



DENTAL HEALTH DURING COVID-19



Keep Up Your Daily Dental Clean Routine

Since regular dental appointments are delayed or canceled, it is important to set your family's daily Clean Routine.

- Brush 2x a day for 2 minutes with fluoridated toothpaste
- Floss everyday to keep cavities away
- Brush your child's 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.



Emergency Dental Services Are Available at All Dental Clinics During COVID-19

What is a dental emergency?

- Bleeding that does not stop
- Pain or swelling in or around your mouth
- A broken or knocked out tooth.

What to do in a dental emergency?

- Call your dentist or dental clinic immediately
- Give them as much information as you can
- Follow your dentist's instructions.



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 Rhonerville Road
Fortuna, CA 95540
707-725-4477 (scheduled to reopen August 2020)

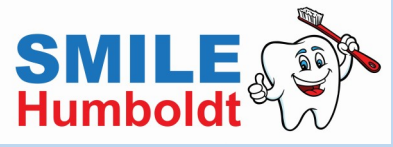


Need help getting your child to the dentist? Call Smile Humboldt Family at 707-476-4949

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SALUD DENTAL DURANTE COVID-19



Mantenga su rutina diaria de limpieza dental

Dado que las citas dentales regulares se han retrasado o cancelado, es importante establecer una rutina de limpieza diaria para su familia

- Cepille 2 veces al día durante 2 minutos con pasta dental fluorada
- Use hilo dental todos los días para mantener las caries alejadas
- Cepille los dientes de su hijo 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.



Servicios dentales de emergencia disponibles en todas clínicas dentales durante COVID-19

¿Qué es la emergencia dental?

- Sangrado que no se detiene
- Dolor o hinchazón en o alrededor de la boca.
- Diente roto o noqueado.

¿Qué hacer en una emergencia dental?

- Llame a su dentista o clínica dental de inmediato.
- Darles tanta información como puedas
- Siga las instrucciones de su dentista.



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)

Hoopla

K'ima:w Dental Clinic
 1201 Airport Road
 Hoopla, CA 95546
530-625-4261 x 2 (se requiere inscripción tribal)

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 Rhonerville Road
 Fortuna, CA 95540
707-725-4477 (promagado para reabrir Agosto de 2020)



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

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