



Dentistry and Coronavirus

A note from your team at University Oaks Dental:

Your well-being is important to us. That's why infection control procedures are in place at your dental office.

With so many news stories, it's understandable to be concerned about the new coronavirus that causes COVID-19. **Please know that the precautions your dentist already takes every day to prevent the spread of infection in our practice also helps prevent the spread of COVID-19.** Our infection control procedures are well defined and required by the CDC, OSHA, and the State Dental Board (TSBDE) and are part of our standard operating procedures.

- **If you are healthy, there's no need to cancel your regularly scheduled dental appointment.**

Optimal dental health contributes to your overall health and immunity. Dental conditions left untreated can progress to acute dental infections and lower your body's ability to fight any other infections, including coronavirus.

Those most at risk of becoming seriously ill are elderly people and those with underlying medical conditions such as diabetes and kidney disease, among others. Children, thus far, have been largely unaffected.

- **If you are ill with flu-like symptoms, you should reschedule your appointment.**

It's important to know that the majority of people infected with the coronavirus experience flu-like symptoms and then recover. Most people do not develop serious respiratory complications. If you or someone you are in close contact with have recently traveled to one of the countries with large outbreaks of COVID-19 (China, Italy, Iran, South Korea) or if you have been exposed to someone else who was diagnosed with COVID-19 or who was quarantined as a precaution, **wait 14 days until you see your dentist to make sure you have not caught the coronavirus.**

Here are a few things you can do on your own to help keep yourself and those around you healthy:

- **Wash your hands frequently**, or use a hand sanitizer with at least 60 percent ethyl alcohol.
- **Avoid touching your face, eyes or nose** to reduce the spread of germs.
- **Cover your cough or sneeze with your elbow.** Infections like the coronavirus spread through the tiny droplets in coughs and sneezes.
- **Stay home if you feel sick.** If you have flu-like symptoms or otherwise feel unwell, stay home and rest. Call your dentist to reschedule your appointment for a later date. This will reduce the risk of spreading your illness.