

# Shine Bright

Oral Health for Minority Ethnic (ME) Communities



**NEWSLETTER**  
**1 JUNE 2020**

Hello everyone,

Hope you are all well and safe and abiding by the Scottish Government's recommendations to protect yourselves from the current pandemic which has taken the world by storm. As the infection numbers drop the Scottish Government has prepared an exit plan which consists of 4 phases. The first phase began on Thursday 28<sup>th</sup> May 2020 and if all goes to plan and the infection rate does not rise, we will hopefully enter Phase 2 on the 18<sup>th</sup> of June 2020.

**Scottish Government COVID-19 Routemap**



	Lockdown	Phase 1	Phase 2	Phase 3	Phase 4
	<p>Lockdown restrictions:</p> <p>Closure of non-essential workplaces.</p> <p>Social distancing requirements for essential businesses.</p> <p>Remote working is the default position.</p>	<p>As with previous phase but with the following changes:</p> <p>Remote working remains the default position for those who can.</p> <p>For those workplaces that are reopening, employers should encourage staggered start times and flexible working.</p> <p>Non-essential <b>outdoor</b> workplaces with physical distancing resume once relevant guidance agreed.</p> <p>Construction - Phases 0-2 of industry restart plan can be implemented. Industry to consult government before progressing to phase 2.)</p> <p>Preparing for the safe reopening of the housing market.</p> <p>Workplaces resuming in later phases can undertake preparatory work on physical distancing and hygiene measures.</p>	<p>As with previous phase but with the following changes:</p> <p>Remote working remains the default position for those who can.</p> <p>Non-essential <b>indoor non-office-based</b> workplaces resume once relevant guidance agreed - including factories &amp; warehouses, lab &amp; research facilities - to re-open with physical distancing.</p> <p>Construction sector to implement remaining stages of phased return.</p> <p>Relaxation of restrictions on housing moves.</p>	<p>As with previous phase but with the following changes:</p> <p>Remote working remains the default position for those who can.</p> <p>Non-essential <b>indoor office</b> workplaces can open, once relevant guidance agreed, including contact centres with physical distancing.</p>	<p>As with previous phase but with the following changes:</p> <p>Remote and flexible working remains encouraged.</p> <p>All workplaces open with improved hygiene and in line with public health advice.</p>



Below is a link which will take you to the Scottish Government's website which explains the Route Map. We have also added a table which explains the different phases.

<https://www.transport.gov.scot/coronavirus-covid-19/transport-transition-plan/>

### **UK National Smile Month**

This month is National Smile Month and Shine Bright will be taking part and doing our bit to raise awareness of the importance of keeping good oral hygiene.

**National Smile Month** is the UK's largest oral health campaign, held annually across May and June. It attracts thousands of event coordinators and reaches millions of people with oral health information. National Smile Month is introduced and run by the Oral Health Foundation which is a UK-based oral health charity. This year the campaign will take place between 18<sup>th</sup> May – 18<sup>th</sup> June 2020.

The National Smile Month highlights 3 key messages which are very crucial to maintain good oral hygiene and which will help prevent tooth decay and gum disease. The 3 messages are:

#### Number 1

**Brush your teeth last thing at night and on at least one other occasion with a Fluoride toothpaste.**



#### Number 2

**Cut down on how much sugary food and drink you have, and how often you have them.**



### Number 3

**Visit your dentist regularly, as often as they recommend.**



Dentists around the world agree practicing the above will prevent teeth related diseases as prevention is better than cure!

**Remember to change your tooth brush every 3 months and always use a Fluoride toothpaste with **1450 PPM**.**

As we are in lockdown and have social distance restrictions in place Shine Bright have been raising awareness through social media platforms. Top tips for oral health and healthy cooking videos have been posted regularly. Follow us on Facebook to receive our updated information

<https://www.facebook.com/shinebright.wsrec/>

Shine Bright have held workshops on Zoom and also available on Viber and Whatsapp groups.

**If interested in being added to our whatsapp and Viber group or if you would like to join our Zoom workshop, please text Dr Manal Eshelli on 07497188236**

**Until next time stay safe everyone!!!**