

What should I do if I have Tooth or Mouth Pain during COVID-19?

The most important thing you can do right now to stay healthy and make sure others are healthy is to stay home. In Arizona, most dental offices are only providing care if it is an emergency, in accordance with Gov. Ducey's Executive Order, and some dental offices are temporarily closed. This is only short-term.

If your mouth or teeth hurt or you think you have a dental emergency CALL your dental provider. Tell them how you feel, including if you have a fever, a cough or chest pain. Your dental team will tell you what to do next. Your dentist may talk with you about your symptoms on the phone or over video chat.

DO NOT GO TO THE EMERGENCY ROOM

Some examples of dental emergencies are:

- Very bad toothache pain (not just a twinge)
- Swollen gums, face, or neck
- Bleeding in your mouth that does not stop
- Infection or a substantial risk of it
- Recent trauma to the mouth

Dental appointments for these needs should be rescheduled:

- Regular exam or cleaning, including x-rays.
- Regular visits for braces
- Treatment for cavities that are not painful
- Removal of teeth that are not painful

Hygiene:

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Put distance between yourself and other people.
- Stay home if you are sick, except to get medical care. Learn what to do if you are sick.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Take care of your teeth and mouth. Brush teeth thoroughly twice a day with a fluoride toothpaste and floss daily between the teeth to remove dental plaque.

Find a Dental Provider:

- Arizona Dental Association: findadentist.ada.org
- To find a dental provider that accepts your insurance, call the phone number on the back of your insurance card or visit the Insurance Companies Website.
- If you do not have a dental provider and reside in Pima County, El Rio Community Health Center is taking Dental Emergencies during this time.
- If you are having trouble locating emergency dental service in Pima County call the Pima County Health Department's Oral Health Program at 520-724-7902.

COVID-19 Information:

- State of Arizona COVID Hotline: 2-1-1 (Taking calls 8:00am-8:00pm daily)
- Pima County Health Department's Website: pima.gov/covid19
- Arizona Department of Health Services Website: azdhs.gov