

# Toothbrushing and COVID-19

## Brush at Home!

Social distancing helps stop the spread of germs, including COVID-19 germs. If your child is attending preschool or daycare right now, they are practicing social distancing as much as possible. **This means they may not be brushing teeth at school.**

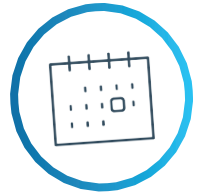


It is important for your child's health that they keep brushing their teeth twice a day. Your child might be able to practice doing it on their own, but they need an adult to brush their teeth to make sure their teeth get clean. **Teeth should be brushed twice a day, for two minutes each time!**



## Keep Me Healthy

- Brush teeth twice a day. **Use a pea size amount of children's fluoride toothpaste.** Look for the word "Fluoride" on the package or it doesn't have it.
- **Toothbrushes are not meant to be shared.** Each family member needs their own toothbrush to keep germs from spreading to each other.
- **See the dentist twice a year.** Call ahead to see if you need to do anything different for social distancing, such as wear a face mask or wait in your car instead of the waiting room.
- **Give milk with meals and water between meals.** Children don't need juice or other sugary drinks. It's important to stay on a schedule even when quarantine disrupts your regular daily life.



## Baby Teeth are Important!

- **Children cannot have a healthy body without a healthy mouth.** People of all ages can get COVID-19 – everyone should practice healthy habits, including oral healthcare.
- A bright smile will help your child make friends and feel good about themselves. **Especially under social distancing rules, a smile can go a long way to making friends.**
- **Children with healthy teeth do better in school!** Children with dental problems miss more school, are sick more, and can have trouble paying attention.



[www.brushdental.org](http://www.brushdental.org)