



# Orange County Local Oral Health Program



## Your Oral Health Matters



### **Brush: Your Teeth Twice a Day**

- To keep your teeth and gums healthy
- To remove food, stains and bacteria
- To prevent dental disease
- To protect your overall health



### **See: Your Dentist Twice a Year**

- For dental exams and cleanings
- To help prevent tooth decay
- To allow your dentist to find and treat early signs of disease



### **Call: Health Referral Line at 1-800-564-8448**

- To help you locate a dentist for you and your family
- Get information about services and low cost/no cost resources in Orange County



### **Visit: [www.SmileHabitsOC.org](http://www.SmileHabitsOC.org)**

- For up-to-date oral health information for you and your family



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