



## 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
2. When is the most important time to brush your teeth?
  - a. Before breakfast
  - b. Before lunch
  - c. Before bed
3. Does poor oral health affect general health?
  - a. Yes
  - b. No
4. Poor oral health in older people can lead to:
  - a. Pain and discomfort
  - b. Poor quality of life
  - c. Reduced self-confidence and increased social isolation



- d. Poor general health and premature death
  - e. All of the above
5. Is there an association between poor oral health and pneumonia, stroke and coronary heart disease?
- a. Yes
  - b. No
6. Do you still need to clean someone's mouth even though they have full dentures?
- a. Yes
  - b. No
7. How long should you take to brush your teeth?
- a. 1 minute
  - b. 2 minutes
  - c. 4 minutes
8. Can you buy non foaming or non-tasting toothpaste?
- a. Yes
  - b. No
9. If gums bleed when you brush, what should you do?
- a. Brush gently but more thoroughly and try a product for gum disease.
  - b. Leave well alone to let gums heal.
  - c. Use just mouthwash instead.
10. If someone has a problem in their mouth, what should you do?
- a. Make a note
  - b. Make a note and inform your manager/refer to dentist
  - c. Leave it to get better?