



## WHAT SHOULD I DO IF I HAVE TOOTH OR MOUTH PAIN?

The most important thing you can do right now to stay healthy and make sure others are healthy is to stay home. In Oklahoma, dental offices are only providing care if it is an emergency. Some dental offices are temporarily closed. This is short-term. If your mouth or teeth hurt, or you think you have a dental emergency, **CALL** your dental provider or local clinic. 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 emergencies:

- Very bad toothache and constant toothache pain
- Swollen gums, face, or neck
- Bleeding in your mouth that does not stop
- Infection or a great risk of it
- Recent trauma to the mouth

### For guidance on dental emergencies:

[What Constitutes a Dental Emergency?](#)

(American Dental Association)

### Dental appointments for these needs should be rescheduled:

- Regular exam or cleaning
- Regular visits for braces
- Treatment for cavities that are not painful
- Removal of teeth that are not painful

### Hygiene:

- Wash your hands very often with soap and water. Scrub for at least 20 seconds, or use an alcohol-based hand sanitizer if soap is not available.
- Don't touch your face. This is a lot harder than it sounds and requires effort.
- Cover coughs and sneezes with the inside of your elbow or upper arm.
- Stay home if you are feeling sick, and seek appropriate medical help.
- Take care of your teeth and mouth. Brush and floss your teeth, clean your tongue, swish and spit, and gargle twice with mouthwash.

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## ADDITIONAL RESOURCES

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To find a dental provider that accepts Medicaid visit:

[www.okhca.org](http://www.okhca.org)

Indian Health Service:

[www.ihs.gov/coronavirus/](http://www.ihs.gov/coronavirus/)

COVID-19 Hotline: 1.877.215.8336 or 211

[www.coronavirus.health.ok.gov](http://www.coronavirus.health.ok.gov)