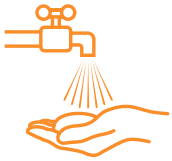
PRACTICE DENTAL DISTANCING DURING COVID-19

Store your toothbrush safely

Avoid side-by-side storage along with the other members of your household. After using it, disinfect the handle.



Wash your hands before and after brushing or flossing

The CDC recommends washing with soap and water for at least 20 seconds.[1]

Try teledentistry first for an urgent issue

United Concordia members can address their critical oral health issues with a video or photograph assessment with their dentist.

Talk to your dentist about when to resume care

Dental offices will follow new infection control and social distancing practices so you can feel safe returning.

Avoid touching your mouth (and eyes and nose too!)

Germs can be picked up by our hands and get into the body through mucous membranes in your eyes, nose, and mouth, a gateway to the throat and lungs.

Don't share toothbrushes, cups or other utensils

Toothbrushes and other utensils that go in your mouth can still have germs on them even after being visibly rinsed clean.[2]

Toss your toothbrush if you get sick

Replace your toothbrush so you don't risk getting sick again. Even if you aren't sick, replace your toothbrush every 3 to 4 months or sooner if the bristles look worn out.[3]

Share a smile – for yourself and others!

Research has found that smiling, even when you don't feel like it, can help improve your mood, lower your heart rate and help your body deal with stress better.[4,5]

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Sources:
1. Consistent Detection of 2019 Novel Coronavirus in Saliva; Oxford University Press; February 2020. 2. Toothbrush Care; ada.org; 2020.
3. Toothbrushes; ada.org; 2020. 4. Effects of smiling manipulation on negative cognitive process during self-focused attention; Shinrigaku Kenkyu; April 2010.
5. Grin and bear it: the influence of manipulated facial expression on the stress response; Psychological Science; 2012.

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