



# DENTAL HEALTH



## HOW ARE CAVITIES FORM?

- We all have germs in our mouths, which, when in contact with food, produce an acid that is the cause of cavities.
- The faster the acid is removed from your teeth, the less likely you are to get cavities.



## WHAT FOODS TO AVOID

Avoid eating foods with a high amount of sugar or chewy, as these will remain on your teeth for a long time.



## DRINK MORE WATER

- Drink plain water throughout the day.
- Water helps your saliva remove sugar from your teeth.
- Tap water contains fluoride, a natural mineral that helps prevent cavities.



## REMEMBER TO BRUSH YOUR TEETH

- Brush your teeth from each angle at least 2 times a day for 2 minutes.
- Floss once a Day .
- Don't go to sleep without brushing your teeth.



## MAKE A VISIT THE DENTIST

- First visit, first birthday
- Annual check-ups to detect early cavities and strengthen teeth.

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