

## COVID-19 and Oral Health

We all need to wear masks to reduce the spread of COVID-19 in our community. It is important to find a mask that fits well and allows you to breathe easily.

When wearing a mask, some children may occasionally breathe through their mouth, leading to dry mouth. Encourage frequent mask breaks throughout the day.

### Practice good oral hygiene by:

- Daily brushing and flossing.
- Limiting sugary food and drinks.
- Seeking dental care early.

### To prevent dry mouth follow these tips:

- Drink water more often.
- Chew sugarless gum to increase the flow of saliva.
- Avoid salty foods, dry foods and sugary food and drinks.
- Adults should avoid drinking alcohol, smoking, and vaping.

Call Toronto Public Health at 416-338-7600 if you do not have dental coverage, or if you need emergency dental care. Information about dental clinics in Toronto is also available online [here](#).