

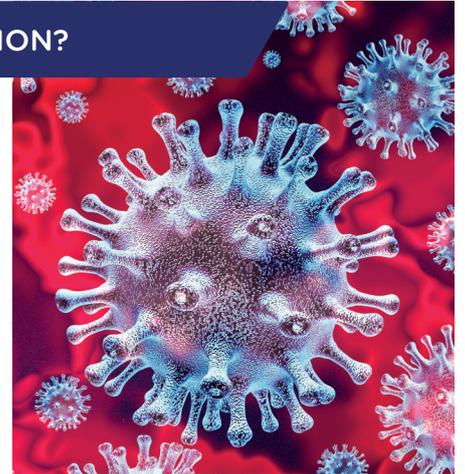
Good oral hygiene in coronavirus times

1. WHAT IS CORONAVIRUS?

COVID-19 is part of a family of viruses, called coronaviruses. COVID-19 is highly infectious. The main symptoms are fever, tiredness and dry cough.

2. CAN BETTER ORAL HYGIENE PROTECT ME FROM INFECTION?

This pandemic has heightened health awareness and people are asking what they can do to protect themselves. This might include paying closer attention to oral care. Antibacterial ingredients in mouthwash can't protect you from the coronavirus. However, good oral care is an important step towards good health. Not only can it help prevent cavities and gum disease, there is also evidence that gum disease is associated with cardiovascular disease, diabetes, long term respiratory disease, pregnancy complications and dementia. **Looking after your mouth is always important.**



3. WILL RINSING WITH A MOUTHWASH PROTECT AGAINST CORONAVIRUS?

No. There is no evidence that using mouthwash will protect you. Some brands of mouthwash can eliminate certain microbes for a few minutes in the saliva in your mouth. This does not mean they protect you from COVID-19.

The World Health Organization has published a list of things will **not protect you** against coronavirus:

- Living in a hot or humid climate
- Living in a cold or snowy climate
- Vaccination - there is no vaccine at present
- Antibiotics do not work against any virus, including COVID-19
- Hot baths or hand driers
- Ultraviolet disinfectant lamps
- Spraying alcohol or chloride cleaners over your body. They can be harmful and should only be used to clean surfaces.
- Rinsing your nose with saline
- Eating garlic

4. SHOULD I WEAR A MASK?

If you are healthy you do not need to wear a mask, unless you are caring for someone with suspected COVID-19. Wear a mask if you are coughing and sneezing. Always replace masks as soon as they get damp.

Good oral hygiene



Brush for at least 2 minutes, twice a day with a fluoride toothpaste



Clean between teeth with interdental brushes (or floss where the interdental space is too small for a brush)



Change your toothbrush at least every 3 months - you might want to change it more often, especially if you have been ill



Mouth wash can be used to complement toothbrushing

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