

# Oral health tips for times when you can't get to the dentist

## Emergency care is the focus

Right now, dentists are postponing all elective procedures due to the ongoing COVID-19 response. These include routine visits. This guidance comes from The American Dental Association (ADA). It will help prevent the spread of the virus.

## Your options for care

Keeping your mouth healthy is so important. Until dentists can open their practices for routine care, plan to maintain good oral health habits. If you have an emergency, please call your dentist's office for advice on next steps.

## Healthy home care

- Brush your teeth twice a day
- Use a toothbrush with soft, nylon bristles
- Replace your toothbrush (or head) every 3 to 4 months and after illness
- Floss daily
- Use other interdental cleaning devices if flossing is hard
- Eat fewer sugary and starchy foods
- Look for foods with vitamin D and calcium to promote healthy gums
- Eat lean meat, fish, and poultry for good sources of protein



## Emergency care

- Call your dentist's office
- Follow advice for issues such as severe pain, bleeding, or swelling
- Avoid hospital emergency rooms, unless advised by your dentist
- Ask your dentist about telehealth options

Material discussed is meant for general informational purposes only and is not to be construed as medical advice. Although the information has been gathered from sources believed to be reliable, please note that individual situations can vary. You should always consult a licensed professional when making decisions concerning eye care.

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