

February 2020



Smile San Bernardino County National Children's Dental Health Month Social Media Guide



Public Health



Smile SBC
info@smilesbc.org
www.smilesbc.org

Smile San Bernardino County (SBC) Social Media Guide

Follow the San Bernardino County Department of Public Health (DPH) on the following social media platforms:

 @SBCTPublicHealth

 @SBCountyPH

 @SBCountyDPH

Ways to promote the following National Children's Dental Health Month materials:

- Request a .zip file of all posts from info@smilesbc.org
- 'Share' posts from DPH platforms to your organization social media pages

How to use Smile SBC Social Media Guide:

- Post social media photos or videos at least once a day according to dates. You do not have to post everything in this social media guide.
- Copy and paste text along with photo or video in appropriate fields for posting.
- Add your own relevant hashtags (#) to the images or videos. Suggested hashtags include but are not limited to:
 - #oralhealth
 - #nationalchildrensdentalhealthmonth
 - #NCDHM2020
 - #publichealth
- To increase user engagement, aim to post at least one or more times a day.

For access to images, please email info@smilesbc.org.

NCDHM Social Media Posting Guide Week 1

2/1/20- February is National Children's Dental Health Month



Text: February is National Children's Dental Health Month. It's important to start building healthy oral health habits while your children are young. To maintain a healthy mouth, brush, floss, eat healthy and visit the dentist. For more information on oral health, please visit www.smileSBC.org. And don't forget to use hashtag #NCDHM or #nationalchildrensdentalhealthmonth and check back here every day for more oral health tips throughout the month of February! #oralhealth #publichealth #smileSBC

2/3/20 Oral health class in SB/VV IEHP Community Resource Center



Text: Interested in learning more about how to take care of you and your child's teeth? IEHP Community Resource Centers in San Bernardino and Victorville are hosting a FREE oral health class! Class is for adults with children ages 0-5. Details are on the flyer. #oralhealth #smileSBC

2/4/20- Tooth decay is the most common childhood disease



Text: Did you know that tooth decay is the most common childhood disease and that it is almost entirely preventable? With regular brushing and flossing, you can prevent tooth decay. Children under the age of 6 may not know how to properly brush their teeth yet. It's important for parents to help their child brush their child's teeth until they are old enough to do it themselves. For more information, visit www.smileSBC.org. #oralhealth #publichealth #smileSBC

2/5/20- Brushing can prevent cavities. Video on how to brush your teeth from ADA.

<https://www.youtube.com/watch?v=xm9c5HAUBpY&list=PLgVW4hDBH0pe1XHkzmcjwsyORJfklp2C&index=21&t=0s>



Text: Brushing your teeth for 2 minutes 2 times a day can help prevent cavities and gum disease. Cavities are holes that form in the teeth when you don't brush your teeth. Learn how to brush your teeth the right way by watching the video below. #oralhealth #publichealth #smileSBC #NCDHM2020

2/6/20- Floss in between your teeth at least once a day.



Text: Flossing at least once a day in between your teeth is very important. Brushing alone will not remove plaque and food from between your teeth. Be sure to help your child floss in between their teeth until they are old enough to do it themselves. Help your child build healthy habits while they are young. For more information, go to www.smileSBC.org. #oralhealth #smileSBC #nationalchildrensdentalhealthmonth #NCDHM2020

Floss between your teeth at least once a day

2/6/20 ADA Flossing video

<https://www.youtube.com/watch?v=HhdoPXNKNm4&list=PLgVW4hDBH0pe1XHkzmcjwsyORJfkldp2C&index=20&t=0s>



Text: Have a quick minute to spare? Watch the video below to learn how to properly floss your teeth! #oralhealth #NCDHM2020 #smileSBC

2/7/20 Hesperia Health Center Flyer



San Bernardino County Public Health

Dental Services Available

Dental Clinic Hours:
Tuesdays from 9 a.m. – 4 p.m.

Hesperia Health Center
16453 Bear Valley Rd.
Hesperia

Services Include:

- Diagnostic and Preventive Care
 - Exams
 - X-Rays
 - Cleanings
 - Sealants
 - Varnish
- Emergency Dental Services*
- Basic Dental Services
 - Restorative (Fillings)
 - Basic Periodontic (Root Canals)
 - Periodontal (Deep Cleanings)
 - Oral Surgery (Routine Extractions)
- Other Services
 - Denture Adjustments
 - Relines

Insurances Accepted:

- Medi-Cal Managed Care (i.e. Inland Empire Health Plan)
- Medi-Cal
- Private Pay
- Sliding Fee Discount Scale (based on income)

*Same day appointments for emergency dental services based on availability.

To schedule an appointment call:
1-800-722-4777

Dental Clinic Goals

- To help promote overall health for our patients and their families.
- To increase awareness of better oral hygiene and healthy eating.
- To decrease early childhood dental decay.
- To help families live vibrant and healthy lives with healthy smiles.

We are committed to prevent, maintain and eliminate oral diseases resulting from dental decay or periodontal disease.

www.SBCounty.gov/dph

Text: Did you know that San Bernardino County now offers dental services at the Hesperia Health Center? Services provided include X-rays, cleanings, sealants and other dental services such as extractions and fillings. Call 1-800-722-4777 to schedule an appointment today! #NCDHM #oralhealth #publichealth #dentist #SanBernardinoCounty #smileSBC

2/8/20- Schedule your dental check up today!



San Bernardino County

Brush 2x a day

Floss 1x a day

Eat healthy

Visit the dentist

www.smileSBC.org

Text: When was the last time you or your child went to the dentist? Did you know you are supposed to visit the dentist once every six months? Going to the dentist regularly can help keep your mouth healthy. Your dentist can also remove any plaque that normal tooth brushing and flossing can't. If it has been a while since your last checkup, call your dentist today to schedule an appointment. If you need help finding a dentist, www.smileSBC.org can point you in the right direction. #oralhealth #publichealth #smileSBC

Schedule your dental check-up today!

NCDHM Social Media Posting Guide Week 2

2/10/20 Oral health class in SB/VV IEHP Community Resource Center



Text: Interested in learning more about how to take care of you and your child's teeth? IEHP Community Resource Centers in San Bernardino and Victorville are hosting a FREE oral health class! Class is for adults with children ages 0-5. Details are on the flyer. #oralhealth #smileSBC

2/11/20 Eat a diet full of fruits, vegetables and whole grains everyday



Text: Eating healthy food is good for your mouth and body. Make half of your plate fruits and vegetables and eat whole-grains. If you would like to learn more about how to eat healthy, visit www.choosemyplate.gov. You can find tips and ideas to help you and your family eat healthier. #oralhealth #smileSBC #publichealth #nutrition #NCDHM #nationalchildrensdentalhealthmonth

2/12/20 Drinking water is good for your teeth



Text: Water is very good for your mouth and body. Try to drink more water during the day and avoid drinks that contain added sugars. Drinking sodas, fruit juices and sweetened teas can be very harmful to your teeth and body because they have a lot of sugar in them. Drinking too many drinks with added sugars may lead to obesity and diabetes. #oralhealth #waterisgood #smileSBC #NCDHM #nationalchildrensdentalhealthmonth #publichealth

2/13/20 Post #1: Add fruit to your water for some delicious flavor



Text: Don't like the taste of water? Add some fruit and herbs to your drink for some delicious flavor. Remember, drinking soda, fruit juices and sweetened teas are not good for your teeth. These drinks contain a lot of sugar that can cause cavities, obesity and diabetes. Take care of your mouth and body by drinking more water. #oralhealth #waterisgood #publichealth #NCDHM #nationalchildrensdentalhealthmonth

2/13/20 Post #2: Recipes for Spa water



Kiwi Berry Blend

Makes 4 servings. 1 cup per serving.
Prep time: 5 minutes

Ingredients

1-2 kiwis, sliced or cut in chunks
2 cups strawberries, cut in half

Preparation

1. Fill pitcher halfway with ice.
2. Add sliced kiwis and strawberries.
3. Fill with water. Chill for at least 20 minutes before serving.
4. Store in refrigerator and drink within 24 hours.



Text: Add some berries to your water for a delicious and refreshing taste that is good for your mouth and body. For more tips for a healthy mouth, visit www.smileSBC.org. #oralhealth #publichealth #smileSBC #waterisgood #rethinkyourdrink

Drink water instead of sugary drinks.

2/14/20 Ontario Health Center Flyer

San Bernardino County Public Health

Dental Services Available

Dental Clinic Hours:
Mondays from 8:30 a.m. – 4:30 p.m.

Services Include:

- Diagnostic and Preventive Care
 - Exams
 - X-Rays
 - Cleanings
 - Sealants
 - Varnish
- Emergency Dental Services*
- Basic Dental Services
 - Restorative (Fillings)
 - Basic Endodontic (Root Canals)
 - Periodontal (Deep Cleanings)
 - Oral Surgery (Routine Extractions)
- Other Services
 - Denture Adjustments
 - Relines

Insurances Accepted:

- Medi-Cal Managed Care (i.e. Inland Empire Health Plan)
- Medi-Cal
- Private Pay
- Sliding-Fee Discount Scale (based on income)

*Same day appointments for emergency dental services based on availability.

Ontario Health Center
150 E. Holt Blvd.
Ontario

To schedule an appointment call:
1-800-722-4777

Dental Clinic Goals

- To help promote overall health for our patients and their families.
- To increase awareness of better oral hygiene and healthy eating.
- To decrease early childhood dental decay.
- To help families live vibrant and healthy lives with healthy smiles.

We are committed to prevent, maintain and eliminate oral diseases resulting from dental decay or periodontal disease.

www.SBCounty.gov/dph

Text: Did you know that San Bernardino County now offers dental services at the Ontario Health Center? Services provided include X-rays, cleanings, sealants and other dental services such as extractions and fillings. Call 1-800-722-4777 to schedule an appointment today! #NCDHM #oralhealth #publichealth #dentist #SanBernardinoCounty #smileSBC

2/15/20- Need help finding a dentist?



Text: *Need help finding a dentist in the Inland Empire that accepts Medi-Cal? Click on the link below to view several dental clinics in the area that accept Medi-Cal and other insurances. There are clinics in the area that offer free services. (link to PDF from LOH website)*
#oralhealth #publichealth #smileSBC

NCDHM Social Media Posting Guide Week 3

2/17/20 Oral health class in SB/VV IEHP Community Resource Center



Text: Interested in learning more about how to take care of you and your child's teeth? IEHP Community Resource Centers in San Bernardino and Victorville are hosting a FREE oral health class! Class is for adults with children ages 0-5. Details are on the flyer. #oralhealth #smileSBC

2/18/20 Post #1 First tooth, first birthday

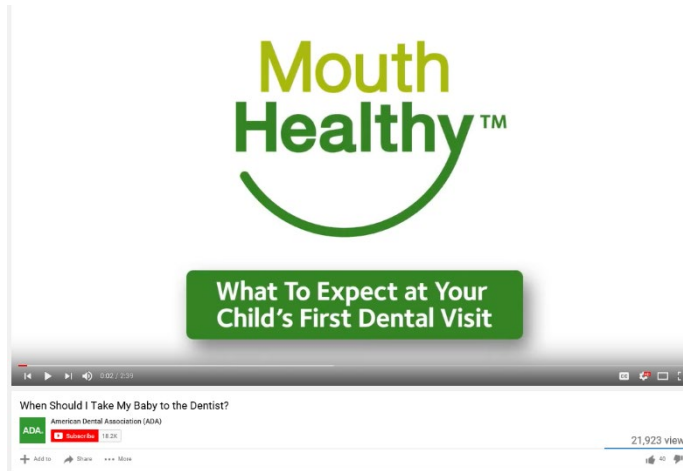


Text: It is important to start taking care of your child's teeth when they are young. Before all of your child's teeth come in, be sure to wipe their gums 2x a day with a clean, soft cloth in the morning after the first feeding and right before bed to wipe away bacteria and sugars that can cause cavities. Once teeth start coming in, start brushing twice a day with a soft, bristled toothbrush and plain water. Be sure to take your child to the dentist by their first birthday or when their first tooth appears.

#oralhealth #publichealth #smileSBC
#firsttoothfirstbirthday #NCDHM2020
#nationalchildrensdentalhealthmonth

2/18/20 Post #2 What to expect at your child's first dental visit video

<https://www.youtube.com/watch?v=sKyjLh8xe2k&list=PLgVW4hDBH0pe1XHkzmcjwsyORJfkldp2C&index=2&t=0s>



Text: *Learn what to expect at your child's first dental visit by watching the video below. Remember, take your child to the dentist by their first tooth or first birthday. #oralhealth #publichealth #nationalchildrensdentalhealthmonth #NCDHM2020*

2/19/20 Help brush your child's teeth until they are 6 years old



Text: *Be sure to help brush your child's teeth until they are old enough to do it by themselves. Some children might not be able to brush properly just yet. By helping them brush, you are giving them the chance to develop a healthy mouth and good habits. #oralhealth #publichealth #NCDHM2020 #nationalchildrensdentalhealthmonth*

2/20/20 BBB



Text: *Help to brush your child's teeth until they can tie their own shoes. After helping to brush your child's teeth, let your child pick out a book or two to read. Read stories every day but let your child decide how long to read. Let your children play during the day to help them sleep longer during the night. Put your child to bed when they are drowsy, but awake to help them fall asleep on their own. For more information, visit www.smilesbc.org. #oralhealth #publichealth #nationalchildrensdentalhealthmonth #NCDHM2020*

2/21/20 Post #1 San Bernardino County Health Center Flyer



Dental Services Available

Dental Clinic Hours:
Wednesdays from 8:30 a.m. - 4:30 p.m.

San Bernardino Health Center
606 E. Mill St.
San Bernardino

Services Include:

- Diagnostic and Preventive Care
 - Exams
 - X-Rays
 - Cleanings
 - Sealants
 - Varnish
- Emergency Dental Services*
- Basic Dental Services
 - Restorative (Fillings)
 - Basic Endodontic (Root Canals)
 - Periodontal (Deep Cleanings)
 - Oral Surgery (Routine Extractions)
- Other Services
 - Denture Adjustments
 - Relines

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To decrease early childhood dental decay.

To help families live vibrant and healthy lives with healthy smiles.

We are committed to prevent, maintain and eliminate oral diseases resulting from dental decay or periodontal disease.

www.SBCounty.gov/dph

Text: Did you know that San Bernardino County now offers dental services at the San Bernardino Health Center? Services provided include X-rays, cleanings, sealants and other dental services such as extractions and fillings. Call 1-800-722-4777 to schedule an appointment today! #NCDHM2020 #oralhealth #publichealth #dentist #SanBernardinoCounty #smileSBC

2/21/20 Post #2 Primary Teeth are Important



SAN BERNARDINO COUNTY

Your child's baby teeth are very important

www.smileSBC.org

Text: There are many reasons you should help take care of your child's baby teeth. Baby teeth help save space for adult teeth when they come in and shape your child's face. Baby teeth play an important role in speech too. To find out more about why baby teeth are important, visit www.smileSBC.org. #oralhealth #publichealth #smileSBC #nationalchildrensdentalhealthmonth #NCDHM

2/22/20 Post # 1 Video-How to get your child to brush

<https://www.youtube.com/watch?v=kuLxz5IrZ6Y&list=PLgVW4hDBH0pe1XHkzmcjwsyORJfkldp2C&index=4&t=0s>



Text: *It can sometimes be difficult to get your child to brush his or her teeth. Here are some tips to encourage your child to take care of their mouth. Remember to brush 2x a day for 2 minutes in the morning and before you go to bed. It's best to use a soft-bristled toothbrush and a pea-size amount of fluoride toothpaste. And don't forget to take your child to the dentist once every 6 months. For more information, visit www.smilesbc.org. #oralhealth #publichealth #smilesbc #NCDHM2020 #nationalchildrensdentalhealthmonth*

2/22/20 Post #2 Did you know that Medi-Cal has dental covered?



Text: *Medi-Cal now has dental benefits for you and your family. For a complete list of services that Medi-Cal offers, visit www.smilecalifornia.org. #smilecalifornia #oralhealth #publichealth #NCDHM2020 #nationalchildrensdentalhealthmonth*

NCDHM Social Media Posting Guide Week 4

2/24/20 Oral Health Class in SB/VV IEHP Community Resource Center



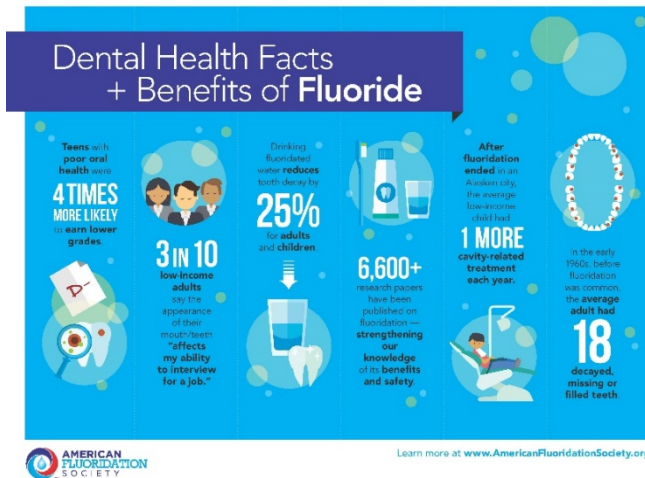
Text: Interested in learning more about how to take care of you and your child's teeth? IEHP Community Resource Centers in San Bernardino and Victorville are hosting a FREE oral health class! Class is for adults with children ages 0-5. Details are on the flyer. #oralhealth #smileSBC

2/25/20 Fluoride helps protect your teeth against cavities



Text: Fluoride can be found in toothpaste and tap water and it is perfectly safe. It is great for your teeth because it can help prevent cavities. #oralhealth #nationalchildrensdentalhealthmonth #NCDHM2020

2/26/20 Benefits of Fluoride



Text: Fluoride is a mineral that protects teeth by making them stronger. It also reduces your risk of cavities. Because fluoride in water is so great at preventing cavities, it is known as one of the top public health achievements in the 20th century. Fluoride can be found in tap water, toothpaste, fluoride supplements and given by a dentist, nurse or doctor through application of fluoride varnish. For more information, visit www.AmericanFluorideSociety.org
#oralhealth #publichealth #fluoride

#NCDHM2020 #nationalchildrensdentalhealthmonth

2/27/20 Ask your dentist about fluoride varnish for your child



Text: During your child's next visit with the dentist, ask them about applying fluoride varnish. Fluoride varnish is a painless way to prevent cavities and is covered by most insurance plans. Fluoride varnish can be applied multiple times a year and is completely safe. #oralhealth #publichealth #NCDHM2020 #nationalchildrensdentalhealthmonth #fluoride

2/28/20 What's in my toothpaste?

<https://www.youtube.com/watch?v=Ka2icaHpHmc&list=PLgVW4hDBH0pe1XHkzmcjwsyORJfkldp2C&index=25&t=0s>



Text: Learn more about fluoride and what is in your toothpaste by watching the video below. #oralhealth #publichealth #fluoride #NCDHM2020

2/29/20 Last day of NCDHM



Text: National Children's Dental Health Month may have come to an end, but don't forget to brush your teeth 2x a day for 2 minutes with a fluoride toothpaste and soft-bristled tooth brush. Floss at least once a day to get plaque in between teeth. Eat more fruits and vegetables as well as whole-grains and try to drink less sugary beverages like soda and fruit juice. And last but not least, visit the dentist once every 6 months. For more information, visit www.smilesbc.org. #oralhealth #NCDHM2020 #nationalchildrensdentalhealthmonth #publichealth