



# DENTAL HEALTH DURING COVID-19



## Keep Up Your Daily Dental Clean Routine

- Brush 2x a day for 2 minutes with fluoridated toothpaste
- Floss everyday to keep cavities away
- Help your child brush their teeth until they are 8 years old
- Drink water
- Snack on fruits, vegetables and foods high in protein — limit sugary foods
- Wash hands before and after brushing and flossing.



**Dental services are now available at all dental clinics.**

**It is safe to go to the dental clinic during COVID-19  
and seek regular preventive care to avoid dental emergencies.**

**Make your appointment today!**



## Dental Clinics that Take Partnership Medi-Cal Dental

### Arcata

United Indian Health Services  
1600 Weott Way  
Arcata, CA 95521  
**707-825-5040** (Tribal enrollment required)

### Hoopa

K'ima:w Dental Clinic  
1201 Airport Road  
Hoopa, CA 95546  
**530-625-4261, x 2** (Tribal enrollment required)

### Eureka

Open Door Burre Dental Clinic  
959 Myrtle Ave.  
Eureka, CA 95501  
**707-442-7078**

### Redway

Redwoods Rural Dental Clinic  
71 West Coast Road  
Redway, CA 95560  
**707-923-4313**

### Fortuna

Open Door Fortuna Dental Clinic  
3750 Rohnerville Road  
Fortuna, CA 95540  
**707-725-4477**

### Scotia

Southern Trinity Health Services  
500 B St.  
Scotia, CA 95565  
**707-764-5617, Ext. 1**

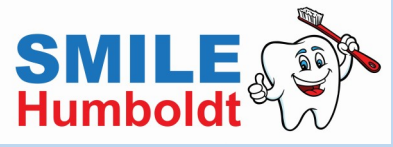


**Need help getting your child to the dentist? Call the Smile Humboldt Family at 707-476-4949.**

**Smilehumboldt.com Like us on Facebook@ Facebook.com/Smile Humboldt**



# SALUD DENTAL DURANTE COVID-19



## Mantenga su rutina diaria de limpieza dental

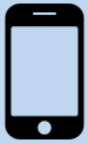
- Cepille 2 veces al día durante 2 minutos con pasta dental fluorada
- Use hilo dental todos los días para mantener las caries alejadas
- Ayude a su hijo a cepillarse los dientes hasta que tenga 8 años
- Beba agua
- Coma frutas, verduras y alimentos con proteínas - limite los alimentos azucarados
- Lávese las manos antes y después de cepillarse y usar hilo dental.



## Los servicios dentales ahora están disponibles en todas las clínicas dentales.

Es seguro acudir a la clínica dental durante el COVID-19 y buscar atención preventiva regular para evitar emergencias dentales.

¡Haga su cita hoy!



## Clínicas dentales que aceptan Partnership Medi-Cal Dental

### Arcata

United Indian Health Services  
1600 Weott Way  
Arcata, CA 95521  
**707-825-5040** (se requiere inscripción tribal)

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¿Necesita ayuda para llevar a su hijo/a al dentista? Llame a Smile Humboldt Family at 707-476-4949.

Smilehumboldt.com Danos un like en Facebook @ Facebook.com/Smile Humboldt