As an orthodontic team member during the pandemic, you’re doing everything you can to keep your patients, your co-workers and yourself safe during patient visits. Don’t forget: It’s also important to take care of yourself and be aware of others’ safety during your well-deserved breaks.

Infection control expert Jackie Dorst, who is working with the American Association of Orthodontists COVID-19 Task Force, offers the following break room reminders for orthodontic teams:

1. Try to stagger lunch and break times to reduce the number of people in the break room at one time.
2. To the extent possible, keep furniture arranged so that no one is seated within the recommended six-foot distance from anyone else.
3. While eating or drinking, or at any other time when you may not be wearing a mask, keep conversation to a minimum.
4. In particular, avoid face-to-face conversations within six feet of each other while not wearing masks.