

# Safe Swallow Recommendations

## 1) Use Provale cup for all drinks

- **Why?** Smaller sip sizes help protect your airway from aspiration (liquids going towards your lungs)



## 2) Brush your teeth at least 2x/day

- **Why?** To help kill bacteria that builds up in the mouth. If this goes to your airway, it can also increase risk for developing pneumonia.

