



## Keep Your Mouth Healthy:

- ✓ 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 or scan the QR code to the right 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](https://smilecalifornia.org) or call **1-800-322-6384** to find a dentist near you
- For more information, visit [ph.lacounty.gov/ohp](https://ph.lacounty.gov/ohp)

