

Biosafety in Dental Care

See what is important for you
in the era of **COVID-19**

Here we take care of your **Health** practicing **Biosafety**.

Understand how:

In all dental offices we always use preventive and infection control measures to protect your health and that of our entire staff. At this moment, there are still no vaccines available against the new coronavirus or effective treatment. **For this reason, some of these measures needed to be expanded.**

Here are some examples of biosafety protocols:

- sterilization of dental instruments for each patient;
- change of protective barriers and/or cleaning and disinfection of surfaces and equipment at each treatment;
- use of disposable personal protective equipment for each patient (gloves, masks and gowns);
- face shields for professionals;
- protective glasses for patients and staff;
- hand hygiene before donning and doffing gloves and whenever necessary;
- periodic updates of the dental staff regarding Biosafety

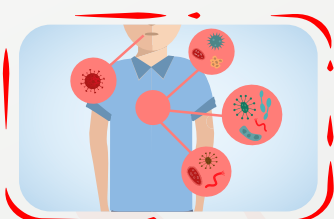


What is Biosafety?

Biosafety is a set of actions, means and resources that have as main objective to minimize risks, prevent accidents and other situations that may harm the health of patients, professionals and the environment.

Why is Biosafety important to you during the dental treatment?

Because it prevents diseases caused by microorganisms (viruses, bacteria, etc.) that can be transmitted during the treatment.



What diseases cause the greatest concern?

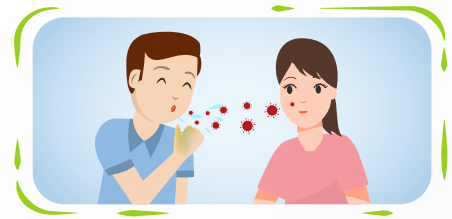
COVID-19 has become a pandemic, with limited treatment resources and knowledge of the means of transmission. Thus the measures of prevention and control have been expanded in order to provide safety for patients and professionals. In this way, we also prevent previously known diseases, such as Hepatitis B, C and AIDS, among others.

How can COVID-19 be transmitted?

The virus of COVID-19 can be transmitted in some ways:

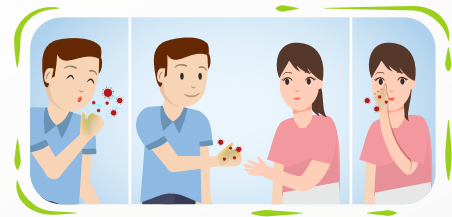
DIRECT

- by the contact with saliva or respiratory secretions expelled through coughing, sneezing and talking.



INDIRECT

- by the contact with non-sterile dental instruments;
- by self-touching (mouth, nose and eyes), touching the contaminated hands of others people or objects;
- by the inhalation of droplets or aerosols loaded with microorganisms suspended in the air.



What do I need to know before going to a dental visit?



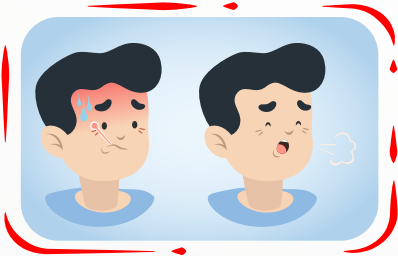
- contact your dentist to decide whether or not this is the best time to make your dental visit;
- avoid taking accompanying visitor. It is only recommended for children, elderly and people with special needs. In case an escort is indispensable, he or she will go through the same screening described below;
- come to the office wearing a mask, covering your nose and mouth. Remove it only when requested and take a reserve one to be used after the dental appointment;
- avoid using adornments such as bracelets, necklaces, rings, earrings, watch and high heels shoes;
- avoid carrying large bags and packages. This is because everything you take should be placed inside plastic bags and will remain stored during the period of the procedure, in order to avoid the cross contamination;
- at the time of confirmation of your appointment, the dental office will ask some questions related to signs and symptoms of COVID-19, exposure to the coronavirus and also to your individual risk;
- the dental staff will receive you in the clinical room fully dressed.

Tips to increase your safety:

- hydrate yourself before leaving home;
- remember to brush your teeth before leaving home;
- go to the bathroom before leaving home (you can use the office facilities if necessary);
- arrive on time, neither before nor after;
- program yourself to leave the dental office and go straight home;
- when you arrive home remove all clothes, put them to wash and take a bath.

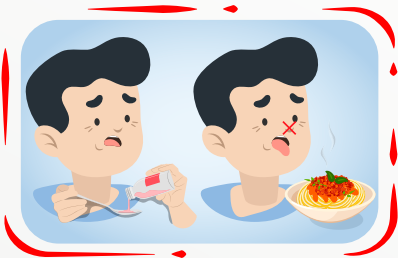
What information should I provide at the time of scheduling and at the confirmation of the appointment?

For your safety, it is very important that your answers are truthful. Thus, the dentist will be able to decide which is the best strategy for your treatment.



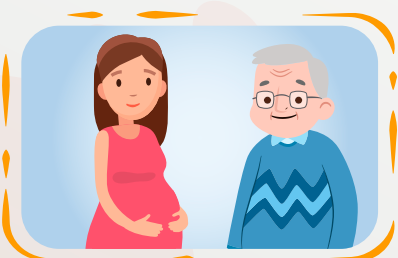
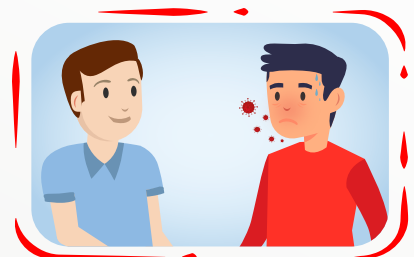
Signs and symptoms

- Did you have fever(100.0°F or greater) or did you feel feverish?
- Did you have chills?
- Have you taken any medication that could interfere with that manifestation, an analgesic or anti-inflammatory (for example: paracetamol, dipyron, aspirin, ibuprofen)?
- Cough?
- Shortness of breath and/or chest pain?
- Sore throat?
- Diarrhea?
- Recent loss of smell or taste?
- Body aches and fatigue?
- Coryza (runny nose)?
- Any other symptoms you would like to report?



Risks of Coronavirus Exposure

- Are you or anyone in your household sick or diagnosed with COVID-19?
- Have you been in a crowded place in the last 14 days?
- Are you a health professional or have you any profession that exposes you to the virus?



Individual Risk

- Are you over 60 years old?
- Do you have any chronic diseases such as diabetes, high blood pressure, kidney disease, liver disease (e.g. cirrhosis), heart problems, autoimmune disease or treats diseases that compromise immunity (such as cancer or medication for HIV or AIDS), obesity, lung disease, severe asthma, neurological problems that make breathing difficult?
- Are you pregnant? In what period?
- Have you taken the flu vaccine this year?

See the changes you may find in the dental office

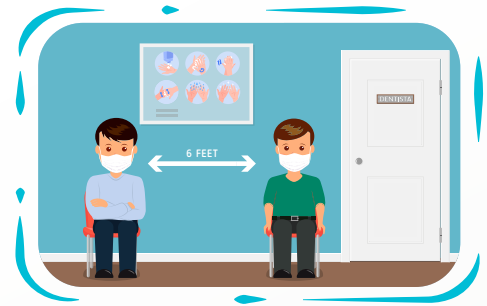
Initial screening

- your temperature and oxygen saturation may be measured;
- you will be asked to perform hand hygiene;
- you will be asked to keep your belongings (in plastic bag provided or in a hygienized cabinet).



Changes in the environment

You will find a simplified environment, without magazines, toys, coffee and watercooler. Orientation posters for hand hygiene and coughing etiquette will be posted. In addition to that, there will be a distance between the chairs according to the recommendations. There will be a smaller number of appointments and of patients, as well as greater interval between attendances. The clinical room will also be simplified.



We study and dedicate ourselves so that every dental visit in our dental office is always safer, both for you and the entire team of professionals involved in caring for your smile and your health!

If you have any questions regarding Biosafety, the procedures or if you would like to give any suggestion, we are always at your service.

Biosafety is a commitment from all of us!

Note: This document was prepared by the "GerAção Biossegurança" group which is composed of professionals who work for the awareness of the importance of Biosafety in Dentistry and its practical application.

The group's main concern is the safety of all those involved, based on: scientific evidence, current regulations and national and international recommendations. The responsibility for infection control practices and safety of those involved during the work is of each dental setting.

Grupo GerAção Biossegurança –
Get to know the Experts



Links for
references



Prepared by: