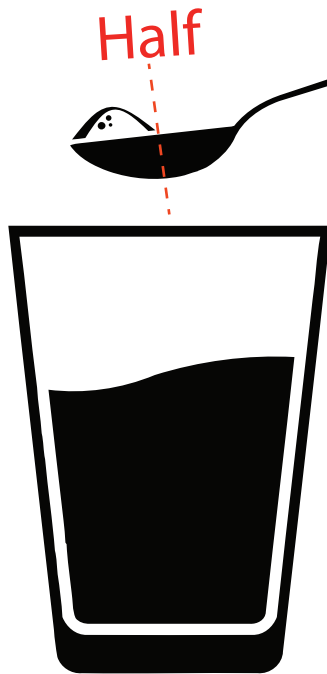# COVID-19 Tip #2

April 2020

Dental Pain for Bleeding Gums

Nationally, dental care has been suspended during the coronavirus crisis except for emergencies.

If you have bleeding gums, it is suggested that you rinse your mouth with a Saltwater Rinse.

Half

How to:

1. Mix one cup of warm water with 1/2 teaspoon of salt.
2. Take a sip and swish the liquid around your mouth for 10 seconds and spit it out.
3. Repeat until you have used all the water.
4. Do not swallow the water!
5. Don't use the rinse more than 2 times a day for 4 days.

If you have swelling, pain and a fever, contact a medical provider about a possible infection to receive antibiotics.

Remember, it is important to brush your teeth at least twice a day, and use floss daily!

Contact HealthPLUS at 352-514-0237 if you need help finding services.

RWHP
Rural Women's Health Project
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