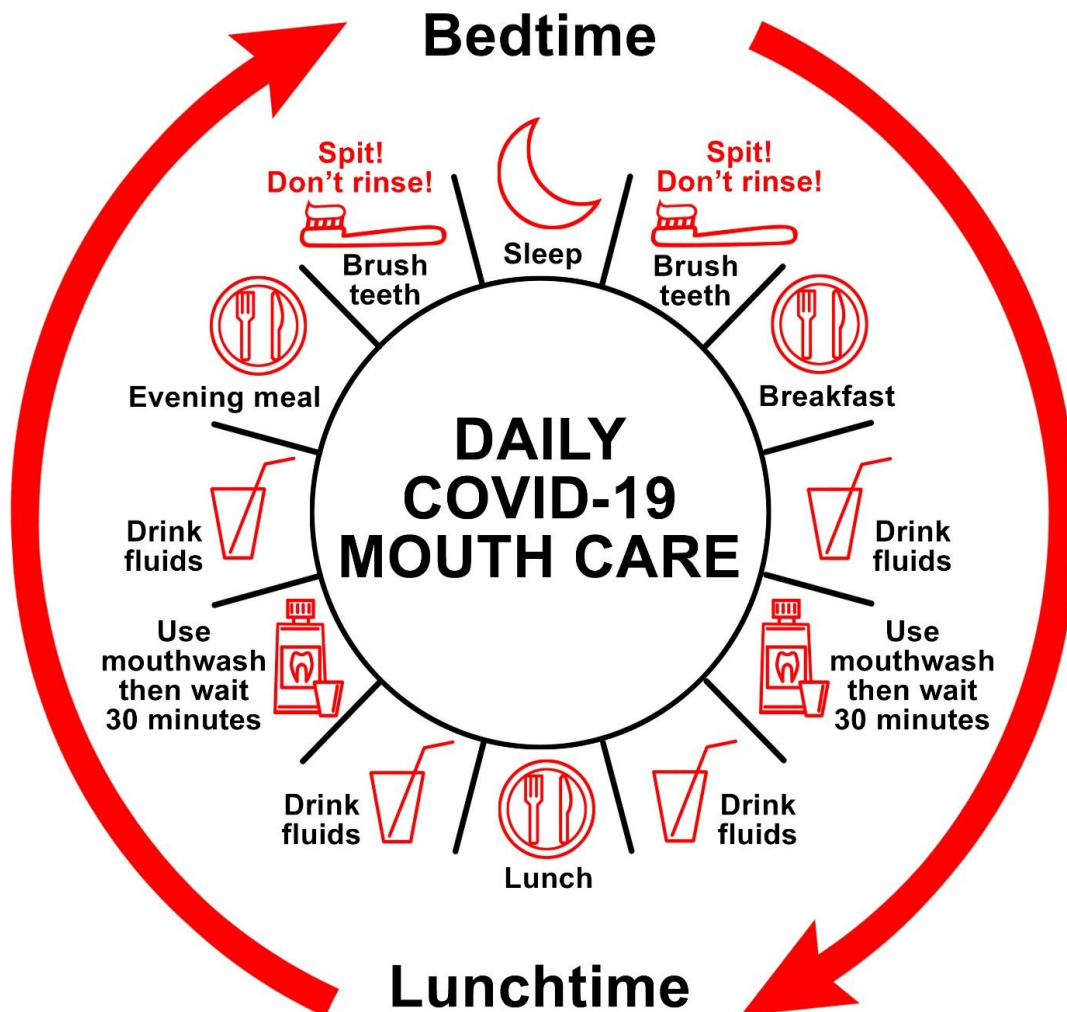


# Salisbury Hospital COVID-19 Mouth Care

(Please also see the *COVID-19 Mouth Care Guidance* patient information sheet overleaf)



- Drink plenty of fluids throughout the day. (Avoid sugared drinks and alcohol.)
- Do not allow your mouth to dry out. (If possible, breathe through your nose with a closed mouth. This will help to keep your mouth moist.)
- Keep your mouth clean. Brush your teeth last thing at night and at least one other time of day. After brushing, spit out the toothpaste but don't rinse with water.
- If you do not have your toothbrush with you, please ask a member of staff to provide one for you. (Toothpaste and mouth moisturiser are also available.)
- Use the mouthwash provided at a different time of day from brushing your teeth – for example, after a morning or afternoon drink, or after a meal.
- Do not swallow the mouthwash. Rinse for 30 seconds then spit it out.
- Wait 30 minutes after using the mouthwash before eating or drinking.
- If you need assistance with mouth care while in hospital, please ask a member of staff for help.