



PROTECT YOUR MOUTH. PROTECT YOUR HEALTH.

Maintain your oral health in the wake of a disaster.

Good oral care is important. Even during life's more unpredictable times, such as natural disasters. When living in an evacuation center or during a water shortage, it may be hard to keep your mouth clean. The bacteria in your mouth could adversely affect the rest of your body.* During American Red Cross month, it's a good time to think about what you should do to protect your mouth – and your health – during a natural disaster.

Oral care without a toothbrush*

If you do not have access to a toothbrush, gargle thoroughly after eating with about 30ml (two tablespoons) of water. Clean your teeth by wiping them with a handkerchief or tissue wrapped around a finger.

Stimulating saliva production is important*

Saliva acts to wash away dirt in the mouth. To stimulate saliva production, stay hydrated as much as possible. Chewing (sugar free) gum also helps.

Brushing your teeth when water is scarce*

You can brush your teeth with as little as 30ml (two tablespoons) of water. First, pour the water into a cup. Dip a toothbrush into the water and start brushing your teeth. Wipe off the toothbrush with a tissue or wipe as needed while you're brushing. Then, rinse with the water in the cup, dividing the water into two or three small rinses.

Using mouthwash in place of toothpaste*

Mouthwash reaches all surfaces in your mouth. It can be used as an alternative to toothpaste if necessary. You should use about 10ml (two teaspoons) and swish it around your mouth for 20 seconds, then brush. After a disaster or in situations when water is scarce, using mouthwash with an antibacterial ingredient can reduce germs in your mouth.



Prepare for an emergency. Make sure your disaster kit contains oral care products, such as floss, toothpaste, toothbrushes and mouthwash.*

* Source: Sunstar, Inc. "In the wake of a disaster, there are reasons why oral care is essential," <http://jp.sunstar.com/bousai/en/top.html>, Accessed October 31, 2017.

Together, all the way.SM



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