ORAL HEALTH TIPS

ARE YOU CARING FOR YOUR ORAL HEALTH DURING THE COVID-19 PANDEMIC?

DID YOUR EATING HABITS CHANGE?

DO YOU EAT MORE SUGAR?

DO YOU FALL ASLEEP AND FORGET TO BRUSH YOUR TEETH?

Did you know that the coronavirus that causes COVID-19 spreads through droplets, including saliva? To help prevent the spread of COVID-19, dental clinics have reduced their activities.

Until further notice, dentists and dental hygienists are only available for emergency dental care. Regular dental care, such as examinations, cleaning and fillings, is not available at this time.

If you have a dental emergency, call your local dental clinic. Your provider will assess your case and decide whether you require immediate care.

Until your dental clinic reopens, here are some tips to help you maintain good oral health:

7 WAYS TO PREVENT TOOTH DECAY

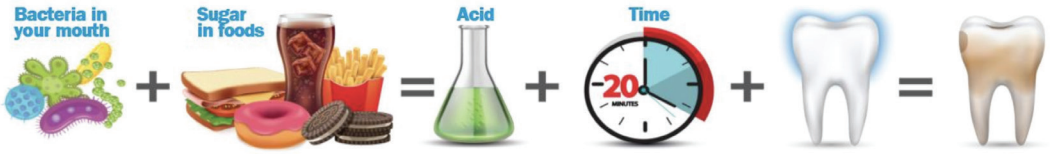
- **Cut down** on food or drinks with **added sugar**; e.g. juice and pop.
- Make **water your #1 choice** of beverage.
- Choose **healthy snacks** such as fresh apples, grapes, carrots, broccoli, celery, nuts and plain yogurt.
- **Limit unhealthy snacks** such as chocolate, granola bars, chips and cookies.
- Eat **less processed food**.
- If you really want to eat sweets, save them for **dessert** (i.e. after your meal).
- **Never leave your baby** in bed with a bottle of **milk or juice**.

7 WAYS TO PRACTICE GOOD ORAL HEALTH

- Brush your teeth **twice a day for two minutes** with toothpaste with fluoride. Brush your tongue too.
- Clean between your teeth; **using floss** once a day.
- Consider using **mouthwash in addition** to brushing and flossing.
- Clean your **dentures and oral appliances daily**.
- If you have been sick, **replace your toothbrush** immediately.
- **Never share** your toothbrush.
- **Help your children** with tooth brushing (0-10 years old).

YOUR ORAL HEALTH IS IMPORTANT!

When you take care of your oral health, you take care of your overall health. Your dental hygienist looks forward to seeing you when regular dental care services resume. In the meantime, **keep your distance from other people, but not your toothbrush!**



Source: Canadian Dental Hygienists Association (www.dentalhygienecanada.ca)

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1 866 **855-2811**