



CORONAVIRUS AND ORAL HEALTH

Information for parents about visiting the dentist.

MAINTAIN A HEALTHY LIFESTYLE

It is important your child receives regular oral health care. Before booking your next dental appointment call your nearest practice and ask the team about the changes they have made to lower the risk of spreading the Coronavirus to patients and parents.

DENTAL CHANGES MAY INCLUDE:

- Our practice may call you before your child's visit and ask questions about yours and your child's health, including their oral health. These questions may be asked again on the day of your visit.
- A limited number of people able to attend the visit. For example, having only one parent in the practice with their child.
- Upon arrival, you will have the option to check-in via our convenient Coronavirus app or sign in manually.
- Having you call the dental practice upon arrival as you may have to wait outside before the visit.
- Limiting the number of patients seen in the practice at a time.
- Not providing care to children with a fever or other signs of Coronavirus, unless the child has oral pain or a dental injury.
- We will continue our already high commitment to infection control procedure. Treatment rooms will continue to be disinfected thoroughly after each patient lowering the risk of spreading Coronavirus.





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It is important for parents to serve healthy foods and drinks and promote good oral hygiene habits to keep children's mouth healthy during the Coronavirus pandemic. Here are some simple things to do at home.

EATING HEALTH FOODS AND DRINKS

- Serve your child healthy foods that are low in natural and added sugar.
- Serve either milk or tap water with snacks and meals.
- Give your child a variety of healthy snacks, such as cheese and biscuits or fruit, at scheduled times during the day.
- Give your child tap water throughout the day.
- Avoid drinks that are high in natural or added sugar, such as fruit juice and soft drinks. colour



PRACTISING GOOD ORAL HYGIENE HABITS

- Brush your child's teeth with fluoride toothpaste for minimum two minutes twice a day.
- Do not share a toothbrush. Toothbrushes can transfer germs from one person to another.
- If anyone in the family is sick, keep their toothbrush away from everyone else's. And when they feel better make sure to replace the toothbrush.
- Use only a small pea-sized amount of toothpaste when brushing.
- Start flossing as soon as those little teeth touch.

