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

RESOURCES

Finding A Dentist
Medi-Cal Dental (800) 322-6384 www.dental.dhcs.ca.gov/find-a-dentist
SMILE California www.smilecalifornia.org

Low-Cost Dental Services:
California Dental Association www.cda.org/Home/Public/Low-cost-Dental-Services
San Mateo County Dental Society (650) 637-1121 www.smcds.com
San Francisco Dental Society (415) 928-7337 www.sfds.org
Santa Clara County Dental Society (408) 289-1480 www.sccds.org
Mid-Peninsula Dental Society (650) 328-2242 www.mpds.org

Community Dental Clinics
San Mateo Medical Center (650) 573-3982
Ravenswood Family Health Center (650) 289-7700
Private Insurance Please contact your insurance carrier for a provider list.

Gardner Health Services (650) 362-2520
Sonrisas Dental Health (650) 727-3480

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.