

**KNOCKED
OUT
TEETH
DON'T RISK IT**



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FACT

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CONTACT SPORTS = MOUTHGUARDS

Wear a mouthguard when playing contact sports like:

> football	> hockey	> martial arts
> netball	> rugby	> soccer
> basketball	> boxing	> skateboarding

Some sports, such as cricket, need a full-faced helmet or face guard to protect teeth.

HOW DO I GET A MOUTH GUARD?

Your oral health professional can make you a custom mouthguard.

OR you can buy a low cost do-it-yourself kit from a chemist or sports store.



REMEMBER

Seek immediate dental advice for knocked out teeth or mouth injuries.

For dental emergencies call: 1300 360 054*

Country callers can call: 1800 833 039

ALSO

When you play outside, wear an SPF 30+ broad spectrum lip balm and sunscreen to help protect against skin cancer.

*standard call charges apply

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