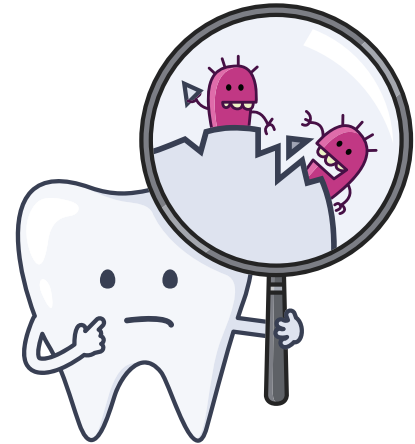


Germs Make Cavities

Did You Know?

- **Germs plus food and drinks** high in sugar or carbohydrates cause cavities.
- White or brown spots on teeth may be early signs of tooth decay and a black spot is probably a cavity.
- Cavities get bigger and bigger until the dentist fixes them.



White spots
(the start of cavities)



Tooth decay

Cavities can be prevented!

Take the Healthy Mouth Challenge!

I will:

- Check my child's teeth for white, brown or black spots.
- Make an appointment with my child's dentist if I see any white, brown, or black spots.

