

# PUBLIC HEALTH CONNECTION



## Protecting Tiny Teeth

Creating healthy dental habits is important in protecting tiny teeth. Developing good habits early and practicing them daily will not only help keep your child's smile bright, but also improve their overall health. Baby teeth are more than just placeholders, they help your child learn to eat and speak.

There are four easy habits parents can introduce to help their child have healthy teeth:

**Choose Healthy Drinks:** It's recommended to breastfeed until at least six months of age, if possible. Bottles may be filled with formula, milk, or water. Do NOT put sugary drinks or juice in your child's bottle.

**Finish Bottles Before Bed:** Never put your baby down to sleep with a bottle with anything other than water. The sugar from those drinks can cause cavities.

**Do Not Pass Along Germs:** Avoid putting pacifiers in your mouth or sharing feeding utensils with your child. You can pass cavity-causing germs from doing so. Rinse pacifiers with water to clean them.

**See The Dentist:** Schedule your child's first dentist appointment 6 months after their first tooth erupts or by their first birthday.

Parents should start providing oral care starting at birth by wiping gum tissues with a clean damp wash cloth after feedings. Once teeth erupt, teeth should be brushed morning and night using a smear or rice size amount of fluoride toothpaste. Parents should assist and supervise brushing until the child can tie his/her own shoes.

Contact your child's dentist or pediatrician if you have any questions about your child's dental health or teething and ask about fluoride varnish to protect your child's teeth.



### OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

### OUR VISION:

Scott County—  
A safe and healthy  
community.



## SPECIAL EVENTS

- *August 2020 Scott County Board of Health Meeting CANCELLED*

## Links

- American Dental Association: [ADA.org](https://www.ada.org)
- COVID-19 Resources and Information: <https://www.scottcountyiowa.gov/health/covid19>

# Hand Hygiene and Respiratory Etiquette

## Hand Hygiene

It's hard not to be a little anxious when you hear about COVID-19. There are simple things you can do to help prevent catching coronavirus, or avoid passing it onto other members of the community. Many diseases and conditions are spread by not washing hands with soap and clean, running water for at least 20 seconds. If soap and clean water are not accessible, use an alcohol-based product containing at least 60 percent alcohol, rubbing your hands together with a generous amount until gone. Appropriate hand hygiene practices include not only washing your hands, but also keeping your fingernails trimmed and clean.

## Respiratory Etiquette

Having proper etiquette means to cover your mouth and nose when coughing or sneezing and shielding it with your elbow, if you can. And, if you do use a tissue, be sure to throw it away and wash your hands or use a hand sanitizer every time you touch your mouth or nose. Help to slow the spread of COVID-19!



**Scott County Health Department**  
Scott County Administrative Center, 4th Floor  
600 West 4th Street Davenport, Iowa 52801-1030  
Phone: 563-326-8618 | Fax: 563-326-8774  
Email: [health@scottcountyiowa.com](mailto:health@scottcountyiowa.com)  
Website: [www.scottcountyiowa.com/health](http://www.scottcountyiowa.com/health)  
Follow us on: [Facebook](#) | [Twitter](#) | [Instagram](#) | [Pinterest](#)



To receive this newsletter electronically, please subscribe at [www.scottcountyiowa.com/health/connection](http://www.scottcountyiowa.com/health/connection) or email [health@scottcountyiowa.com](mailto:health@scottcountyiowa.com) or call 563-326-8618.

