

**World Oral Health Day 2023 Quiz**

To mark World Oral Health Day 2023, we've put together a quick 10 question quiz that you and your colleagues can take part in together. For one lucky provider we're offering a chance to win an oral health resource pack full of useful equipment, resources and ideas you can take away and use in your service plus the chance to have a dedicated oral health training session delivered for you. Don't miss your chance to enter! All you need to do is.

* Take part in the quiz at any point before **Friday 24 March**. Make sure to take a picture of your team taking part! We can share these and show how providers across North Yorkshire and York are supporting good quality oral healthcare.
* Send your photo to [sam.varo@nhs.net](mailto:sam.varo@nhs.net) and we will enter you into our draw.

1. After brushing your teeth should you..

a. Rinse your mouth with water

b. Rinse your mouth with mouthwash

c. Just spit out excess toothpaste

1. When is the most important time to brush your teeth?
2. Before breakfast
3. Before lunch
4. Before bed
5. Does poor oral health affect general health?
6. Yes
7. No
8. Poor oral health in older people can lead to:
9. Pain and discomfort
10. Poor quality of life
11. Reduced self-confidence and increased social isolation
12. Poor general health and premature death
13. All of the above
14. Is there an association between poor oral health and pneumonia, stroke and coronary heart disease?
15. Yes
16. No
17. Do you still need to clean someone's mouth even though they have full dentures?
18. Yes
19. No
20. How long should you take to brush your teeth?
21. 1 minute
22. 2 minutes
23. 4 minutes
24. Can you buy non foaming or non-tasting toothpaste?
25. Yes
26. No
27. If gums bleed when you brush, what should you do?
    1. Brush gently but more thoroughly and try a product for gum disease.
    2. Leave well alone to let gums heal.
    3. Use just mouthwash instead.
28. If someone has a problem in their mouth, what should you do?
    1. Make a note
    2. Make a note and inform your manager/refer to dentist
    3. Leave it to get better?