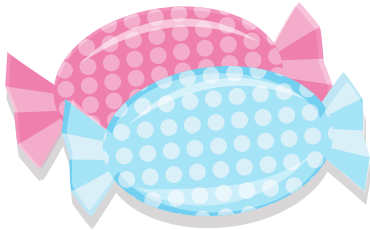


COVID-19 and Oral Health



The COVID-19 pandemic had an impact on many areas of our life – and this includes our oral health. The following disruptions were noted by Americans when it comes to their dental health and hygiene.



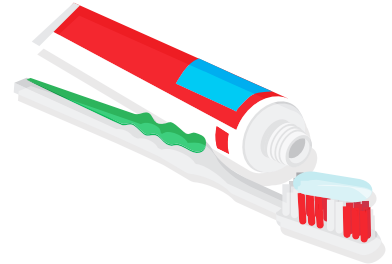
31%

Are/were more often snacking on sweets and candy



28%

Did not schedule or forgot to schedule a routine dental appointment



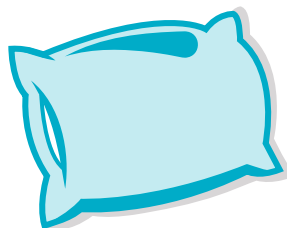
25%

A quarter admit to brushing their teeth later in the morning



23%

Forget/forgot to floss



23%

Report they are/were forgetting to brush their teeth before bed



21%

Report forgetting to brush their teeth in the morning while working or attending classes from home during the lockdown

What should we do now?

The best way to get back on track with your oral health is to schedule an appointment with your dentist. Be sure to also restore and maintain your routine at home, with two minutes of brushing twice per day with fluoridated toothpaste and flossing once per day!

Source: <https://2pkx318myt92ap13y43eam51-wpengine.netdna-ssl.com/wp-content/uploads/2021/02/AE-Corona-Infographic-FINAL.pdf>



The Power of Smile™
Learn more about how your oral health connects to your overall health at:
[DeltaDentalMN.org](https://www.DeltaDentalMN.org)