**­­­­­­­Salisbury Hospital COVID-19 Mouth Care**

(Please also see the separate guidance document.)



* Drink plenty of fluids throughout the day.
* Do not allow your mouth to dry out.
* Keep your mouth healthy and clean. Brush your teeth last thing at night and at one other time of day. After brushing – Spit! Don’t rinse!
* Use the mouthwash provided at a different time from brushing your teeth, for example, after a morning or afternoon drink, or after eating.
* Do not swallow the mouthwash – rinse for 30 seconds then spit it out.
* Wait 30 minutes after using the mouthwash before eating or drinking.
* If you need assistance with mouth care while on the ward, please ask a member of staff for help.