

Oral Health During COVID-19

During this time "Selected Dental Services" are allowed

What "Selected Dental Services" are currently available?

- ✓ Dental emergencies (e.g. bleeding that doesn't stop, pain or swelling, broken or knocked out tooth)
- ✓ Dental care that was previously postponed if it can no longer wait
- ✓ Conditions that are likely to lead to dental emergencies
- ✓ Preventative services (e.g. topical fluoride application, sealants and scaling)



What to do?

1. Call your dentist's office first to find out what services are being offered.
2. Provide as much detail as possible about your condition.
3. Follow your dentist's instructions.

Resources and a list of providers

Medi-Cal Dental Smile California 800-322-6384 or www.smilecalifornia.org

Private Insurance Contact your Insurance carrier

Low-Cost Resources

Mendocino Community Health Center Ukiah	707-468-1010	https://www.mhcinc.org
Mendocino Community Health Center Willits	707-456-9600	https://www.mhcinc.org
Mendocino Coast Clinics, Ft. Bragg	707-964-1251	https://mendocinocoastclinics.org
Long Valley Health Center, Laytonville	707-984-8222	https://www.longvalley.org
Anderson Valley Health Center, Boonville	707-895-3477	http://www.avhc.org/dental-care/
Redwood Coast Medical Services	707-882-2189	https://www.rcms-healthcare.org
Consolidated Tribal Health Project	707-485-5115	https://www.cthp.org/dental-services
Round Valley Indian Health Center	707-983-8061	https://roundvalleyindianhealthcenter.com

Health Care Coverage

Health Care for All 805-981-5212



Tips for a Healthy Smile to keep yourself healthy!

- Brush and floss your teeth twice a day
- Eat and Drink Healthy, avoiding sugary and sticky foods and drinks
- Wash your hands before and after brushing or flossing
- Don't share toothbrushes, food, or put your hands in your mouth



For information on COVID-19 in Mendocino County, visit

<https://www.mendocinocounty.org/community/novel-coronavirus>

Salud Oral Durante COVID-19

En estos momentos se permiten “Servicios Dentales Seleccionados”

¿Cuáles “Servicios Dentales Seleccionados” están permitidos?

- ✓ Emergencias dentales (por ejemplo: sangrado que no se detiene, dolor o hinchazón, Diente quebrado o diente caído después de un golpe)
- ✓ Atención dental que se pospuso previamente si ya no puede esperar
- ✓ Condiciones que pueden llegar a ser emergencias dentales
- ✓ Servicios preventivos (por ej. aplicación de fluoruro, selladores dentales y limpiezas para eliminar placa y sarro)



¿Qué puede hacer?

1. Primero llame a la oficina de su dentista para ver qué servicios están disponibles.
2. Proporcione tantos detalles como sea posible sobre su condición.
3. Siga las instrucciones de su dentista.

Recursos y en donde encontrar una lista de proveedores

Medi-Cal Dental Smile California 800-322-6384 or www.smilecalifornia.org

Private Insurance Contact your Insurance carrier

Low-Cost Resources

Mendocino Community Health Center Ukiah	707-468-1010	https://www.mhcinc.org
Mendocino Community Health Center Willits	707-456-9600	https://www.mhcinc.org
Mendocino Coast Clinics, Ft. Bragg	707-964-1251	https://mendocinocoastclinics.org
Long Valley Health Center, Laytonville	707-984-8222	https://www.longvalley.org
Anderson Valley Health Center, Boonville	707-895-3477	http://www.avhc.org/dental-care/
Redwood Coast Medical Services	707-882-2189	https://www.rcms-healthcare.org
Consolidated Tribal Health Project	707-485-5115	https://www.cthp.org/dental-services
Round Valley Indian Health Center	707-983-8061	https://roundvalleyindianhealthcenter.com

Health Care Coverage

Health Care for All

805-981-5212



¡Practique buenos hábitos de higiene bucal para mantenerse saludable!

- Cepílese los dientes dos veces al día y utilice el hilo dental
- Coma y beba saludablemente, evite las comidas y bebidas azucaradas y pegajosas
- Lávese las manos antes y después de cepillarse o usar el hilo dental
- No comparta su cepillo de dientes, su comida, y no se meta las manos a la boca



Para más información sobre COVID-19 en el Condado de Mendocino visite:

<https://www.mendocinocounty.org/community/novel-coronavirus>

Funded by the CDPH under Contract #17-10704 Financiada por CDPH en virtud del contrato n.º17-10704