

Don't forget to brush the gums

Gums get sick too. Gum disease is caused by plaque that stays on our teeth for a long time.

Early signs of gum disease are:



bleeding



redness



bad breath

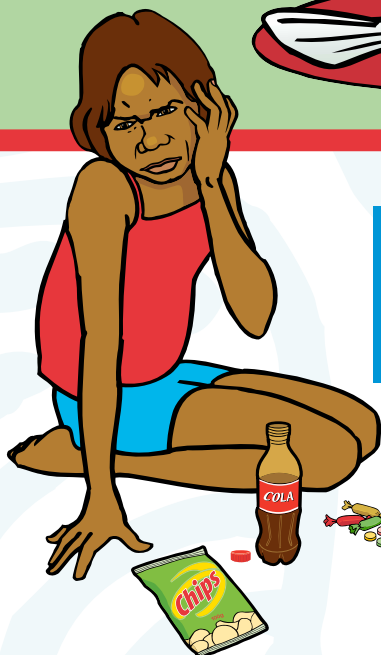


See a health
worker or dentist
straight away.

If your gums bleed,
make sure you gently
clean that area well.

Keeping teeth strong

Eating healthy food helps keep teeth strong.



Too many sweets
can make teeth weak.

