



## Maintaining good oral health whether at the office or working from home

During the COVID-19 pandemic, it is of utmost importance to maintain good oral and overall health. Dentists are only seeing patients for dental emergencies, which means cleanings and routine checkups will not be available for some time.

Whether you are at the office or working from home, here are some tips to help keep you and your pearly whites healthy:



**Brush two times and floss daily**



**Avoid sticky sweets**



**Eat a well-balanced, tooth-friendly diet**



**Limit alcohol and avoid tobacco**



**Keep your toothbrush clean and dry**



**Exercise for at least 30 minutes**



**Wash your hands often and for at least 20 seconds**



**Do not touch your face**

For more information, go to [DeltaDentalNJ.com/covid-19](https://www.DeltaDentalNJ.com/covid-19) today