

# Keep Your Smile Healthy During COVID-19



Overall health and oral health are closely linked. During the current pandemic, it's important to keep your mouth healthy, as dentists are unable to perform routine exams and cleanings. Delta Dental of New Jersey has a variety of different resources for information on dental office availability and tips for keeping on top of your oral health in this time of social distancing.

## Dental visits during COVID-19

Dentists are seeing emergency patients only. Learn what a dental emergency is and how to handle it.

### Are dental offices still open?

To comply with professional dental organization and government guidelines, dental offices are closed except for emergency care. Some dental offices have closed for all visits, including emergencies. Routine visits will need to be rescheduled once it is considered safe to do so.

### What is classified as a dental emergency?

A dental emergency generally includes the following symptoms: severe pain, acute infection, swelling, and/or persistent bleeding. Someone who is experiencing any of these symptoms should contact their regular dentist to schedule an appointment and discuss their care options.

### What if I have a dental emergency and my dental office is closed?

If a dental office is closed, visit [DeltaDentalNJ.com/Emergency](https://www.DeltaDentalNJ.com/Emergency) to find a New Jersey dentist who is taking emergency cases. At the time of this writing, there are many dentists who are willing to see patients in emergency situations.

If you reside outside of New Jersey, please visit [DeltaDentalNJ.Com/FindaDentist](https://www.DeltaDentalNJ.Com/FindaDentist) to find and contact nearby dentists to determine their emergency availability.

### What if I can't find a dentist in my network who is open?

Delta Dental encourages its members to take care of their dental health needs. If an in-network provider is not available within a reasonable distance and you need to visit an out-of-network provider, your claim should be submitted as it normally would with a statement about your situation. Delta Dental will review and consider claims as they are received, and will work with you and the provider to resolve any issues.

### **Should I go to an emergency room?**

You are encouraged to make every effort to visit a dentist first, whether it is your normal dentist or another, before going to the emergency room. This will help minimize exposure to COVID-19 and keep emergency room resources available for those with potentially life-threatening illnesses.

### **Oral Health Routines While Working from Home**

From rambunctious children to unhealthy snacking, working from home can present many challenges. It can be easy to get distracted or caught up with work to the point where you forget to take care of yourself during the COVID-19 pandemic. Your oral health may not be a priority, but it should be, as oral health is a window into overall health. Here are some tips to help you stay focused on business and keep up with your oral health while working from home.

This [article](#) provides tips on how you can make working from home easier by sticking to a normal routine.

Whether you are at the office or working from home, [here are some additional tips](#) to help keep you and your pearly whites healthy.

Stay connected with Delta Dental of New Jersey during COVID-19 by visiting their [COVID-19 website](#) for more information and additional resources.