

How to maintain good oral health at home during the COVID-19 pandemic

As communities continue to navigate the COVID-19 pandemic, Delta Dental is here to help Americans maintain good oral health at home. Check out Delta Dental's recommendations for at-home oral care that you can do in front of your own bathroom mirror!

Good oral health practices

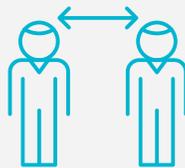
Keep the gleam in your grin with the following dental health basics:

- **Eat a balanced diet** with plenty of fruits, vegetables, whole grains, and low-fat dairy products. Avoid foods high in sugar or starch—they tend to stick to your teeth. Drink plenty of water every day.
- **Brush gently at least twice a day**, with special attention to the gum line. Use a soft-bristled toothbrush and fluoride toothpaste.
- **Floss at least once a day**. You can also use an interdental cleaner—a special pick or brush you use between your teeth.
- **Replace your toothbrush** every three to four months, or earlier if the bristles are looking spread out and worn.
- **Be aware of bad habits** like ice chewing or crunching on hard snacks, using your teeth as a tool or to open packages, or grinding and clenching as these things can cause broken or chipped teeth.
- **Wear a mouthguard** if you are doing a sport or activity that could cause trauma to your face and jaw. Some activities, like mountain-biking, roller boarding or skating, allow you to keep your “social distance” but are safer with a helmet and mouthguard!

Take steps to prevent the spread of germs and viruses



Wash your hands with soap and water for at least 20 seconds.



Avoid close contact with people, and avoid shaking hands. Use other noncontact methods of greeting.



Stay at home if you are sick, except to get medical care.



Cover coughs and sneezes with a tissue or the inside of your elbow.



Clean and disinfect frequently-touched surfaces daily.



Don't share a toothbrush or mouthwash. Replace your toothbrush after you are sick.