

5 Steps to Protect Your Natural Teeth and Maintain Good Oral Health in the Era of COVID-19

aae.org

180 N. Stetson Ave.
Suite 1500
Chicago, IL 60601
Phone: 800-872-3636
Fax: 866-451-9020

1. Wash hands often and especially before/after brushing teeth.
2. Brush teeth upon waking up/going to bed.
3. Use mouthwash.
4. Floss regularly.
5. Replace toothbrush every 3-4 months.