



## Maintaining good oral health during COVID-19

Together, we are facing a new normal right now. It affects all of our schedules, plans and appointments for the near future. Don't forget your oral health in the midst of everything else going on. While dental offices may be closed, there are many things you can do while home.

### Here are a few tips to follow:

1. Brush twice a day with fluoride toothpaste
  - Try to brush for 2 minutes for a thorough cleaning
  - Spit, but don't rinse after brushing to keep the fluoride on your teeth
2. Floss daily
3. Drink fluoridated water
4. Limit your intake of sodas, coffee and alcohol
5. Avoid tobacco products
6. Eat a healthy diet
7. Replace toothbrushes after a sickness

**You can set a good example for any children in your home or life by following these tips. Many dental offices are only open for emergencies or teledentistry right now, but soon they will re-open for regular cleanings and x-rays. Once they do open, make sure to resume your regularly scheduled dental visits.**



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