



California Dental Hygienists' Association

The Voice of Dental Hygiene

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10 Dental Hygiene Tips to Improve Oral Health During COVID-19

The **California Dental Hygienists' Association** (CDHA) has some tips to help you stay healthy and prevent oral disease during the COVID-19 pandemic. Aside from the Centers for Disease Control and Prevention (CDC) recommendations on social distancing and [handwashing](#), here are some tips to help [keep your teeth and gums healthy](#) until your next dental hygiene appointment. Some medical conditions (ie Diabetes, Heart Disease, Auto-immune disorders, and pregnancy) can lower your body's ability to fight off bacteria in the mouth, which is why it is important to maintain good oral hygiene habits at home!

1. **Brush!** 2x per day for 2 minutes - an electric or manual toothbrush with soft bristles is recommended. [Click here](#) to learn more about proper brushing techniques and [Click here](#) to learn how to keep your toothbrushes clean.
2. **Clean in between!** Flossing 1x/day (or your preferred interproximal cleaners ie: Waterpik, Soft Picks, Proxy Brushes) - night time is the best time of the day. [Click here](#) to learn more about proper flossing techniques.
3. **Don't forget your Tongue!** - A location that can trap bacteria and put you and others at risk. Use a tongue scraper, your toothbrush or the side of a spoon every night.
4. **Rinse!** - Alcohol-Free and Fluoride mouthwashes are best (ie: ACT, Listerine Zero, Crest Pro-Health Antigingivitis)
5. **Nutrition!** - a balanced diet is ideal. Don't forget, carbohydrates and healthy foods still contain sugars! (Moderation is key!) [Click here](#) for more information on good nutrition.
6. **Choose water!** Avoid sugary drinks, energy drinks, and alcohol (Moderation is key!)
7. **Manage dry mouth!** - Biotene, ACT: rinses, lozenges, gum are all great products. Xylitol sweetened products to stimulate saliva and prevent cavities.
8. **Protect your teeth!** During these highly stressful times, it is important to use those mouth/night guards! Don't forget to clean them properly!
9. **Don't smoke or vape!** This includes all tobacco products, marijuana, and other vaping products! [Click here](#) for resources about quitting smoking.
10. **Physical Activity!** (fresh air & vitamin D) - 30 min/day, 5x/week per CDC recommendations

DENTAL EMERGENCIES: If you are experiencing any pain or swelling, contact your Dentist! During this time, dental offices are available for dental emergencies. [Click here](#) to find out what is considered a true dental emergency.

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The California Dental Hygienists' Association (CDHA) is the authoritative voice of the state's dental hygiene profession. The organization was established more than 25 years ago when two regional associations merged to form a unified professional group. CDHA represents thousands of dental hygienists.