

Mouth Health QUIZ

Add up your points at the end to see how mouth health smart you are!
If you answer a question correctly, you get 2 points.
If you answer it incorrectly, you get one point.

- 1.** To protect your toothbrush from harmful germs, you should:
- a. Leave it out in the open air.
 - b. Store it in a closed container
 - c. Soak it in an antibacterial mouthwash
 - d. Microwave it for 15 seconds

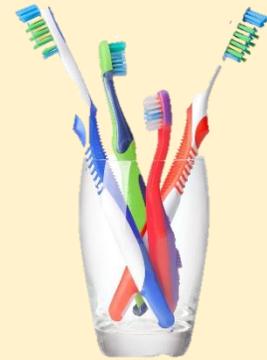
Correct Answer: a. Leave it out in the open air.

Rinsing your toothbrush and letting it air dry is recommended by the American Dental Association. Keeping it in a closed container creates a moist environment for bacteria to grow, there is no evidence that soaking your toothbrush in mouthwash has any benefits, and a microwave could damage your toothbrush.

2. If you find yourself without a toothbrush, it's a good idea to borrow a friend's.

a. True.

b. False



Correct Answer: b. False.

Sharing a toothbrush increases the risk of infection. It is best to buy a new toothbrush if you forgot yours.

3. Most bacteria in your mouth is in the plaque.

a. True.

b. False.

Correct Answer: a. True.

Plaque is the main cause of tooth decay. It is the film that covers your teeth and causes cavities. Brushing, flossing, and rinsing your mouth is the best way to remove plaque.

4. If you drop food on the floor, picking it up within 5 seconds prevents germs from getting on it.

a. True

b. False

Correct Answer: b. False.

Food that you drop will immediately pick up germs from the floor. You are safer to throw it away and eat something else.

5. **A dog's mouth is cleaner than a human's.**

a. True.

b. False.



Correct Answer: b. False.

Both humans and dogs' mouths contain about the same amount of bacteria. There are more than 100 different germs in dogs' mouths that can make human's sick.

6. **All bacteria are bad for the health of your teeth and gums.**

a. True.

b. False.

Correct Answer: b. False.

Some may be bad, but there are just as many that are good for your teeth and gums. There are some bacteria that kill bad bacteria and some that release enzymes to prevent plaque formation.

7. Drinking green tea may help keep your teeth and gums healthy.

a. True.

b. False.

Correct Answer: a. True.

Studies have shown that green tea creates healthier gums and decreases chances of tooth loss.

8. Antiseptic mouth washes can kill the germs that cause bad breath.

a. True.

b. False.



Correct Answer: a. True.

The American Dental Association has stated that antiseptic mouthwash can kill the germs that cause bad breath, but if your breath smells bad from food that you just ate or from a medical condition than the mouthwash does not completely get rid of that smell. It may mask the smell, but it does not address the cause of it. Bad breath from germs and bad breath from food are not the same thing.

9. To avoid the buildup of bacteria, the American Dental Association recommends replacing your toothbrush every month.

- a. True.
- b. False.

Correct Answer: b. False.

The American Dental Association recommends replacing your toothbrush every three to four months to avoid the buildup of bacteria. If the bristles are frayed, you should replace them sooner. The ADA has stated that the bacteria on a toothbrush has not been found to hurt people, and replacement is recommended mainly because the toothbrush may start to not work well.

10. Baby teeth are important.

- a. True.
- b. False.



Correct Answer: a. True.

Baby teeth hold places in the mouth for adult teeth. If a baby tooth is knocked out early, adult teeth may come in crooked, or the teeth may come in too close together.

11.

Malocclusions (any imperfect positioning of the teeth when the jaw is closed) are not something to worry about.

- a. True
- b. False

Correct Answer: b. False.

Malocclusions should be treated seriously because they may make it difficult to clean the teeth and gums where the teeth are imperfect leading to cavities and gum disease.

12.

Getting a sealant put on a tooth hurts.

- a. True.
- b. False.



Correct Answer: b. False.

Sealing a tooth is fast, easy, and protects teeth from decay.

13.

Diluting juice is better for your teeth.

- a. True.
- b. False.

Correct Answer: b. False.

Diluting does not decrease the *amount* of sugar in a drink. It just makes it taste less sugary. Sipping too many sugary drinks can lead to tooth decay. Rinse your mouth with water after drinking sugary beverages to help remove the sugar that sticks to your teeth.

14.

Which of the following can transfer potentially dangerous microbes between people?

- a. Lipstick.
- b. Drinking glasses.
- c. Band instruments.
- d. All of the above.

Correct Answer: d. All of the Above.

Most object have germs that can be potentially dangerous. Avoid sharing personal items to avoid picking up any of these harmful bacteria, viruses, or microbes.

15.

Gum disease is contagious.

- a. True.
- b. False.

Correct Answer: b. False.

Gum disease is not contagious. It typically is caused by teeth and gums that are not healthy because of poor hygiene, but if you kiss someone with gum disease, they will have bacteria in their mouth that can lead to gum disease. If you are repeatedly exposed to this bacteria, meaning you kiss someone with gum disease on a regular basis, then you increase your risk for gum disease, but it does not mean you will get it. Brush, floss, and use antibacterial mouthwash to rid your mouth of harmful bacteria.

16.

The number of bacteria in your mouth is closest to the population of which of the following?

- a. NYC
- b. USA
- c. North America
- d. Earth



Correct Answer: d. Earth

A typical human mouth contains billions of bacteria. If you have not brushed your teeth, you might have even more bacteria in your mouth. There are 700 different species of microbes in your mouth.

17.

Babies get fevers when teething.

a. True.

b. False.

Correct Answer: b. False.

It is not normal for a baby to get a fever while teething. Diarrhea and rashes are also not normal. If your baby has a fever, diarrhea, rashes, or is acting fussy and uncomfortable, call your physician.

TOTAL POINTS:

For each correct answer, you get 2 points. For each wrong answer, you get 1 point.

- **34 points (all the answers correct):** You are a mouth health genius!
- **26-33:** You are good at taking care of your mouth.
- **17-25:** You did not know very much about mouth health, but now you do!