

# Hygiene and mouthguard use

## Play it safe. Wear a mouthguard!

It's always important to maintain good hygiene to stay well and avoid passing on viruses and other contagious illnesses. This is especially important during the COVID-19 pandemic, where touching your mouth, nose or eyes when your hands aren't clean can increase the risk of COVID-19 transmission. These hygiene tips will help you to reduce the risk of transmission and care for your mouthguard.

### Wearing your mouthguard

Before and after putting your mouthguard in, wash your hands thoroughly for at least 20 seconds with soap and water or use hand sanitiser.



### Removing your mouthguard

Avoid taking your mouthguard out during play at training sessions or competitive games. When you need to take it out, it is recommended to use hand sanitiser before and after, or wash your hands thoroughly with soap and water.

Always keep your mouthguard in a labelled container so that you know which one is yours – don't leave it sitting on any surfaces that could be contaminated or loose in a bag. Ideally the container should have some ventilation so that the mouthguard can dry.



### Maintaining your mouthguard

Check with your dentist or mouthguard manufacturer on the best way to clean your mouthguard after each use (e.g. wash in soapy water, air dry or dry with paper towel). Avoid harsh products – use mild alcohol free soap. You should also clean the container regularly.

Replace your mouthguard when you notice signs of wear and tear such as cracking or small holes. Bacteria can form in these cracks and irritate your gums or other parts of your mouth.

References available on request.  
Contact [ask@adavb.org](mailto:ask@adavb.org)

