

What measures can you take to protect yourself from Coronavirus (COVID-19)?



1. Wash your hands frequently with soap and water or hydroalcoholic solutions.



2. Avoid touching your eyes, nose and mouth.



3. When coughing or sneezing, cover your mouth and nose with your elbow bent.



4. Use disposable tissues and throw them away after use.



5. If you have a fever and respiratory symptoms, avoid close contact with other people and call the emergency hotline.



6. Practice strict oral hygiene measures, by brushing and rinsing 2-3 times a day, and by changing your toothbrush after any infection.

Oral hygiene preventive measures

There are many respiratory tract ailments (such as colds, flu, etc.) that spread from person to person through the droplets that are released when an infected person coughs, sneezes or exhales. This same mode of transmission is the one described for COVID-19.

Faced with this situation, we know that it is important to step up hygienic measures, including oral hygiene, to reduce the risk of spread and/or reinfection.



Toothbrush

The filaments of a toothbrush are an ideal medium for pathogenic growth, especially when the environment is moist and not well aerated.¹

Recommendations:

- After brushing, rinse brush thoroughly and remove any excess water.
- Always use brushes that come with a cap that has aeration to protect the head and its filaments with the least possible amount of moisture.
- Store toothbrush in an upright position to facilitate drying and prevent its contamination.
- Keep brushes from touching each other to avoid cross-contamination.
- Replace your toothbrush - or brush head in the case of an electric brush - after getting over an infectious process to prevent spread or relapse.



Toothpaste and mouthwash

It is advisable to use toothpastes and mouthwashes containing active ingredients that help control microorganisms in the oral cavity.

It is important to note that the active ingredients that work to support oral hygiene, help reduce pathogens in the oral cavity.

Products are also available in the form of spray for convenient application away from home and that have antiseptic ingredients in their formulation.



Interproximal hygiene and tongue cleaning

Interproximal hygiene

It is of utmost importance to maintain 100% complete hygiene, remembering to clean the spaces between the teeth to keep oral biofilm from accumulating therein.

It is recommended to use the appropriate interdental hygiene tool for each space, including specific antiseptic products for these areas.²

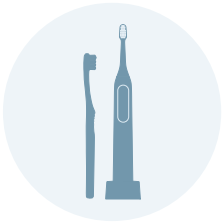
For open interproximal spaces, the use of interproximal brushes is recommended; for closed spaces, dental flosses and tapes or flossers may be used; and for in-depth cleaning of any space type, oral irrigators are a good choice.

Tongue cleaning

Just like on the surface of the teeth, it is important to eliminate microorganisms present on the tongue with a tongue cleaner to prevent their growth.³

1. Frazelle MR, Munro CL. Toothbrush contamination: a review of the literature. Nurs Res Pract. 2012; 2012: 420630.
2. Schmidt B, Jentsch H. Comparison Between Two Interproximal Cleaning Procedures in Periodontitis Patients: A Six-month, Single-blind, Randomised Controlled Clinical Trial. Oral Health Prev Dent. 2015;13(3):205-11.
3. Quirynen M, Avontroodt P, Soers C, Zhao H, Pauwels M, van Steenberghe D. Impact of tongue cleansers on microbial load and taste. J Clin Periodontol 2004; 31: 506-510.

Products recommended by Dentaïd



Toothbrush

The **Vitis** brand offers a variety of different toothbrushes, both manual and electric, with high quality filaments and a protective cap, adapted to everyone's personal needs, thereby favouring effective daily oral hygiene.



Toothpaste and mouthrinse

DENTAID's products offer the following formulas **containing active ingredients that help control biofilm in the oral cavity.**

- **Perio-Aid Intensive care:** CHX 0.12% + CPC 0.05%
Indicated for fighting oral biofilm.
- **Perio-Aid Active control:** CHX 0.05% + CPC 0.05%
Indicated to actively control oral biofilm.
- **Vitis gingival:** CPC 0.05% + Panthenol, provitamin B5, Zinc Lactate and Allantoin
Maximum efficacy in the daily care of teeth and gums.
- **Vitis orthodontic:** CPC 0.05% + Sodium fluoride, Allantoin, Aloe Vera
Care and protection for orthodontic braces wearers.
- **Halita:** CHX 0.05% + CPC 0.05% + Zinc Lactate
Range indicated for the prevention and control of bad breath.



Interdental hygiene

- Open interproximal spaces: **Interprox interproximal brushes**
- Closed interproximal spaces: **Vitis dental flosses and tapes**
- All space types: **Waterpik oral irrigation**

The **Halita tongue cleaner** is designed for optimal and effective tongue cleaning.

DENTAID

Oral Health Experts