



Guidance for Healthcare Professionals

Encourage regular dental exams

Knocked out tooth: rinse with water and immediately reimplant or place in milk

Recommend HPV vaccine (3 doses, ages 15+)

Help patients find a dentist near their campus or home

More than 1 in 4 adults in the United States have untreated tooth decay ([CDC](#))
Among adults aged 20 and older, about 90% have had at least one cavity ([CDC](#))

Recommendations for Young Adults



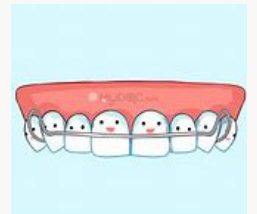
Schedule your dental exams during school breaks.



Brush your teeth twice daily, regardless of time of day.



Enjoy fruit infused or flavored waters instead of sugar sweetened beverages.



Wear your retainer EVERY night. (if you have one)



Scan here to find a Medi-Cal Dental Provider near you



Mouth jewelry can damage your teeth. Ask your dentist how to care for piercings and tooth gems.



Place any knocked out tooth immediately in milk and call a dentist ASAP.



Find a dentist close to your school or home. Never know when you will need one.