

INSIGHT

WTC COMMUNITY WEEKLY

Oral Hygiene during Pandemic

We know that COVID-19 spreads through droplet. And we've read reports of dentists catching the virus from their patients during practice. So understandably we've now become hesitant and concerned about doing any dental procedures.

Oral hygiene is important to overall good health. During this challenging period of limited access to routine dental care, we urge you to take precautions with your oral health as much as your general health in order to stay in tip-top condition for as long as possible.

Here are some tips you can try:

- Brush teeth twice a day with fluoride toothpaste
- Floss daily
- Practice healthy diet and limit sugar intake
- Eat 'detergent foods' to clean your teeth as you eat - *apple, carrot, cucumber to name a few*
- Drink lots of water
- Change toothbrush at least every three months
- **Stream our live talk with a dentist from Divine Dental Clinic next Thursday!**

Jakarta Land is proud to present an educative talk with Divine Dental Clinic on July 30, 2020 at 11 a.m., live on @wtc.jakarta Instagram.

Themed '**Preventing COVID-19 by Maintaining Oral Hygiene**', we'll be joined by periodontist **dr. Hardini Dyah Astuti** with years of experience under her belt.

The one-hour talk will allow you to gain insights and knowledge on dental care, how to be safe when visiting a dentist and so much more.

And, just because everybody likes freebies, you can **win a special gift from Divine Dental** if your question is read during Q&A!

Make sure you have followed our Instagram **@wtc.jakarta** and if you wish to have your questions discussed during the talk, drop us an email to **stara.pedro@jakland.co.id**.

See you next week!



Yours trully,
the community editor