



BABY STEPS

When you are pregnant, take care of your teeth!

Did you know that unhealthy teeth and gums could cause your baby to be born too early or too small? Your baby could even get tooth decay later on, from the germs in your mouth!

If you don't take care of your teeth, you could have:

- Tooth pain or decay
- Bleeding gums, or
- You could even lose your teeth!

See a dentist:

- For a checkup
- To get your teeth cleaned, and
- To treat any dental problems you have

Go to the dentist right away if:

- You have not gone in one year
- You have pain in your mouth or bleeding gums
- You have any unusual lumps or sores in your mouth

Sometimes even pregnant women need x-rays. Be sure to tell your dentist that you are pregnant. They will take special care to make sure your baby is not harmed.

Useful Resources:

Alliance members have dental coverage:

Medi-Cal members have Denti-Cal.

To find a dentist, call **1-800-322-6384**.

Group Care (IHSS) members have Delta Dental.

Call the Public Authority at **510-777-4201**.



Take care of your teeth!
Brush your teeth after every meal, don't forget to floss and see your dentist.

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