

# ORAL HEALTH DURING COVID-19

Dentists may now provide non-emergency, deferred and preventive dental care as prescribed by the California Department of Public Health.

- Call your dentist's office.
- Follow your dentist's instructions for making appointments and continuing your dental care.
- The following video provides important information on what your future dental appointment may look like: <https://bit.ly/2Vvd7wM>

Visit the American Dental Association for additional information on oral health [www.mouthhealthy.org/en](http://www.mouthhealthy.org/en)

## RESOURCES

### Finding A Dentist

**Medi-Cal Dental** (800) 322-6384 [www.dental.dhcs.ca.gov/find-a-dentist](http://www.dental.dhcs.ca.gov/find-a-dentist)

**SMILE California** [www.smilecalifornia.org](http://www.smilecalifornia.org)

### Low-Cost Dental Services:

**California Dental Association** [www.cda.org/Home/Public/Low-cost-Dental-Services](http://www.cda.org/Home/Public/Low-cost-Dental-Services)

**San Mateo County Dental Society** (650) 637-1121 [www.smcdds.com](http://www.smcdds.com)

**San Francisco Dental Society** (415) 928-7337 [www.sfds.org](http://www.sfds.org)

**Santa Clara County Dental Society** (408) 289-1480 [www.sccds.org](http://www.sccds.org)

**Mid-Peninsula Dental Society** (650) 328-2242 [www.mpds.org](http://www.mpds.org)

### Community Dental Clinics

**San Mateo Medical Center** (650) 573-3982

**Gardner Health Services** (650) 362-2520

**Ravenswood Family Health Center** (650) 289-7700

**Sonrisas Dental Health** (650) 727-3480

**Private Insurance** Please contact your insurance carrier for a provider list.

## STAY HEALTHY

Practice good oral and hand hygiene. See your dentist for your oral health needs.



Brush and floss your teeth twice a day.



Eat and drink healthy; avoid sugary and sticky foods and drinks.



Wash your hands before and after brushing and flossing.



Don't share toothbrushes, food, or put your hands in your mouth.



**SAN MATEO  
COUNTY HEALTH**

**Dial 2-1-1** for non-emergency, non-medical calls  
[smchealth.org/coronavirus](http://smchealth.org/coronavirus)