



Keep Your Mouth Healthy and Your Smile Bright by:

- ✓ Brushing teeth twice a day with fluoridated toothpaste and flossing daily.
- ✓ Making healthy food and drink choices.
- ✓ Seeing your dentist regularly.

Don't have a dentist?

- Call 2-1-1 to find a no cost or low cost dentist near you
- Contact the LA County (LAC) Department of Social Services at 866-613-3777 to see if you qualify for Medi-Cal
- Visit Medi-Cal at <https://smilecalifornia.org/> or call 1-800-322-6384 to find a dentist near you
- Visit the LAC Department of Public Health, Oral Health Program at <http://publichealth.lacounty.gov/ohp/>