

Oral Care

During the Pandemic

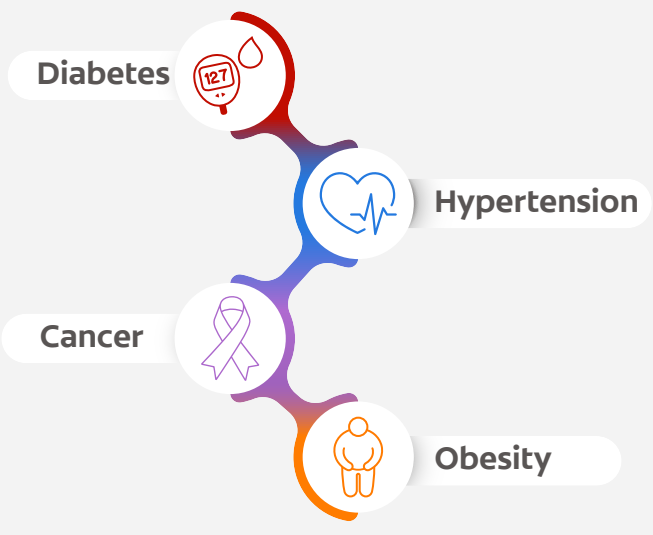
Although temporary, quarantine is a situation that requires extra attention to all aspects of health, including oral health.

Below are our oral care **recommendations** during the Covid-19 pandemic.



Who is high risk for COVID-19?

People **aged 60 years or older** and patients with **chronic diseases**, especially:



WARNING: Dental caries and gum diseases are also chronic conditions and share risk factors with diabetes, hypertension, cancer and obesity.

How to maintain your good oral health



Keep your oral hygiene routine by using a toothbrush, toothpaste, dental floss, and an antiseptic mouthwash.



Boost your oral care by adding a daily use antiseptic mouthwash.



Perform self-examinations with care and attention! Self-examine your mouth with good light and check if there is any difference in your mucosal tissues. Also take note if bleeding is present while brushing your teeth.



Always seek a health professional's recommendation when adopting new oral care procedures. Keep yourself informed by means of media based on scientific evidence.

If you are part of the group at risk, in addition to the above-mentioned care, **please contact your dentist for specific guidance and recommendations!**

When should you consult a dentist?

In situations characterized as dental emergencies/urgencies, such as:

Acute pain	Spontaneous bleeding	Tooth fracture with pain
Eating or speaking limitations	Trauma in the mouth or teeth	Swelling inside or outside the mouth

Together we are stronger!

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This infographic can be updated accordingly based on new advances.