

Medi-Cal and Denti-Cal Covers your dental needs at low or no cost. Your financial situation should not be what stops you and your family from receiving excellent oral health care!

Curious what procedures Medi-Cal covers?

<https://smilecalifornia.org/about/>

Want to know more about oral health goals in San Francisco?

<http://www.cavityfreesf.org/>

Dear parents, remember that you're a role model- your child watches you - so make sure you practice healthy oral care!

Make teeth brushing fun with songs, dancing, and a buddy!

Dear providers, promote oral health care-make it part of overall care. Your clients benefit from your input- help them make appointments - it makes a difference!

POTRERO HILL HEALTH CENTER 1050 Wisconsin St. 94107 Returning Patients: 648-7609 New Patients: 682-1740

SOUTHEAST HEALTH CENTER 2401 Keith St. 94124 Returning Patients: 671-7066 New Patients: 682-1740

SILVER AVENUE FAMILY HEALTH CENTER 657-1730 1525 Silver Ave. 94134

NORTH EAST MEDICAL SERVICES 391-9686. 1520 Stockton St. 4th Floor 94133 x8180 SLIDING SCALE, INS, MEDI-CAL, HEALTHY KIDS, 2574 San Bruno Ave. 94134 x6040 FREE INITIAL DENTAL SCREENING

BAYVIEW HEALTH & WELLNESS CENTER 339-8813, 6301 3RD St. 94124 (ask for San Francisco site) x153 MEDI-CAL

HEALTH RIGHT 360 742-8520,1563 Mission St. at South Van Ness, 746-1940 MEDI-CAL, SLIDING SCALE

List updated August 2021.
Check dental.dhcs.ca.gov/find-a-dentist/home?locale=en for more accurate information.

You can also call the toll-free Denti-Cal Telephone Service Center for additional help at 1-800-322-6384.



ChildrenOralHealthTF@apafss.org

<http://www.cavityfreesf.org/taskforces-bayview-hunters-point/>

Oral Health Guidelines for Parents and Providers



Bayview Hunters Point
Children's Oral Health Taskforce
& APA Family Support Services

Daily Checklist

Parents/Guardians:

- Brush in the morning
- Brush in the evening
- Remember to floss during the day
- Included water to my child's meals
- Checked for tooth discoloration or pain.

Providers:

- I reminded my patients to take care of their oral health.
- I provided my clients with resources to find a dental office near them.
- I provided tips to my clients to make toothbrushing fun.



Water is a great alternative to sugary drinks like flavored milk, lemonade, and fruit juices. Did you know children of different ages should drink different volumes of water every day?

0-6 months: no additional water

6-12 months: ½ a cup to 1 cup (4-8 oz)

12-36 months: 1 to 4 cups (8-32 oz)

4-5 years: 1.5 to 5 cups (12 -40 oz)

Fluoridated water helps prevent tooth decay. San Francisco tap water is fluoridated, so opt for tap water instead of bottled water when you can.

Milk is also an important and healthy alternative to sugary drinks. If your child can't drink milk, talk to your doctor for alternative ideas.

Birth-12 months: breast milk or baby formula

Age 1: 2-3 cups of whole milk per day

Age 2-3: 2 cups of fat-free or low-fat milk per day

Age 4 and older: continue drinking fat-free or low-fat milk, but increase intake to **2.5 cups per day**

- Tooth decay is entirely preventable
- Brush twice a day and floss everyday
- First dental appointment by age 1
- Take care of baby teeth
- Visit the dentist twice a year
- Avoid sticky, starchy, sugary foods
- Fluoride helps prevent tooth decay
- Parents are powerful role models

