



TIPS

to protect your oral health during COVID-19 pandemic



Maintain Your Oral Health
World Oral Health Day



(1)

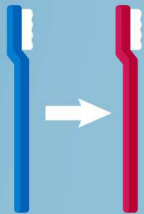
Practice a good oral hygiene

The mouth is one of the main entry points of viruses, which can cause COVID-19 and other infections such as the flu.



Brush twice a day with fluoride toothpaste for two minutes each time

Floss at least once a day and never re-use it



Replace your toothbrush every three months, or immediately after suffering from a viral infection

Avoid sharing your toothbrush with anyone else





(2)

Eat a healthy balanced diet

The COVID-19 pandemic may lead to stress and anxiety.
This may cause an increased intake of foods high in sugar which leads to tooth decay.

You should:



Eat fruits and vegetables



Avoid sugary snacks
(chocolates, sweets)



Drink plenty of water and
avoid fizzy drinks



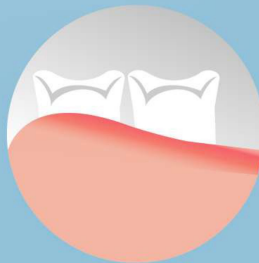
(3)

Quit smoking in all forms

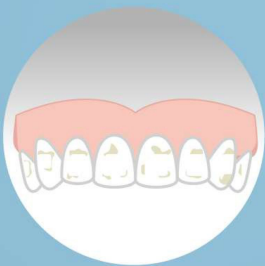
Tobacco use puts you at an increased risk of:



Oral cancer



Gum disease



Staining of the teeth



Premature tooth loss



Bad breath



(4)

Visit the dentist

During the COVID19- pandemic only contact your dentist for any of the following:



Sever toothache



Bleeding in the mouth



A broken tooth



A 'knocked' out tooth



Signs of dental infection
(swelling in the mouth or the face)