



NSHD Healthy Highlight 1/11/22: Dental Care

Taking care of your teeth is important, it helps prevent cavities and gum disease. Brushing and flossing are the most important things you can do to keep your teeth and gums healthy. To prevent cavities and plaque buildup, brush your teeth twice and floss at least once per day. Brushing stimulates the gums which helps keep them healthy and prevents gum disease.

Proper brushing and flossing can help prevent cavities. Cavities occur when plaque, a clear film of bacteria that sticks to your teeth, breaks down sugar found on teeth into acids, after we eat. These acids eat away at tooth enamel, causing holes, or cavities. Plaque also causes gum disease that can make gums red, swollen and sore (also known as gingivitis). Harder plaque, that is more damaging and difficult to remove, is known as tartar. To help slow the development of new tartar, using anti-tartar toothpastes and mouthwashes, as well as spending extra time brushing the inside of lower front teeth and outside of upper back teeth, may help.

Tips for dental care:

- **Schedule an appointment with your dentist for a cleaning and exam every 6 months.**
 - The goal of preventative dental care is to prevent tooth decay, gum disease, and other disorders that put the health of your teeth and mouth at risk.
 - Besides preventive visits, also see the dentist if you notice any pain or other problems with your teeth, gums, or jaw.
- **Brush your teeth twice and floss at least once per day.**
 - Use a toothpaste with fluoride to prevent cavities.
 - Dentists recommend brushing your teeth for a least 2 minutes, twice per day. Kids Health recommends these tips for proper brushing:
 - Hold your brush at a 45-degree angle against your gumline. Gently brush in short (about one tooth-wide) strokes. Brushing too hard can cause receding gums, tooth sensitivity, and, over time, loose teeth.
 - Brush all outside and inside surfaces of your teeth, and the chewing surfaces. Make sure to get into the pits and crevices.
 - You can also gently brush your tongue.
 - Use a timer or play a favorite song while brushing your teeth to get used to brushing for a full 2 to 3 minutes. Some electronic toothbrushes have timers that let you know when 2 minutes are up.
 - **Dentists recommend flossing at least once a day**, to remove plaque and food between your teeth and near the gumline. Kids Health recommends these tips for proper brushing:
 - Carefully insert the floss between two teeth, using a back-and-forth motion. Gently bring the floss to the gumline, but don't force it under the gums. Curve the floss around the edge of your tooth in the shape of the letter "C" and slide it up and down the side of each tooth.
 - Repeat this process between all your teeth.

UPCOMING COVID-19 VACCINE CLINICS:

Please call 414-371-2980 to make an appointment.

- **NSHD January COVID-19 Pfizer Booster Clinics:**
 - Tuesday, January 18th from 9am-12pm in Brown Deer
 - Thursday, January 20th from 9am-5pm in Shorewood
 - Wednesday, January 26th from 9am-12pm in Brown Deer
- **NSHD January Pediatric (5-12 y/o) Pfizer Vaccine Clinics:**
 - Tomorrow, Wednesday, January 12th from 3pm-5pm in Brown Deer – We still have appointments available!

WHAT HAS THE NSHD BEEN WORKING ON?

- Our nurse supervisor, Kathleen Platt, continues to serve as our interim Health Officer.

COVID-19 INFORMATION

CURRENT COVID-19 GUIDELINES:

Wisconsin Department of Health Services – [Visit their website](#) for guidance on isolation and quarantine. Additional information can be found on the [CDC website](#).

We have received an immense number of new COVID-19 cases over the past few weeks. We do not have the capacity to follow-up with each case and do not expect to in the near future. If you have tested positive, please stay home for at least 5 days. If you have no symptoms, or your symptoms have resolved after 5 days, you can then leave your house, but you should continue to wear a mask for another 5 days. If you were exposed to someone who tested positive, follow the [new CDC guidelines](#) for quarantine.

Tested positive with an at-home test? We encourage you to follow isolation and quarantine guidelines as if you tested positive with a laboratory-confirmed test, but we are unable to track at-home tests. It is not necessary to report positive at-home test results to the health department. Although at-home COVID-19 tests are convenient and can provide quick results, a second test from a health care provider or at a community testing site is necessary for travel purposes, shortening or exempting you from quarantine, and most other official public health decisions. [Learn more about at-home tests.](#)

UPDATED MASK RECOMMENDATIONS: *Masks are currently recommended in indoor public settings for everyone, regardless of vaccination status.* The weekly update regarding COVID-19 community transmission level in the North Shore and Milwaukee County can be found on our [website](#).

WISCONSIN IMMUNIZATION REGISTRY: Are you traveling and need proof of vaccination? If you cannot locate your vaccine card and you were immunized in Wisconsin, visit the [Wisconsin Immunization Registry](#) for a copy of your COVID-19 vaccine history.

VACCINATIONS AND TESTING:

1. Find a vaccine location near you: Vaccines.gov: call 1-800-232-0233 or visit [vaccines.gov](#)

2. Visit our website for updates on testing ([COVID19 Testing \(nshealthdept.org\)](https://www.nshealthdept.org)) and vaccination ([Vaccine Information \(nshealthdept.org\)](https://www.nshealthdept.org)) locations.
 3. Wisconsin Immunization Registry: Those in Wisconsin can visit [Public Immunization Record Access webpage](#) for their vaccination records.
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IMMUNIZATIONS (NON-COVID, APPOINTMENT REQUIRED):

We provide vaccinations for individuals who are underinsured or uninsured, including infant and child routine immunizations and those required for school. Please call us at 414-371-2980 to find out what vaccines we have available and to make an appointment during our immunization clinic hours:

Brown Deer Office

1st Tuesday of the month • 7:30-9am

3rd Tuesday of the month • 3:30-5pm

Shorewood Office

2nd Wednesday of the month • 3:30-5pm

4th Wednesday of the month • 7:30-9am

If these days/times do not work for you, we will do our best to accommodate you at another time.

UPCOMING BLOOD PRESSURE SCREENING (WALK-INS WELCOME – NO APPOINTMENT NECESSARY):

- **NSHD Shorewood Office:** 2010 E Shorewood Blvd. 4th Wednesday of the month from 3:30 p.m. to 4:30 p.m.
- **Lydell Community Center:** 5205 N Lydell Ave, Whitefish Bay. January 19, February 16, March 16, and April 20.
- **Lois & Tom Dolan Community Center:** 4355 W. Bradley Rd, Brown Deer. 1st Wednesday of the month from 12:15 p.m. - 1:00 p.m.



[nshealthdept.org](https://www.nshealthdept.org) • (414) 371-2980

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RESOURCES

1. CDC Oral Health: www.cdc.gov/oralhealth
2. Wisconsin DHS Oral Health Program: www.dhs.wisconsin.gov/oral-health