

# Oral Health Literacy

## This Week's eText:

- [Deciding to Follow Rules for Taking Medicine](#)

Learn how to safely take medicine and to communicate with health professionals about oral health care.

## eBook Vocabulary:

**Mouth Guard** – protective device worn to help cushion blows that might otherwise cause broken teeth, and injuries to the lips, tongue, face or jaw.

**Dental Emergency**- any trauma to the mouth that may cause bleeding and damage to the gums or teeth and may require immediate medical attention.

## Teaching Kids About Using Medicine Safely:



Deciding to Follow Rules for Taking Medicine Safely

By Valerie Ubbes and Sage Kelnner



## Fun Fact:

The three most common types of tooth injuries that occur in sports are cracked teeth, fractured roots, and tooth intrusion (when a tooth is driven back into the jawbone). A sports-related tooth injury can cause long-term dental problems, but only if it doesn't receive immediate attention. Sometimes these injuries require taking medicine, so talk with a health professional to ensure you are taking it properly.

**Learn More:** <https://www.colgate.com/en-us/oral-health/conditions/dental-emergencies-and-sports-safety>

# How to Promote Oral Safety and Injury Prevention at Home:

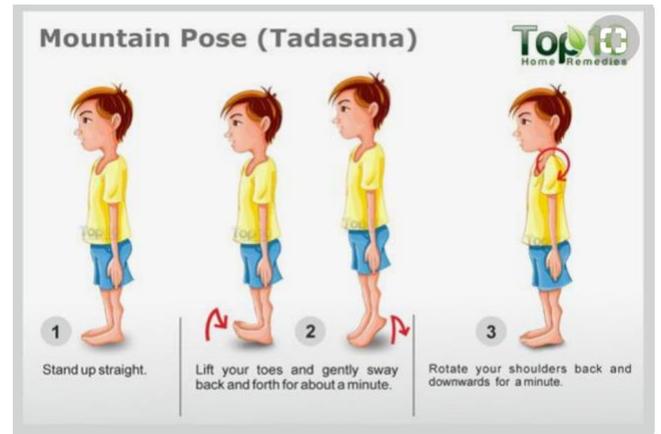
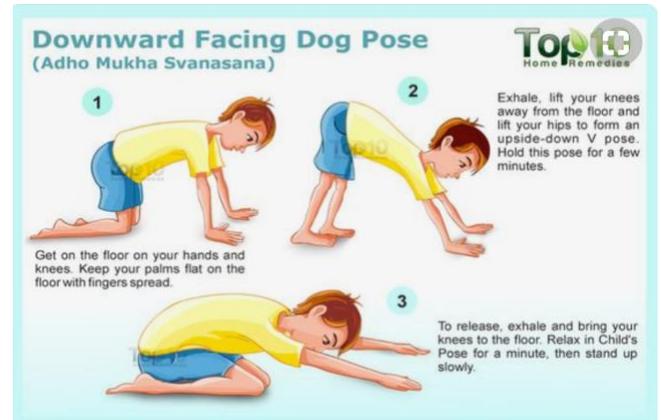
- 1) Use a mouth guard during high-risk sports and activities and wear a helmet when riding a bike.
- 2) Avoid sticky foods and hard candies to protect your teeth from injury while eating.
- 3) Create an Oral First Aid Kit to keep at home in the case of an emergency. This should include floss, a mirror, aspirin, instant ice pack, salt, and bottled water.

## eMotion:

Try these yoga poses (shown to the right) to help regulate emotions and reduce fear when visiting the dentist!

**Teachers-** Try the Downward Facing Dog Pose in the classroom

**Parents-** Try the Mountain Pose at home



Source: <https://www.top10homeremedies.com/news-facts/kid-friendly-yoga-for-a-healthier-generation.html>

## This Week's Plan of Action:

- I decide to ask a trusted adult about the dangers of taking drugs without a medical or dental reason.
- I decide to ask my dentist about rules for taking medicine.

