



Keep Your Mouth Healthy behind Your Mask:

- ✓ Brush your teeth twice a day.
Use toothpaste with fluoride
- ✓ Floss daily
- ✓ Make Healthy food and drink choices
- ✓ See your dentist regularly

Don't have a dentist?

- Call **2-1-1** to find a no cost or low-cost dentist in LA County
- Contact the LA County Department of Social Services at **1-866-613-3777** to see if you qualify for Medi-Cal
- Visit Medi-Cal Dental at smilecalifornia.org or call **1-800-322-6384** to find a dentist near you
- For more information, visit ph.lacounty.gov/ohp