

Archie Dental Group Quarterly Newsletter

Volume I November 2020

Influenza (Flu)

Flu season in COVID-19 converge
Thaddous Archie DDS

Here we are again, summer has passed autumn arrives and influenza flu season begins. This article is provided to help you and your family get through the season healthy. Flu symptoms present like COVID-19 symptoms initially. Sore throat, cough, fever, chills and difficulty breathing are common symptoms associated with both conditions. What you and your family do from today through spring is especially important to lessen the likelihood of contacting either virus. Consider the following safety tips:

- Hand hygiene - Washing your hands is one of the most important things that you can do to prevent the spread of influenza and COVID-19. Be aware of the surfaces you may touch that may be contaminated with viral particles that can be transmitted causing infection.



- If you become ill, stay at home and take care of yourself using the recommendations found on the Center of Disease Control, (CDC) website www.CDC.gov/Flu/index.



- Wear a mask when around people that you suspect of being ill or when you are in public. Remember simple things like going to the store or the gas station or family meetings, small gatherings and places with poor ventilation can be considered a hotspot for both Covid 19 and influenza. A cotton face covering over your nose and mouth is proven to be highly effective. If you can get a higher-level mask, level 2 or level 3, and in extreme instances N95 respirators, these can provide you with adequate protection. In some instances, you may find double masking effective if you do not have a N95 respirator available.



- Do not touch your face. That may sound funny, but I know you all have heard it before because it is a fact. Do you realize that we touch our face on average over **23 Times** an hour? In most instances, we are not even aware of it. Put unsanitary hands into context and make sure your hands are clean.



- Get your flu shots early. Influenza shots are readily available at grocery markets, pharmacies, health clinics and in many instances free of charge. If you have a fear of needles, there is a nasal spray that can be administered that is effective as well. Vaccines and vaccination effectiveness are a hot topic right now where many people do not believe in the effectiveness of vaccines. But I can tell you that every year, 56 million people have flu illnesses and 24-62 thousand flu deaths. Flu vaccination reduces the risk of flu by between 40% and 60% among the overall population.



- Let us hope scientists develop a vaccine or therapeutic to decrease the incidence of COVID -19.

Archie Dental Group Respiratory Protection Plan (RPP)

My staff members consider your health and safety while in our office very seriously. During the shutdown of our business, we have made modifications to improve air exchange within our treatment area to limit the likelihood of spreading infectious diseases. We have installed air purifiers in each operatory room as well as Air Scrubbers Filtration units within the office to constantly exchange the air preventing stagnant physical spaces. We would like to thank you for your cooperation by waiting in the car prior to being treated in your treatment room. Everyone has been immensely helpful in implementing this new process and I hope you appreciate our efforts to keep you safe.

Please note the following additional measures we have made to maintain safety in the office:

- Removed carpet and placed seamless tile on the floor for easy sanitation maintenance.
- Install a new door to separate the public area and reception area from the clinical area which has a seal that maintains the integrity of airflow in the operatories.
- I know many of you noticed and have come into it on the pre procedure rinse that we have implemented before you are sitting comfortably in your chair. The staff has you rinse with 1.5% hydrogen peroxide for 30 to 60 seconds to help reduce any viral particles that you may have in your mouth prior to the procedure. This procedure protects both you and the staff. We appreciate your cooperation.
- We will continue placing barriers on all equipment within the clinical area to maintain sterility. You can see that clearly by the plastic clear covers on the chairs, carts, external fixtures and on the handles.
- All instruments are sterilized with high steam Sterilization and spore tested to ensure that the process is verified safe.

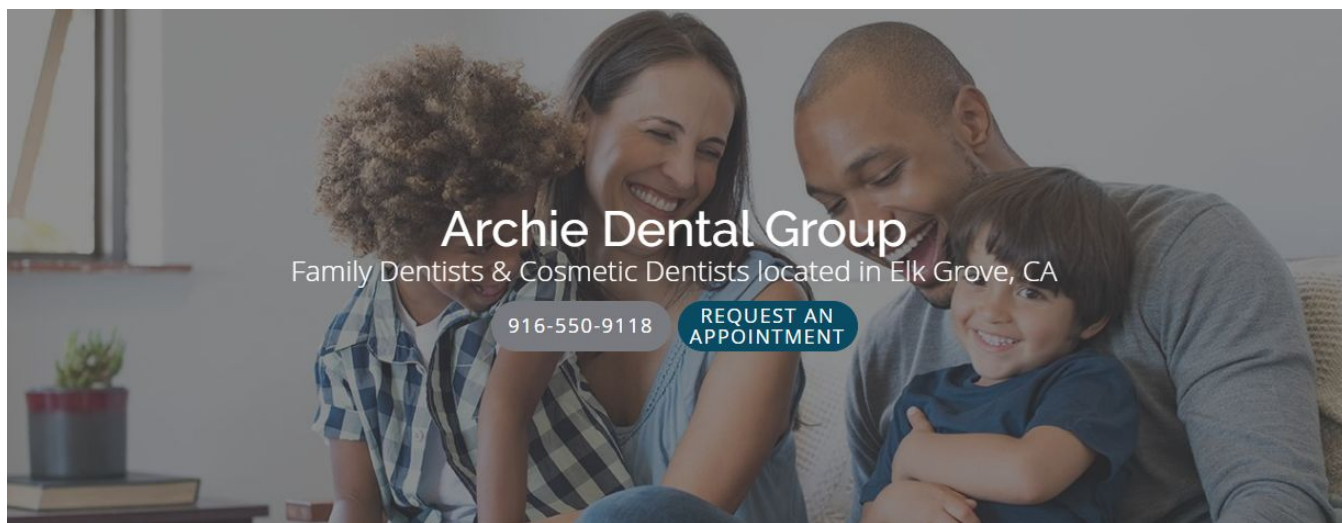
What else is new...

<https://www.youtube.com/watch?v=u-VtP3HaG1g>



We are using the Mr. Thirsty product to eliminate Aerosols generated by providing your dental service. This device is amazingly comfortable. Staff at Archie Dental Group is committed to ensuring that our clinical area is safe for you and your treatment team.

We have a new Website!



We have improved the functionality of our website by adding the following:

- Online appointment scheduling.
- Office texting while waiting to enter function.
- Expanded resource page.
- Links to major Insurance companies.

Please visit and tell us what you think. We always want to improve.

Fun facts about teeth:

Weird Teeth Facts

1. How your teeth are arranged in your mouth is as **unique as your fingerprint** – nobody else has a smile like yours!
2. **Women smile more than men** , and children are 26 times more likely to laugh than an adult.
3. China has an annual ‘ **Love your Teeth’ day** on 20 September.
4. Teeth start to **form in the womb** .
5. Humans spend **38.5 days of their lives** brushing their teeth.
6. The average human produces **25,000 quarts of saliva** in their lifetime – enough to fill two swimming pools.
7. **Mosquitos have twice as many teeth as humans** . The average adult human has 32 teeth.

See you next time. Let us hope that 2021 is better!!

