STOP THE SPREAD OF CAVITIES

Did You Know?

Cavities are caused by bacteria in the mouth. This bacteria can be passed from person to person, especially to young children.

Protect Your Child's Smile With These Tips

Brush Two Times Per Day

Brush your child's teeth at least twice per day with a pea-sized amount of toothpaste with fluoride.

Don't Share Germs

Avoid sharing anything that goes in your mouth such as toothbrushes and eating utensils.

Keep Toothbrush Clean

It's important to change your child's toothbrush every 3-4 months, and especially after being sick.

Limit Sugar Intake

Limit sugary food and drinks. Water is the best drink.

MDHHS | Oral Health

Michigan Department of Health & Human Services

MDHHS-Pub-2216 (7-25)

The Michigan Department of Health and Human Services (MDHHS) does not discriminate against any individual or group on the basis of race, national origin, color, sex, disability, religion, age, height, weight, familial status, partisan considerations, or genetic information. Sex-based discrimination includes, but is not limited to, discrimination based on sexual orientation, gender identity, gender expression, sex characteristics, and pregnancy.