



CALIFORNIA CORRECTIONAL
HEALTH CARE SERVICES

Patient Orientation To Health Care Services



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Introduction

California Department of Corrections and Rehabilitation (CDCR) and California Correctional Health Care Services (CCHCS) will provide health care services. There are clinics, treatment areas, and special housing units that are available to meet your health care needs.

This handbook will inform you on these health services available and how to request them.

Patient's Rights

You have the right to privacy, the right to ask for and receive health care, and the right to refuse medical care and treatments. Security rules at times may limit some rights. You have the right to:

- Access to health care.
- Medical services that are practical and needed to protect your life, prevent and treat illness and disability, and ease serious pain.
- Be treated with respect of your dignity including privacy in treatment and in care of personal needs, when not in conflict with security rules.
- Be free from mental, verbal, or physical abuse from patients, CDCR employees, or contracted staff.
- Keep your health record confidential based on privacy laws. Copies of privacy laws documents are available in the law library.
- Access your health care record and/or release them to any person with your consent.
- Make decisions about your health care, such as:
 - ✓ Fill out an Advance Directive for Health Care which is a health care power of attorney and lets you write down your wishes.
 - ✓ Choose someone to make health care decisions for you if you become unable to make decisions for yourself.

- Receive information from health care staff about your diagnosis, treatment, and prognosis (if known).
- Discuss your health care treatment options with your health care provider.
- Have your legally authorized agent discuss your health care treatment options with your Primary Care Provider (PCP), as long as the safety and security of the institution are not affected.
- Use an interpreter.
- Take part in decisions regarding your health care based on:
 - ✓ A clear explanation of your condition.
 - ✓ All proposed medical procedures.
 - ✓ The risk of death or serious side effects.
 - ✓ Problems related to recovery.
 - ✓ Other treatment options.
- Give informed consent to any treatment or procedure.
- Refuse any treatment or procedure except as required by law such as:
 - ✓ Tuberculosis (TB) evaluation.
 - ✓ Mental health treatment if you become gravely disabled, a danger to yourself, or a danger to others.
 - ✓ If you refuse a treatment or procedure, you are required to refuse it in writing.
- Be informed of institution rules grievance process.

Your rights, as listed above, can only be denied or limited for good cause. Care can only be denied or limited for reasonable security procedures or as authorized by law. The reasons your rights were denied or limited are documented in your health record.

Reasonable Accommodation

Patients with learning, mental health, or physical problems requiring assistance to see, hear, walk, talk, or are on kidney dialysis, can fill out CDCR Form 1824 to be assessed for a

reasonable accommodation or a disability. You can also use this form to report if you feel you are experiencing disability related discrimination. Ask any staff member to give you the form and/or assist you in filling it out.

Durable Medical Equipment (DME)

DME are long-term medical items, for example:

- Walkers/wheelchairs
- Orthopedic braces and shoes
- Hearing aids
- Blood sugar monitor
- Sleep apnea machine
- Oxygen tank
- Nebulizer machine
- Canes

DME will be provided to you when it is prescribed by your care team. You will be allowed to keep your DME unless:

- It poses a safety or security risk.
- Your care team decides you no longer need it.
- You have tampered or altered it.

Americans with Disabilities Act (ADA) Workers

All CDCR institutions have an ADA Inmate Assistance Program to provide assistance to you if you have a disability that may affect your ability to access programs, services, and activities. ADA workers can be requested through staff or identified by their designated vest.

Effective Communication

Effective communication is to be achieved when communicating with all patients. Staff will work with you if you have disabilities or trouble communicating such as hearing, vision, speech, low TABE, learning disabilities, Limited English Proficiency (LEP), mental

health concerns, and developmental disabilities. Staff is responsible to provide you information so that you can understand. They will also help if you have problems understanding your medical examinations, procedures, and all other proceedings or hearings.

If you need assistance with communication, tell your health care team.

- If English is not your primary language, you can ask for an interpreter.
- If you cannot understand what is said, you can ask the staff to use common words to explain it and to speak slowly and louder.
- If you require American Sign Language as your primary method of communication, a sign language interpreter and other assistive devices are available.
- If you cannot hear, tell the staff in your housing unit so they can explain to you what is being announced on the institution loud speakers such as notices, alarms, counts, and other emergencies.



MEDICAL CARE SERVICES



Medical Care Services

Health care services are available at the institutions at all times. Medical care is provided to you for diagnosis and treatment.

Initial Arrival at a CDCR Institution

When you arrive at a CDCR institution, Reception Center (RC) health care staff will ask you questions about your health history including: medical, mental, dental, and any type of disability.

- You will get a skin test for tuberculosis (TB) placed in your forearm, it will be read after two to three days.
- If you had a prior positive skin test for TB, tell the nurse as you may need to get a chest x-ray.
- You will be offered sexually transmitted disease (STD) testing.
- You will be offered hepatitis (disease of the liver) testing.
- If you are taking pills prior to your arrival, tell the nurse what pills you are taking and for what condition(s), the nurse will talk to the doctor and decide if you can continue to take these pills.
- As a new arrival to CDCR, you will be seen by dental and mental health staff, doctors, and nurses to ensure that all aspects of your health are addressed.
- You will be allowed to make draws through the canteen within 30 calendar days of arrival at the RC for over-the-counter products and reading glasses and be provided education regarding these products.

For Females Only

You will get a pap smear and breast exam to screen you for cancer.

If you are under 60 years old, you will have a urine pregnancy test. If you are pregnant, you will receive care during and after pregnancy.

Medical Services

You will have a health care team at the institution. The health care team consists of a doctor, nurses, dentist, scheduler, mental health staff, and YOU. Your health care team is charged with making sure you receive the health care you need. If you need to see a nurse or doctor right away, you will be taken to the clinic.

You are an important part of the health care team. Nurses, doctors, and other members of the team will work with you to manage your health and medical conditions. Your role in this team is to:

- Inform the team of any changes in your health or medical condition.
- Follow the treatment plan such as taking medications, having lab tests, and procedures.
- Show up to your health care visits.
- Inform the team if you disagree with the treatment plan or you are refusing to receive medical care.
- Be polite and respectful when talking to members of your health care team.



Developmental Disability Program (DDP)

A staff member will meet with you and ask questions to assess your cognitive and learning abilities. This will help to place you in the correct housing to ensure you receive the proper support, basic needs are met, and that you understand CDCR rules.

Getting Your Medications

Pill lines have scheduled times to get your medications. The custody staff in your housing unit will tell you the time, place, and process for each pill line.

- Prescribed medications – These are medications prescribed by your health care team to treat certain health conditions.
- Over-the-counter medications – Certain medications for common ailments are available in the canteen. There may be limits to how much of an over-the-counter medication you can receive each month. The rules are posted in the canteen area.
- There are certain pills that a nurse will give you, watch you swallow, and check your mouth to ensure you swallowed it.
- There are medications that you can keep with you and take them as ordered (i.e. pills, creams, inhalers, etc.). Keep these in their original package and make sure they are labeled with your name. Custody staff will remove items that do not have your name on them.

If you transfer to another institution, bring all of your medications with you. The medications that you get during pill pass will be transferred to the institution you are going to.

Refusing Prescribed Medications

You refuse medication if:

- You tell the nurse you do not want to take it.
- You do not show up at the pill line and do not have a valid reason.
- You do not pick up your medications within four days after being informed it is ready for pick up.
- You do not take the medications as ordered by your health care team.

You have the right to refuse to take medication unless there is a court order.

Tell your health care team if you have side effects or reactions to the medication you are taking.

Tell your health care team if you do not want to take your medications anymore.

Your Medication Refills



- If you need a medication refill, fill out a sick call slip. For example, refill Tylenol.
- You may also ask the pill line nurse to request a refill for you.
- Medications that you take every day for chronic conditions will be refilled automatically. For example, blood pressure and diabetes medication. You can ask the pill line nurse which of your medications refilled automatically.
- You will be informed when your medication(s) are ready for pick up. You have four days to pick them up.
- Do not throw away empty packaging, inhalers, or other medication containers. You may be asked to bring them with you when you pick up your refill.

Continuing Medications

If your prescribed medication has no more refills, your health care team will re-order it or will schedule you for a clinic visit before re-ordering it.

How to Get Medical Care

- 1) Fill out a CDCR 7362, Health Care Services Request Form, also known as a sick call slip. The sick call slip can be found in the housing units and clinics. You can also ask custody or health care staff for the sick call slip.

- 2) If you need help, custody or health care staff can help you to fill in the sick call slip.
- 3) Drop the completed sick call slip into locked boxes located in your housing or give it to any health care staff or custody officer at any time.
- 4) The nurse collects and reviews the sick call slips daily.
- 5) If the health problem you wrote is not serious, the nurse will see you the next day. During weekends or holidays, the nurse will see you when the clinic opens.
- 6) If the health problem you wrote is serious, the nurse will see you on the same day even if it is a weekend or holiday.
- 7) The custody officer will give you a ducat or a pass to see your health care team on the day of your clinic visit.

Telemedicine

In many institutions, your health care provider, such as a doctor and specialist, will see you via video. The nurse will assist you during this clinic visit. It happens in real time so you can speak to the doctor or specialist if you have questions.



Ducats or Pass

A ducat or pass will have the date and time of your clinic visit. If you do not want to go to your clinic visit, you still have to go to the clinic and sign a form that you refuse the visit. Your health care team will talk to you about the risk of refusing care.

Emergency Health Care

If you have a health problem and need help right away, tell any custody staff or health care staff. The health care staff will assess

your health problem and determine the care you will need. The nurse may call the provider for consult and/or send you out to a hospital.

Diagnostic Services

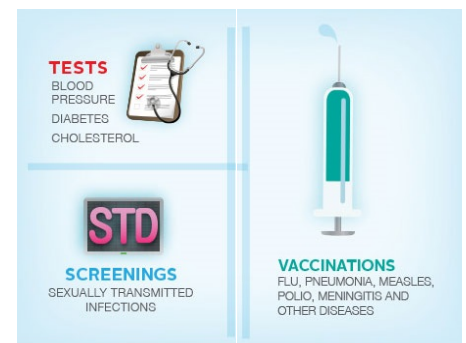
Certain tests and exams may be needed to check your health, such as blood tests and x-rays. There are tests where fasting, or not eating for several hours prior, is required. For some tests, you may have to collect urine or feces in a plastic cup with a cover. You will be given a paper with a reminder of what to do before each test. Your health care team will inform you of the results.



Preventive Services

Preventive services are offered to keep you healthy, prevent you from getting diseases, and find out early if you have a serious disease. These include:

- Cancer screening
- Vaccines
- Teaching and classes on healthy life styles
- Test to check sexually transmitted diseases (STD), hepatitis, and HIV



Tuberculosis (TB) Screening

Every year, you will be asked questions about symptoms of tuberculosis (TB). You **cannot** refuse the annual TB questions.

Flu Shot

Every year you will be offered a flu shot. You may refuse the flu shot.

Human Immunodeficiency Virus (HIV) Test

HIV is a virus that causes AIDS. You may request an HIV test. Your health care team will discuss the results with you.

Coccidioidomycosis (Cocci) or Valley Fever

Cocci or Valley Fever is caused by a fungus that lives in the soil in certain California regions. You can agree to a skin test so your risk will be known. If you have high risk, you will not be housed in an institution in the area where valley fever is common.

Hepatitis

Hepatitis is an infection of the liver caused by a virus. Your health care team will recommend you be tested for hepatitis, and you can also request to be tested for hepatitis. The treatment for hepatitis depends on the type of virus.

Hepatitis C is very common among inmates. If you have hepatitis C, your health care team will work with you regarding treatment options.

Other ways to protect you from getting disease:

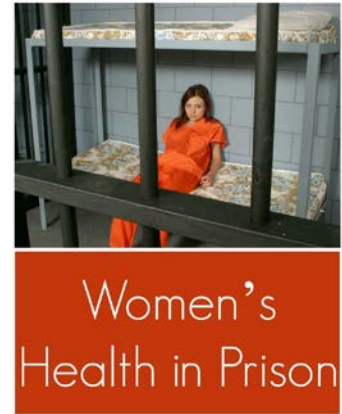
- Do not share items for drug use, such as needles or snorting drug equipment like straws.
- Use a condom during sex. You can get condoms in your housing unit. **Note:** *Although you can get condoms, sex is not allowed while in prison and is illegal.*
- Do not share ANY needles (tattooing or piercing).
- Do not share eating utensils.
- Do not share razors, nail clippers, or toothbrushes.

For Females Only

California law requires women in prison to have available, safe reproductive health care including birth control and care if you are pregnant.

The following services are available to you:

- Reproductive health and birth control methods.
- Your health care team will discuss your birth control methods with you.
- If pregnant, you will receive care during and after pregnancy.
- Sanitary napkins are free; you can get the napkins in your housing units.



Specialty Consults

Your health care team may refer you to an expert of certain disease or expert in certain procedure and treatment. Some examples of specialists are:

- Cardiologist (expert in diseases of the heart)
- Hepatologist (expert in diseases of the liver)
- Physical Therapist (helps you recover from injury or illness)

Dietary Services and Counseling

CDCR provides you three meals a day. Each meal is purposely MORE calories than you need so you can skip something you do not like and still get enough calories.

If you continually eat all of your food, you may gain weight. Your health care team may order a special diet, extra snacks, supplements and/or counseling based on your health care needs. Discuss with your health care team if you have food allergies, religious, or dietary restrictions.



Health Care Education

Your health care team will discuss with you:

- Disease prevention
- Recommended treatment plans
- Available health care resources

Health care education topics may include:

- Wellness/Prevention
- Newly diagnosed illness or disease
- Treatment plan (for example, diet, medications, special appliances, or equipment)
- Procedures, tests
- Before and after surgery care
- Compliance with treatment plan
- Lifestyle changes (for example, exercise, quitting smoking, nutrition, medication compliance)

End of Life Care Planning

Physician Orders for Life Sustaining Treatment (POLST) and Advance Directive for Health Care are legal documents that you complete to inform your health care team and others what type of care you want if you are seriously ill or unable to make decisions. You may choose a person to make decisions on your behalf. You can change the instruction in these documents at any time. Discuss with your health care team if you want to complete these forms or if you have any questions.

Palliative Care and Hospice Care

Specialized care for patients with serious illness to help manage symptoms, achieve comfort, reduce pain, and improve the quality of life. If you have an illness that you could die from within six months, you may have the option to go to the hospice unit at the California Medical Facility (CMF).

Complaints about the Health Care You Receive

If you have any complaints about your health care or health care staff, you can file a CDCR 602 HC, Health Care Grievance. You can find the CDCR 602 HC forms in the housing units and the law library. You must attach supporting documents to your complaint. Submit the completed form and supporting documents to the grievance coordinator.

There are two levels of review for health care grievances. You can refer to the California Code of Regulations, Title 15, section 3087, for further information.

Release of Health Care Information

If you or someone else wants to look at your health care information, you need to fill out a CDCR 7385, Authorization for Release of Protected Health Information. Once you have completed this form, turn it in to the Health Information Management (Health Records) Department at your institution.

The CDCR 7385 must:

- Be signed by you or your authorized legal representative.
- State what information you want released.
- State who gets the information and their address.
- State why they need the information.
- Choose a timeline for the information to be available.

You must request in writing if you want to update, change, or remove your CDCR 7385.

Electronic Health Record System

CDCR stores your health care records electronically. To ensure your records are accurate, always bring your ID card:

- 1) To your clinic visit



- 2) To pill line
- 3) To offsite appointments

The ID card will make sure that your health record is updated correctly.

If you have questions about the Electronic Health Record System, feel free to ask your nurse or provider.

Medical Classification System

The Medical Classification System is used to make sure you are housed in an institution that will meet your health care needs. You may be transferred to another institution if your current institution is unable to meet your health care needs.

Prison Rape Elimination Act (PREA)

Sexual harassment, any sexual contact between inmates or between an inmate and staff is not allowed.

If you become a victim of sexual assault or sexual harassment, inform custody staff or your health care team right away. Preserve any evidence of sexual assault.

If you are not comfortable contacting staff, please tell a friend or family member to make a report for you.

Opioids

What are Opioids?

Opioids are illegal drugs such as Heroin, as well as prescription medications used to treat pain, such as morphine, codeine, oxycodone, hydrocodone (some nick-names include: "Norco", "T-3", "Oxy", etc.), and fentanyl. They work by reducing the body's perception of pain.

Are opioids addictive?

Anyone who takes any type of opioids can become addicted.

Can anyone avoid the risks associated with opioids?

No. Opioids pose a risk to all who take them. Anyone taking opioids is at risk for overdose, addiction, or death.

How does an overdose occur?

Opioid overdose can occur when you misuse a prescription medication, take another person's prescription medication, or take an illicit or street drug such as heroin. Illicit or street drugs are often mixtures that contain other dangerous substances.

What happens to your body when you overdose?

- Your lungs fill up with fluids.
- Your brain does not get oxygen.
- Your heart stops beating.
- You stop breathing.
- If not treated, there is a strong chance that you will die.

What are the signs and symptoms of an opioid overdose?

- Extreme sleepiness
- Slow, shallow breathing
- Fingernails or lips turning blue/purple
- Extremely small "pinpoint" pupils
- Slow heartbeat
- Appear confused or acting drunk
- Vomiting

If you, your cellmate, or someone else has these symptoms above, call for help right away!

Treatment for Opioid Overdose

CDCR uses Narcan (also known as Naloxone) which is an “antidote” medicine for the emergency treatment of opioid drug overdose. Using Narcan, with the help of emergency services (911), will increase the chances of living.

How to prevent an overdose

- Take your medications as prescribed.
- Do not take other patient’s drugs or medications.
- Do not take illicit street drugs.

Resources

If you are concerned about your own use of opioids, do not wait. Submit a CDCR 7362, Health Care Services Request Form, and speak with health care staff. Health care staff can assist you in getting help, can provide education, and offer assistance. Medication Assisted Drug Treatment is available at some prisons.

MENTAL HEALTH SERVICES



It's OK to get help

Mental Health Services

CDCR's Mental Health Services Delivery System (MHSDS) provides you with access to mental health services.



Placement in the MHSDS

A mental health staff member will ask you questions about your mental health in a private setting. Tell the staff member if you have been treated for mental health problems before going to the institution and if you are taking any kind of pills to treat your mental health problems.

Placement in the MHSDS may occur anytime such as:

- At the Reception Center (RC).
- By self-referral using the sick call slip (CDCR 7362).
- By referral from another provider or CDCR staff member.

Enrollment in the MHSDS is based on having a mental health condition. A mental health condition can include:

- Having thoughts or plans of harming yourself or someone else.
- Adjustment to institution and institution rules.
- Issues that arise from home such as divorce, child custody, family illness, or death.
- Depression.
- Anxiety.
- Hearing voices.
- Feeling suspicious of people, places, or things.

Mental Health Crises

You can ask to talk to a mental health staff member at any time. Tell any staff if you feel like hurting or killing yourself or someone else, if you are feeling confused, or if you are not able to think clearly.

Self-Referrals

When you submit a sick call slip (CDCR 7362) for mental health services, be as detailed as possible about your problem. Mental health staff will see you based on your problem. If you have any thoughts of harming yourself or others, notify any staff members right away.

MHSDS Treatment Program

If you are enrolled in the MHSDS, you will:

- Be assigned a primary clinician.
- Have routine scheduled clinic or cell visits based on your level of care.
- Be required to participate in your treatment plan.
- Be able to refuse treatment if it is not court ordered.

Mental health care is provided by:

- Psychiatrists
- Psychologists
- Clinical Social Workers
- Recreational Therapists
- Registered Nurses
- Psychiatric Technicians
- Licensed Vocational Nurses

Mental health services include:

- Medication
- Individual therapy
- Group therapy
- Recreational therapy
- Aftercare planning

There are four levels of treatment within the mental health programs. Placement in a particular level of care is based on your

mental health needs. Your primary clinician will work with you to determine which program is best for you.

Suicide Prevention

Mental health services are private and can help you when you do not know where else to turn. Our trained mental health staff can help with:

- Dealing with change
- Adjustment and transition issues
- Crisis counseling
- Medication services

What you should know:

- You are not alone – Though sometimes you may feel like you are. Many people experience hard times and help is available.
- Think before you act. There are other options.
- Keep yourself and your surroundings safe. For example, avoid drugs and alcohol because they can make you feel worse and not think clearly.
- Take all your medication as prescribed. Do not stop or make changes to your medications unless you and your health care provider decide this together.
- Take only the medications that your health care provider has prescribed to you.
- Know when you are not doing well and need help. Make a list of how you are feeling and discuss it with your primary psychiatrist or clinician.
- Talk to someone you trust. There are people who can help and support you.

Warning signs: (When you need help, talk to any staff member or complete a sick call slip CDCR 7362)

- Using alcohol, drugs, and other substances to cope.
- Feeling trapped.
- Feelings of shame and/or guilt.
- Feelings of anger and/or rage.
- Feelings of depression and/or anxiety.
- Recklessness – feeling you have nothing to lose.
- Receiving bad news, such as getting more time, or problems from home (divorce, death of a loved one, or news of an illness).
- Feeling isolated or alone.
- Getting a serious medical diagnosis or chronic pain.
- Being placed in Administrative Segregation.
- Poor sleep.
- Not enjoying things you used to like to do.

Serious warning signs:

- Feelings of wanting to die or not wake up.
- Hearing voices or seeing things that others do not.
- Feeling unbearable emotional or physical pain.
- Making plans to kill yourself.
- Sleeping all the time or not sleeping at all.
- Saying “goodbye” to loved ones – writing letters.
- Giving your personal property away.

DENTAL SERVICES



Dental Services

You will receive dental services that a dentist decides are clinically necessary as defined in the California Code of Regulations, Title 15 sections 3999.200(a) and 3999.98. You can find a copy in the law library.

Dental services may help take away tooth and gum pain. Dental services include finding and treating dental problems that may be a danger to your health or make it hard for you to chew your food.

Dental services include:

- Exams
- Cleanings
- Amalgam (silver colored) fillings
- Composite (tooth colored) fillings for front teeth only
- Extractions/oral surgery (removal of teeth)
- Stainless steel crowns (caps)
- Full and partial dentures (false teeth)
- Treatment to help keep your teeth and gums healthy
- Information to help you keep your teeth and gums healthy

CDCR does NOT provide these dental services:

- Gold or porcelain crowns (caps) or bridges
- Implants (artificial teeth that screw into the jaw)
- Orthodontics (braces)
- Bleaching of teeth (teeth whitening)
- Cosmetic dentistry (dental care only to make you look better)
- Root canals on back teeth
- Root canal surgery
- Treatment for pain in your jaw joints
- Removal of wisdom teeth that do not need to come out
- Surgery to remove wisdom teeth that are too hard to take out even for a specialist

If you need dental services, submit a sick call slip (CDCR 7362).

You will get dental services on a priority basis. The dentist will decide the priority of your dental problems by doing a dental exam.

The dental priority classifications (DPC) are:

- DPC 1 – Urgent Care: You need treatment for an injury, pain, infection, swelling, or other serious dental problem.
- DPC 2 – Interceptive Care: You need less urgent, but not routine dental care. For example, if you have deep cavities or many cavities or if you do not have enough teeth to chew your food.
- DPC 3 – Routine Care: You need treatment for dental problems that are not serious and can wait. Your level of oral hygiene (how well you clean your teeth) and the time left on your sentence will determine if you qualify for DPC 3 services.
- DPC 4 – You do not need dental care.
- DPC 5 – You have special dental needs.

Emergency dental treatment is available 24 hours a day, seven days a week. If you need dental care right away, tell any staff member. DPC 1 problems are more urgent so the dentist may need to treat them before taking care of DPC 2 or DPC 3 problems.

A dentist may do a screening at the RC and tell you that you need dental treatment. At the RC, you can only get treatment for emergency and DPC 1 dental problems. Dental staff at the RC may also teach you how to brush and floss your teeth if the dentist says you need it.

Soon after you arrive at a mainline facility, dental staff will notify you that you can have a dental exam. After you receive the notification, you must submit a CDCR 7362 if you want to see a dentist for a dental exam. The dentist will make a list of your dental

problems during the exam. You may get treatment for emergency and DPC 1 dental problems no matter how much time is left on your sentence. You may only get treatment for emergency, DPC 1, and DPC 2 dental problems if you have less than 12 months left on your sentence. If you have more than 12 months left on your sentence, you may get treatment for all your dental problems.

You must sign a consent form to give your permission for dental treatment. If you refuse dental treatment, you must sign a CDCR 7225-D, Dental Refusal of Examination and/or Treatment.

In order to get treatment of DPC 3 dental problems at a mainline facility (except for the treatment of gum disease), you must keep your teeth clean enough to have a good level of oral hygiene.

A dental staff member will check how many of your teeth have plaque on them and figure out your plaque index score. Dental plaque is a sticky material on your teeth and gums that has bacteria in it. These bacteria cause cavities. A plaque index score of 20% or lower is a good level of oral hygiene.

When your plaque index score is higher than 20%, dental staff will offer to help you improve your score. They will do this by cleaning your teeth or by teaching you how to brush and floss. The plaque index score helps dental staff teach you how important it is to have clean teeth and gums.

You must practice brushing and flossing for 30 calendar days after dental staff teaches you how to brush and floss your teeth. This is to see if your plaque index score gets better. You must submit a CDCR 7362 at the end of the 30 calendar days to see if your plaque index score is good enough to qualify for DPC 3 dental services.

If your plaque index score remains higher than 20%, or if you refuse the instructions on how to brush and floss, you may receive only emergency, DPC 1, DPC 2 (depending on the time left on your sentence), and DPC 5 dental care.

A Guide to Dental Oral Hygiene (Self-Care)

Keep your teeth and gums healthy

What can I do to keep my mouth healthy?

- Eat a nutritious diet.
- Limit snacks between meals.
- Brush and floss your teeth each and every day.

Brushing

Establish a routine for brushing your teeth.

- Brush twice a day, when you wake up and before you go to sleep.
- Brush for at least three minutes at a time.
- Use a soft bristled toothbrush with fluoride toothpaste or toothpowder.
- Hold the toothbrush at a 45-degree angle at the gum line.



- Brush all teeth. Start at one place and work all around the mouth.
- Gently brush the front, back, and chewing surfaces using small circular motions.



- Turn the toothbrush and use the tip to brush the back surfaces of the upper and lower front teeth.



- Brush your tongue.



- Rinse with water after you brush.

Flossing

Flossing between your teeth and under the gums is every bit as important as brushing. Use floss at least once a day.

CDCR has authorized you to use a dental flossing device.



How to use the flossing device:

- Position the floss over the spot where two teeth meet.



- With a rocking motion, apply gentle pressure to move the floss between the teeth.



- Slide the floss first under the gum around one of the teeth in a U shape.



- Move the floss up and down the side of the tooth 3-5 times. The floss needs to get under the gum.
- Reverse the U and floss the other tooth.



- Remove the floss and place it between the next two teeth.
- Repeat the process on all remaining teeth.
- After flossing, rinse your mouth with water.

It is up to you to protect your teeth and gums. Tooth decay and gum disease can harm your mouth and affect how you feel about yourself. Brushing and flossing daily will help prevent tooth decay and gum disease. So, take control now to keep your mouth healthy!