



## **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
- If possible, use a travel-size toothpaste tube while sick.
- Floss at night or morning
- Replace 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 a child 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

### **Toothbrush Tactics to Prevent Germs from Spreading:**

- Rinse your toothbrush thoroughly after every brushing, using hot water or alcohol-based mouthwash.
- After rinsing your toothbrush, keep it upright and let it dry. Let your brush air-dry before putting it away.
- Store your toothbrush separate, not touching other family brushes, airborne bacteria can be shared between toothbrushes.
- Don't share the toothpaste. Avoid spreading germs by giving each member of the family his or her own toothpaste tube and floss container.
- When healthy, routinely replace toothbrushes at least every three months (with each season change).