



## Stay At Home Guidance for Dental Care **What Should I Do If I Have Tooth or Mouth Pain?**

**The most important thing you can do right now to stay healthy and make sure others are healthy is to stay home.** In Plumas County, most dental offices are only providing care if it is an emergency or providing remote consultations through [Teledentistry](#). Some dental offices are closed during this time, but will reopen. If your mouth or teeth hurt you, or you think you have a dental emergency, CALL your dental provider. They may talk with you about your needs on the phone or over video chat. Tell them how you feel, including if you have a fever, a cough, or chest pain. Your dental team will tell you what to do next.

### **USE EMERGENCY ROOM ONLY IF UNABLE TO GET URGET CARE ELSEWHERE**

#### Some examples of [dental emergencies](#) are:

- Very bad toothache pain (*not just a twinge*)
- Swollen gums, face, or neck
- Unusual bumps in the mouth
- Bleeding in your mouth that does not stop
- Infection or a substantial risk of it
- Recent mouth trauma (*broken teeth/deep cuts*)
- Unusual mouth ulcers that do not heal

#### Dental appointments for these needs should be rescheduled:

- Regular exam or cleaning
- Regular visits for braces
- Treatment for cavities not in pain
- Removal of teeth that are not painful

#### Hygiene:

- [Wash your hands](#) very often with soap and water. Scrub for at least 20 seconds or use an alcohol- based hand sanitizer if soap is not available.
- Don't touch your face. This can be hard, and requires effort.
- Cover coughs and sneezes with the inside of your elbow or upper arm.
- Stay home if you are feeling sick, and seek appropriate medical guidance.
- Take care of your teeth and mouth. [Brush and floss](#) your teeth, and clean your tongue.

#### Plumas County Dental Providers and their status as of 3/26/2020:

	Clinic	Phone #	Insurance	Clinic open for:
Chester/ Lake Almanor	<a href="#">Chester Smile Family Dentistry</a>	258-2201	Private	Emergencies
	Peninsula Family Dental	596-3993	Private	Emergencies
Greenville	<a href="#">Greenville Rancheria Dental Clinic</a>	284-7045	Medi-Cal	Closed
Portola / Graeagle	<a href="#">Eastern Plumas Health Care Dental</a>	832-6602	Medi-Cal	Emergencies
	Dr. Bruce H Lee	832-4461	Private	Emergencies
	Dr. Michael Barton	836-2223	Private	Emergencies
Quincy	<a href="#">Plumas District Hospital Dental</a>	283-3915	Medi-Cal	Emergencies
	Dr. Dale Harris	283-0980	Private	Emergencies
	Dr. Emily Luscri	283-1119	Private	Emergencies & Teledentistry
	Dr. Gregory Sawyer	283-2811	Private	Emergencies
	Sierra Family Dentistry	283-3947	Private	Emergencies
	<a href="#">Van Pelt Family Dentistry</a>	283-9988	Private	Emergencies