COVID-19 Impact on Oral Health

We have heard from oral health professionals around the state about how the COVID-19 pandemic has impacted oral health since March 2020.

**People have delayed care**

People...waited until 2021 to visit the dentist because of the Covid fear, [so] the caries and periodontal issues have increased.

**Loss of routine has impacted healthy practices**

Being at home for work and school makes it too easy to go to the fridge to eat/drink more than would occur if at work or school.

**Stress has impacted people's teeth**

More people are requiring a bite guard. It appears that people are taking their stress from the Covid pandemic out on their teeth.

**What Does This Mean?**

A reduction in routine oral health care, both at home and in the dental office, can lead to negative oral health outcomes including:

- Increase in the rate of tooth decay
- Increase in pain, swelling, and infection in the mouth
- Negative impact on overall health

**What Can We Do?**

Get back to the basics of oral health!

- Brush for 2 minutes, twice a day* & floss once a day
- Limit sugary drinks and snacks and choose fluoridated tap water
- Visit your dentist every 6 months for preventive care - it's safe!

*with fluoridated toothpaste

Kentucky Oral Health Coalition (KOHC) in partnership with Kentucky Primary Care Association (KPCA)