

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

*with fluoridated toothpaste



Limit sugary drinks and snacks and choose fluoridated tap water



Visit your dentist every 6 months for preventive care - it's safe!