Zh°a°h°i°h°X] °ZVZc°[Vah°[Zi°h°i°Za°Z°c°j c°Y°hd°kZg°h°ZX° iZ°@Vg°Zh°Zci°YZX° Zc#

°b° l° Z°↑Zg°Z°K°Zg°M° [°YZg°H°t°g° c°\°i° °g°°Y°Vh°< ZVh°h°kdc°°7°Za°\Zc°j c°Y°OV] ch°Z°c°!°°YZc°°=°Vj° eikZg° g°h°X] Zg°°kdc° EVg°d°Y°dci°↑°h°j c°Y°@Vg°Zh°°\Zg°°c°°\i°#°OV] ch°Z°c°!° °g°°b° °↑°j° ag°h°X] Vaf°Zci°[Zg°ci!°°7°Za°\°b° °↑°=°Vc°Y°ch°ig° b° Zci°Zc° j c°Y°He°U°j° c°\Zc°#°<ci°Zg°YZci°Vá°W°g°i°Zc°j° c°Y°OV] ch°Z°Y°Z° db° b° Zc°WZ°°Y°Zc°°OV] cd° °h°X] Zc°g°Á° b° Zc°°g° b° °: °ch°M°o°#° K°Zg°Á°g°/°c°\Zc°°a°h°Zc°°h°X] °b° °↑°Y°Zb° °6°°g°;° adl° °WZ°h°↑°\Zc°#°HX] aZ1a°X] °l° °g°°Y°Zg°OV] chX] b° Za°eda°Zg°!°°YZcc° Vj [°\°a°i°Zb° °OV] chX] b° Za°°] V°i°Zc°°W° i°Zg°Za°Z°°7°Za°\Z°h°X] a°Z°X] i°Zg°#°Oj° °j° i°Zg°AZi°d°°Zg° Vá°Zc°°Y°Z°°OÁ] cZ°°d°j° g° =°Á°j° c°\°YZh°OV] chX] b° Za°Zh°Z°c°Z°;° á° dg°Y°Zg° c°\°#°: °c°Z°hd°°ci°Zch°kZ°°G°Z°c°^°j° c°\°a°h°i°h°X] °j° cb° Ó°a°X] °d°j° °=°Vj° h°Z° b° °↑°YZc°°Ü°W°X] Zc°°=°°á°h°b° °i°Za°°Y°j° g°X] [Ü] gZ°c#

6j [°Y°Z°G°Z°c°^°j° c°\°[°dai°°Y°Z°°7°Zg°Mj° c°\°#°H°Z°°Vh°°EM°°Zci°°á°gp°Zc!°°Ej° i°o°[Z]° á°g°oj° °kZg°b° Z°Y°Zc°j° c°Y°>] gZ°°OÁ] cZ°°cd°X] VZ°h°Zg°oj° °e[a°\Zc°#

<°á°X]° oZ°↑°^°°á°gp°Zc°°H°Z°°j° g°e°Zg°ÓcaX] Zh°G°°h°° d°Z°°ch°X] Ái°oZ°c°°oj° °° Ócc°Zc!°°Vc°°Z°c°Zg°°EVg°d°Y°dci°°↑°h°j° °Zg°°g°Vc°° Zc#



Mundhygiene für Kinder

L °g°i° da°Zc°°c°j° chZgZg°D°g°°c°M°°dc°°Vaf°Zh°Y°V[Üg°ij° c!°°Y°M°h°°Vc°°YZc°°OÁ] cZc°j° chZgZg°° á°°c°Zc°°EM°°Zci°Zc°°\°Vg°c°°X] i° Zg°i°°H°X] Á°YZc°°Zci°h°Z] Zc°#9 V[Üg°] WZc°!° °g°Z°c°°K° dg°d°g°Zeg°\°g°b° b° °Zci l °X° Zá!°°Y°Vh°°Y°Z°=°Vj° eij° g°h°X] Zc° i°ne°h°X] Zg°OV] cZg°°g°Vc°°j° c°\Zc°!° Z°↑°\Z] Zc°Y°Vj° h°h°X] Vá°Zi°#

H°X] dc°[Üg°Y°Z°°\°Vco°°@°á°°c°Zc°°°h°i°°g°Z°\Zab° Á°V°\Z°h°°OÁ] cZej° i°oZ°c°!° °X] i°^°#°>°j° chZgZg°D°g°°c°M°°dc°°W°g°°c°\Zc°!° °g°Y°Zc° @°Y°h°e°°Z°á°g°h°X] °YZc°°J° b° \°Vc°°\°b° °↑°YZg°OV] c°W°g°h°i°Z°WZ°°#°B° °↑°=°°á°Z°Y°Zg°6°c°[Á°g°WZi°Z°X] c°^° °b°°W°X] Zc°!° °g°Y°Z° °c°Y°k°°Y°j° Za°Zc°°Ej° i°oh°X] l° V°X] h°i°Za°Zc°°h°X] i°W°g°#°6°j° X] °YZg°g°X] i°^°Z°°J° b° \°Vc°°\°b° °↑°OV] chZ°Y°Z°°h°Z] i°Vj° [°YZb° °J° ci°Zgg°X] i°hea°c° °°c°j° chZgZg°°OV] cej° i°oh°X] j° á° °#9 °Z°°g°X] i°^°Z°°=°Vc°Y] W°j°c°\°i° °g°Y°:° á°Zg°°j° c°Y°@°c°Y°Zg°c°

Vj h[ù] gǫX] ˘Zg aǫj ˘YV[ùgc' b b i' hX] j chZg˘egd[Zh'hcZaZ˘B j cY] n\Zc^ Zg˘k'ZaOZ1#

B 1'hvc[iZc˘EdaZgWùgiX] Zc'j cY˘Z'cZg'aZ X Zg'hX] b ZX ZcYZc˘EdaZgeVriZ˘Zci[ZgcZc'1 ˘g'OV] cWZa\Z˘VaZg
6g'j cY˘edaZgZc˘Y'Z˘OÁ] cZ'[ùgZ'c'hig] aZcYZh@˘cYZgǫX] Zc#9 Z'kÓaa\ hX] b Zgp[gZ'Z˘OV] cgZ'c˘^j c\˘hi˘YZ
7Vh'h[ùg\Zhj cYZ˘OÁ] cZ˘ ˘dWB ˘ǫ] "˘dYZgVZ˘VZcYZg'OV] c#9 Z˘@˘cYZgb j cY] n\ZcZ˘WZiZi˘ùWZg˘YZc
GZ'c˘^j c\hZ[[Z i'] ˘cVj hZ'cZc˘VZhcYZgZc˘K dgZ'a[ùg@˘cYZg˘H'Z˘c˘b b i˘^] cZc˘Y'Z˘6c\h'kdgYZb
OV] cVgi'j cY˘VZgZ1Zi˘hZ˘hd˘Vj [˘Vc\ZcZ] b Z'L Z'hZ˘Vj [˘b ÓaX] Z˘heÁiZgZ˘7Z] VcYáj c\h'hj V'˘dcZc˘kdg#