

Guidelines for safe dry tooth brushing

- Supervisors to wash their hands before and after the session
- Supervisors should dispense the toothpaste onto a clean surface such as individual plate, paper towel or tissue square to allow each child to apply their toothpaste to their toothbrush
- Each child should collect from the supervising adult, their toothpaste, a tissue or paper towel (so they can remove any excess toothpaste into this after brushing)
They should sit in their space, following local social distancing guidance
- After brushing, should a child wish to empty their mouth, they should wipe it with a paper towel or tissue and put the tissue or paper towel straight into a waste bag
- Dry brushing allows small amounts of fluoride to remain in the mouth strengthening those little teeth
- As children are not rinsing/washing their own brushes this reduces the risk of water splashes
- Toothbrushes must be stored in the toothbrush rack with the bristles uppermost, this allows the bristles to air dry
- Toothbrush storage racks must be cleaned with hot soapy water using a standard detergent on a weekly basis, more if soiled. Air dry or dry using clean paper towels
- After toothbrushing supervisors are responsible for cleaning sinks and surfaces following national guidance and using standard cleaning products such as detergents and bleach and as advised by local Infection Prevention Control measures.