



# Tips on how to look after your teeth while staying at home



Wash your hands with soap and water for at least 20 seconds before brushing your teeth or the teeth of someone you care for. Brush your teeth and gums twice a day, morning and night, with a soft toothbrush and pea sized amount of fluoride toothpaste. (If you are having trouble buying toothpaste, simply use water until you can buy toothpaste.)

- a. Children 0-18 months don't use toothpaste only water with a cloth or soft small headed toothbrush
- b. Children 18 months-6 years use a pea sized amount of low fluoride children's toothpaste (If you are out of children's toothpaste, use a very small (smear) of adult toothpaste.)
- c. Children 6 years and over use a pea sized amount of regular toothpaste



Hygiene practices and looking after your oral health are important for the whole family especially at this time. Each family member should have their own toothbrush and these should not be shared. If your child sucks their thumb or fingers encourage them to stop. Visit [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au) for further tips and advice on thumb sucking.



If you are feeling stressed or anxious be aware of grinding or clenching your teeth especially at night. Try to practice mindfulness and relaxation techniques. If you have a dry mouth drink lots of water and try chewing sugar-free gum.



Drink plenty of tap water



Limit frequent snacking. It is best to eat at meal times and limit foods containing added sugars to prevent dental decay.



As much as possible, try to enjoy a variety of nutritious foods every day from the five food groups. Healthy meals and snacks are important for your teeth and general health.



Limit your alcohol consumption



If you smoke, try quitting to protect your mouth, teeth and general health. Now is the time to quit as smokers are likely to be more severely impacted by COVID-19 than non-smokers. For more information visit [Quit.org.au](http://Quit.org.au).



If you wear dentures, clean them with a separate denture or toothbrush, soap and water. Leave them out at night and place in a dry container. If you have an ulcer or sore spot leave the dentures out as much as possible until healing – a salty water mouthrinse can help.