



ORAL HEALTH CARE IN MENDOCINO COUNTY DURING COVID-19

Oral Health Program

**public
health**

HHSA of Mendocino County

Funded by the CDPH under Contract #17-10704

Dental Visits:



It is important to visit your dentist regularly, starting no later than age one. To keep everyone safe, your dental visit may look a little different.

Your dentist's office may:

- Offer fewer appointment options
- Ask you to wear a face mask while in the office
- Take your temperature and ask you pre-screening questions
- Ask you to wait outside of the dental office
- Ask you to practice physical distancing

Tips for a Healthy Smile!

Brush & Floss:



Continue to brush with fluoridated toothpaste and floss your teeth twice a day. Start brushing children's gums with a soft bristle toothbrush even before their teeth come in.

Wash Your Hands

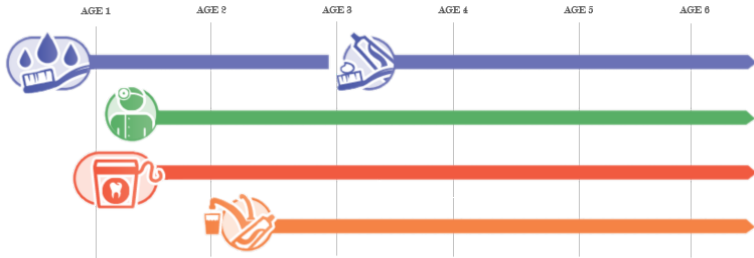


Always wash your hands before and after brushing your teeth to prevent spreading germs.

Choose Healthy Foods & Drinks



Choose healthy foods and drinks and avoid sugary and sticky foods and drinks. And do not share utensils, straws, or food.



Call to make an appointment today!

Local Dental Clinics

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

Medi-Cal Dental

- **Smile California**
 - 800-322-6384
 - www.smilecalifornia.org



CUIDADO DE LA SALUD BUCAL EN EL CONDADO DE MENDOCINO DURANTE EL COVID-19

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HHS of Mendocino County

Funded by the CDPH under Contract #17-1070

Visitas Dentales:



Es importante visitar a su dentista con regularidad, comenzando a más tardar al año de edad. Para mantener a todos a salvo, su visita al dentista puede verse un poco diferente.

El consultorio de su dentista puede:

- Ofrezca menos opciones de citas
- Pedirle que use una mascarilla mientras está en la oficina
- Tome su temperatura y le haga preguntas previas a la evaluación
- Pedirle que espere fuera del consultorio dental
- Pedirte que practiques el distanciamiento físico

¡Consejos para una sonrisa saludable!

Cepillo y hilo dental:



Continúe cepillándose los dientes con pasta de dientes fluorada y use hilo dental dos veces al día. Empiece a cepillar las encías de los niños con un cepillo de dientes de cerdas suaves incluso antes de que les salgan los dientes.

Lávese las manos

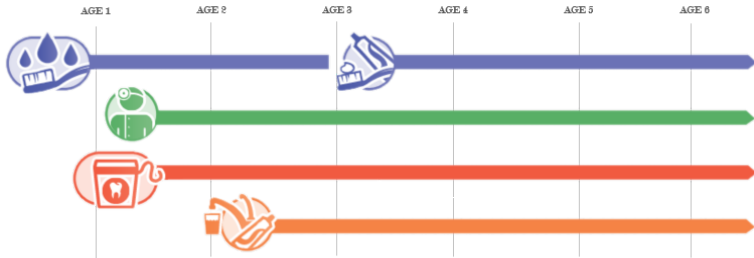


Lávese siempre las manos antes y después de cepillarse los dientes para evitar la propagación de gérmenes.

Elija saludable Alimentos y Bebidas



Elija alimentos y bebidas saludables y evite los alimentos y bebidas azucarados y pegajosos. Y no comparta utensilios, pajitas o comida.



¡Llame para hacer una cita hoy!

Clínicas dentales locales:

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