



Good Oral Health Leads to Good Overall Health

How to help your sick child with the flu or cold to keep their mouth healthy!

Maintain your child's daily oral health care routine even when sick

- Brush two times a day
- Floss at night or morning
- New brush when feeling better

How your mouth is hurt when you are sick:

- Nasal sprays, cough and cold medicine can make your mouth dry
- Vomit can hurt your teeth
- Germs from your cough and mouth can make the rest of your body & others sick

How to Help with Dry Mouth!

- Drink Lots of Water!
- Swish and spit with water after vomiting
- Use a Humidifier or Vaporizer to help the dry air in the winter to stop dry mouth
- If your child is old enough for cough drops – sugarless cough drops (Like Xylitol) are recommended.

Hydrate, Hydrate, Hydrate when Sick!

- Water – keeps child stay hydrated and washes away cavity-causing acids.
- If drinks below are recommended by your physician- follow with water to wash away sugars on teeth.
 - Pedialyte- replace fluids and minerals
 - Sugar-free sports drinks can give child an energy boost
 - Low-sugar juice can be consumed in moderation