

## Tips on Looking After You and Your Family's Teeth Whilst Staying at Home

### CLEAN WELL

- 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](#) for further tips and advice on thumb sucking.

### DRINK WELL

- Drink plenty of tap water
- Limit your alcohol consumption

### EAT WELL

- 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.

### STAY WELL

- 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](#).
- 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.
- If you or your child has:
  - a dental emergency (e.g. swelling of the face, trauma to the face, bleeding that won't stop), or
  - an ulcer or sore in your mouth that hasn't healed for 2 weeks or more, or
  - severe mouth pain that keeps you or your child awake, or
  - significant dental trauma (e.g. knocked a tooth out), or
  - been advised by a doctor to see a dentist for treatment before a medical procedure

Call the Royal Dental Hospital of Melbourne on 9341 1000 or outside metro areas 1800 833 039 or call a local [Community Dental Agency](#)

For more information about how to look after your oral health, visit [Dental Health Services Victoria](#)