

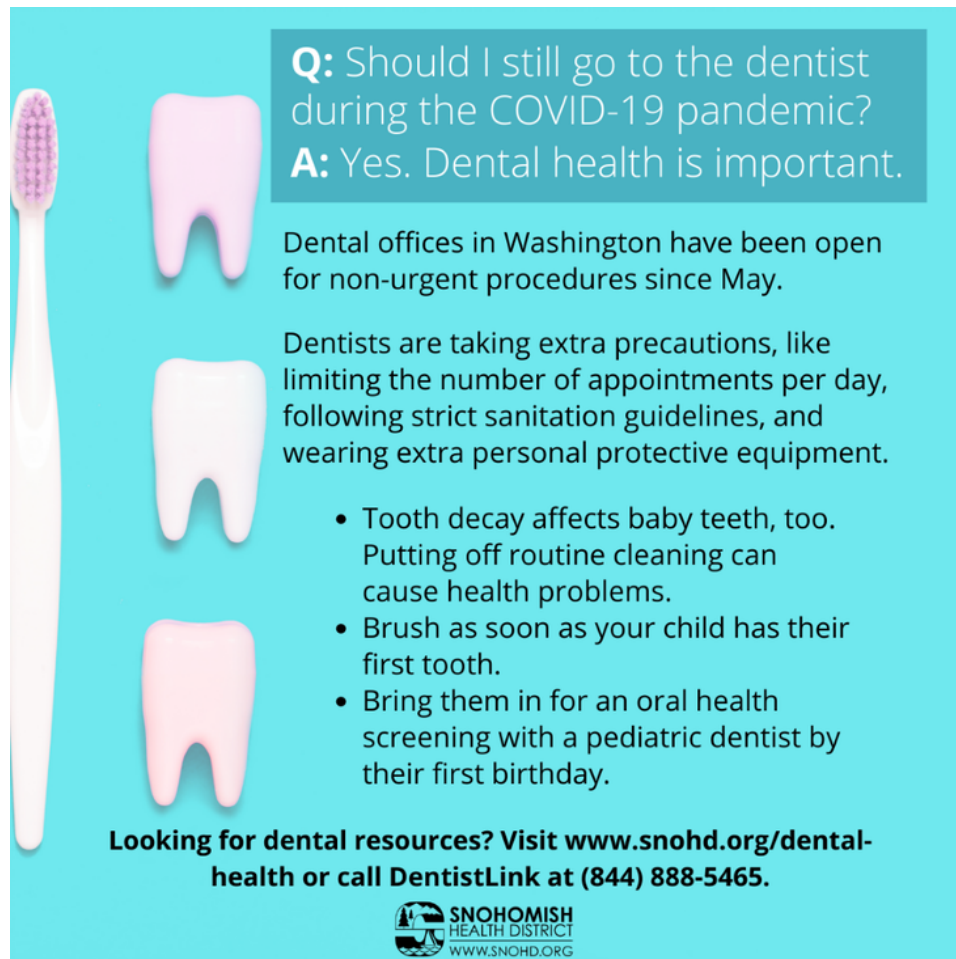
Dental Care during COVID-19 Sample Social Media Posts

Copy and tailor posts as needed

1.

You might be wondering if it is safe to go to the dentist. The answer is yes! Dental offices in Washington State have been open for non-urgent procedures since May. Dentists are experienced at preventing infection. During the COVID-19 pandemic, they are taking extra precautions such as limiting the number of appointments in a day, using strict sanitation protocols, and wearing additional personal protective equipment (PPE).

Tooth decay affects baby teeth too! Putting off routine dental cleaning can cause health problems throughout the rest of your body and this applies to small kids. Did you know that 2 is too late to visit a pediatric dentist? Bring your baby in for their first oral health screening with a pediatric dentist by their 1st birthday and brush as soon as the first tooth appears. Starting a dental care routine when a child is young helps prevent tooth decay and sets them up for a lifetime of good oral – and overall – health.



Q: Should I still go to the dentist during the COVID-19 pandemic?


A: Yes. Dental health is important.

Dental offices in Washington have been open for non-urgent procedures since May.

Dentists are taking extra precautions, like limiting the number of appointments per day, following strict sanitation guidelines, and wearing extra personal protective equipment.

- Tooth decay affects baby teeth, too. Putting off routine cleaning can cause health problems.
- Brush as soon as your child has their first tooth.
- Bring them in for an oral health screening with a pediatric dentist by their first birthday.

Looking for dental resources? Visit www.snohd.org/dental-health or call DentistLink at (844) 888-5465.

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2.

Dental offices are open for cleanings! The American Dental Association (ADA) does not recommend delaying dental care due to COVID-19. Dental offices are taking extra precautions to keep you and your family safe, such as limiting the number of appointments in a day, using strict sanitation protocols, and wearing additional personal protective equipment (PPE).

Most dentists recommend a dental visit every six to twelve months to prevent tooth decay (cavities) and gum disease. While brushing and flossing are important, even the best brusher cannot remove tartar – the hardened plaque that gets stuck to your teeth. Delaying dental care can cause pain, infection, tooth loss, and affect your overall health.

Q: How often should I see the dentist?

A: Usually every 6-12 months.

Dental offices are open for cleanings. The American Dental Association does not recommend delaying dental care due to COVID-19. Dentists are taking extra precautions to prevent infection.

- Regular dental visits help prevent tooth decay and gum disease.
- While brushing and flossing are important, even the best brusher cannot remove tartar – the hardened plaque that gets stuck to your teeth.
- Delaying dental care can cause pain, infection, tooth loss, and affect your overall health.

Low- or no-cost dental care is available. Visit www.snohd.org/dental-health or call DentistLink at (844) 888-5465.



3.

Did you know that baby teeth really matter? Tooth decay (cavities) in baby teeth can be painful, make it harder for a child to eat or speak, and can affect overall health and development. The white spots in this picture are the earliest sign of tooth decay that you can see. It is important that your child sees a dentist right away.

To prevent decay, brush as soon as the first tooth appears and bring your baby to the dentist for their first oral health screening by their first birthday. Check out The Mighty Mouth's [8 Hacks From Real Moms to Make Taking Care of Baby Teeth Easier](#).

Remember, dentists are open for routine care and are taking necessary steps to keep you and your family safe. For information about low- or no-cost dental care see the Snohomish Health District [Dental Resources](#) webpage or call [DentistLink](#) at (844) 888-5465.

Q: Do babies and young children need dental care?

A: Yes. Baby teeth, though not permanent, matter for dental health.

- Tooth decay (cavities) in baby teeth can be painful, make it harder for a child to eat or speak, and affect overall health and development.
- To prevent decay, brush as soon as the first tooth appears and bring your child to the dentist for an oral health screening by their first birthday.

The white spots in this picture are the earliest sign of tooth decay that you can see. It is important to see a dentist.



Dentists are open for routine care and are taking extra precautions to keep patients healthy. For information about low- or no-cost dental care, visit www.snohd.org/dental-health or call DentistLink at (844) 888-5465.



4.

With social distancing restrictions changing, you might be wondering if it is safe to visit the dentist. The answer is yes! Dental providers are following health and safety guidelines set by the Governor and the Washington State Department of Health. In fact, dentists have been taking steps to keep you safe [long before COVID-19](#), and those measures [have been effective](#). The Washington State Dental Association and public health agencies like the Snohomish Health District encourage you not to delay dental visits. You should still see the dentist for cleanings, check-ups, or any other care you may need.