

The Brush At School! (BAS!) project promotes daily toothbrushing with fluoride toothpaste and handwashing with soap at school.
Education and health go hand in hand.

Toothaches have a huge impact on the quality of life of children and on their ability to learn.

It has been proved that simple measures as toothbrushing and handwashing yield positive results for children.

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NOHS
Netherlands Oral Health Society

MEDORA Nepal
health foundation

www.tamsarya.nl
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medical checks for children

CHC

STICHTING DHAMPUS
THE NETHERLANDS

Oral Health Care

NOHS
Netherlands Oral Health Society

for Nepali Children

नेपाली बालबालीकाहरुका लागी दाँत र मुख स्वस्थ राख्न ध्यानपुऱ्याऔं

Brush At School!



Daily toothbrushing with fluoride toothpaste at school

दैनिक फ्लुराइडयूक्तमञ्जनले विद्यालयमा दाँत माझ्ने गरौं



Put a pea-sized amount of toothpaste onto a dry toothbrush

ठूलो केराउ जत्रो अलिकति दन्तमञ्जन सुकेको दाँत माझ्ने ब्रशमा हाल्नु



Brush all teeth, especially your molars, for two minutes

सबै दाँतहरु माझ्नु , विषेशगरि चपाउने दाँतहरुलाई दुई मिनेटसम्म माझ्नु



Spit the toothpaste out
Do not rinse your mouth

मुखमा रहेको दन्तमञ्जन थुक्नु
मुख नपखाल्नु



Rinse your toothbrush with water

ब्रशलाई सफा पानीले पखाल्नु

Daily handwashing with soap at school

दैनिक साबुनले विद्यालयमा हात धुने गरौं



Wet hands with running water

बगेको वा खन्याएको सफा पानीले हातहरु भिजाउनु



Apply soap and create lather
Rub palms together

साबुन दलेर फिज निकाल्नु हत्केलाहरु एकैसाथ माझ्नु



Rinse hands with running water

बगेको वा खन्याएको सफा पानीले हातहरु धुन्नु



Dry hands in the air

हावामा पानी झारेर हातहरु सुकाउनु