

A healthy mouth is important for a healthy body!

Tear off the Healthy and Home tips to keep on your fridge or in your bathroom

Healthy at Home



Brush your teeth for two minutes twice a day. While you're at it floss between your teeth to get the hard to reach places.



Use a toothpaste with fluoride. It can strengthen and protect your teeth.



Replace your toothbrush every three months, and don't let your toothbrush touch other toothbrushes.



Drink water instead of soda or juice. Those sugary drinks are not good for your teeth.



Do not smoke or vape. Smoking and vaping can lead to gum disease and causes your teeth to yellow.

Healthy at the Dentist

You can safely go to the dentist!

Dental offices are reopening across Virginia, and dentists are taking extra safety steps to keep you healthy and safe. Here's some things you may see when you go to the dentist next:

- The dentist office may look different, some changes you might see include having your temperature taken before the appointment, wearing a mask in the building, and staying 6 feet apart.
- Your dentist may call you before the appointment to ask a few questions about your or your family member's health. Answer the questions to the best of your ability and stay home if you are feeling sick.
- If you're concerned about going to your dentist office your dentist may be able to talk with you first over the phone or through a video call. From there they can make a recommendation if you should come in, and share the extra safety measures they've taken.

Call your dentist if you have a dental emergency, like bad tooth pain, swollen gums or face, bleeding in the mouth that does not stop, or injury to the face.

Resources to Know

Need to find a dental provider that accepts Medicaid?

Call DentaQuest: 1-888-912-3456 or visit

Virginia Health Care Foundation: <https://bit.ly/VHCFDental>

Virginia Dental Association: <https://bit.ly/VDADental>

Have questions about COVID-19?

Call the Virginia Department of Health hotline: 1-877-ASK-VDH3