

Every Day:

- Limit sweet/starchy snacks and sugary drinks between meals
- Brush twice daily with fluoride toothpaste
- Floss daily
- Drink fluoridated water

Regularly:

- Have a dental checkup! (Determine a schedule with your dentist)
- Discuss oral health at your annual medical exam, especially if you have oral pain, dry mouth, or are taking multiple medications

Green Flags — All Clear

What this means...

If you have:

- No oral health problems or pain
- Your own natural teeth are intact or your dentures fit correctly
- No problems eating a variety of foods

- You do not have “dry mouth” OR mouth dryness is managed with extra water, sugar-free gum, or sugar-free hard candy
- You are not having any oral health issues at this time.

Keep up the great work!

Yellow Flags — Caution

What this means:

If you have any of the following:

- Persistent dry mouth, which can cause difficulty speaking or talking; absence or lack of pooling of saliva in mouth.
- Problems with chewing or cheek biting
- An unexplained change in your mouth or throat, such as sores, swelling, or numbness, or if you have difficulty eating or swallowing that doesn't resolve within a few days
- Frequent bleeding gums
- Poor fitting dentures

- You may have “dry mouth,” which puts you at higher risk for dental cavities and gum disease (gums may appear red, swollen, and bleeding, and may be pulled away from the teeth).
- You may need a denture adjustment.
- You may need a dental check-up to prevent problems from developing and treating any problems before they become painful.

Call your doctor, consulting nurse, or dentist if symptoms do not improve.

Name:

Number:

Instructions:

Improved home care (brushing and flossing) is advised.

If you notice a Yellow Flag, work closely with your health care team.

Red Flags—Stop and Think

What this means:

If you have:

- An area of persistent redness or soreness in your mouth
- Persistent bleeding gums
- Loose teeth
- Any lesion in your mouth (including lips, cheeks, tongue, and roof of the mouth)
- Discomfort that causes you to not wear your dentures at all or limits your ability to eat healthy solid foods

This indicates you need to be seen by a healthcare provider or dentist immediately.

Name:

Number:

Follow these instructions: **CALL 9-1-1.**

If you notice a Red Flag, call 9-1-1. Emergency!

Southeast Washington Aging and Long Term Care

At Aging and Long Term Care, we believe every adult deserves to live with dignity. We connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to offer you choice, improve your quality of life and respect your independence.

For more information, call Information and Assistance

Upper Valley Yakima County: 509-469-0500

Lower Valley Yakima County (Grandview): 509-402-0334

Benton County: 509-735-0315

Franklin County: 509-412-1013

Kittitas County: 509-925-8765

Walla Walla County: 509-529-6470

Columbia County: 509-382-4787

Garfield County: 509-843-3563

Asotin County: 509-758-2355

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