

# Guidance for Early Childhood Oral Health Care During COVID-19

## For Child Care Staff and Child Care Health Consultants: Guidance for Families

Oral health prevention is more important now than ever. Recommendations and guidance from the Centers for Disease Control and Prevention suggest dental treatment can be safely delivered during COVID-19 with the use of appropriate personal protective equipment and other precautions put in place. **Children and families are encouraged to continue seeking and receiving preventive and necessary dental care.**

Appropriate dental habits established in the home are foundational to a lifetime of good oral health. **Everyone should brush their teeth twice a day with the appropriate amount of fluoridated toothpaste.**

### How To and Helpful Tips

- Children under the age of three should have their teeth brushed by an adult using a smear of fluoridated toothpaste the size of a grain of rice.
- Children three and older can brush on their own with the assistance and supervision of an adult.
- Families should be encouraged to eat healthy foods low in sugar and drink fluoridated water.

A variety of valuable oral health resources for childcare staff and the children's families is available via [ToothTalk.org](https://toothtalk.org). Tips and tools include videos and articles on brushing, building healthy habits, the importance of fluoridated water and much more! **Childcare providers and families are encouraged to view the [website](https://toothtalk.org) for important information and resources.**

The Oral Health Section of the Division of Public Health offers training on best practices for early childhood oral health. This free training is available in a virtual or in-person format. If interested, please contact Emily Horney at (919)707-5487 or [Emily.Horney@dhhs.nc.gov](mailto:Emily.Horney@dhhs.nc.gov).

