PAB KOJ COV MENYUAM TU LAWV COV HNIAV KOM ZOO

Menyuam muaj hniav kab noj yuav muaj teebmeem rau yav tom ntej, thiab tej zaum yuav muaj hniav uas tuaj tsis ncaj.

Nco ntsoov:

1. Pub leejniam mis rau koj tus menyuam mos noj ntawm thawj lub xyoos.
2. Coj koj tus menyuam mus ntsib kws kho hniav thaum nws muaj hnub nyoog ib xyoos.
3. Muab tshuaj txhuam hniav maj mam txhuam koj tus menyuam cov hniav.
4. Tsis txhob pub koj tus menyuam haus pesxij, kua txiv hmab uas npau npua, lossis lwm yam kua txiv hmab qhuav uas muab tov.
5. Tsuas muab cov kua txiv hmab 100% tseem tov dej rau hauv lub khob rau koj tus menyuam haus xwb—tsis yog tso rau hauv lub taub mis.

Cov duab nyob hauv daim ntawv qhia no yog muab los ntawm The Hesperian Foundation

Yog koj xav paub ntxiv hauv Internet txog kev pab koj cov hniav koj zoo, thov xyuas:

www.healthyteeth.org

www.hesperian.org

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Cov lus qhia ntawm no yog muab los ntawm cov ntaub ntawv sau nyob rau hauv:

Australian Research Center for Population Oral Health

California Department of Health Services

Federal Citizen Information Center

Daim ntawv qhia no tsim thiab tshwm nyiaj pab los ntawm Department of Health and Human Services Office of Refugee Resettlement.

KEV TIVTAUJ:
riht@uscridc.org
U.S. Committee for Refugees and Immigrants
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Xovtooj: 202 • 347 • 3507
Fax: 202 • 347 • 7177
www.refugees.org

Tu Kom Koj Cov Hniav Zoo

Keeping Your Teeth Healthy (Hmong)

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS
USCRI

www.refugees.org

Protecting Refugees, Serving Immigrants, Upholding Freedom since 1911

CEEV KOM ZOO TSEEM CEEB HEEV

Ceev kom zoo yog ua kom tsis txhob mob hniav thiab kab txhob noj hniav ua ntej yuav mob. Kho hniav kab noj lossis txua hniav tshiab siv nyiaj ntau heev nyob rau hauv lub tebchaws US. Yog li ceev kom tsis txhob mob zoo dua li mob es coj mus kho.

KEV YUAV PAB CEEV KOM TSIS TXHOB MOB POS HNIAV THIAB HNIAV KAB NOJ.

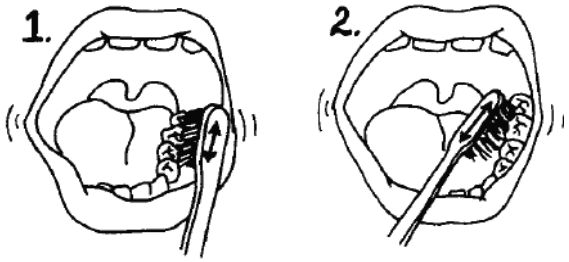
Muaj ntau yam kev qhia koj ceev kom koj cov hniav thiab pos hniav tsis txhob raug kab noj thiab txhob mob.

- Muab tshuaj txhuam hniav txhuam koj cov hniav ib hnub peb zaug.
- Siv cov hlua dig hniav uas yog "floss" lossis hlua los dig tej zaub mov uas daig koj cov hniav.
- Mus ntsib kws kho hniav kom nws ntxuav koj cov hniav ib xyoos ob zaug.
- Noj cov zaub mov kom txhob muaj qab zis.
- Haus dej kom ntau.
- Muab dej yaug koj lub qhov ncauj thaum koj haus pesxij tas.
- Yuav tus txhuam hniav tshiab txhua txhua peb lub hlis.

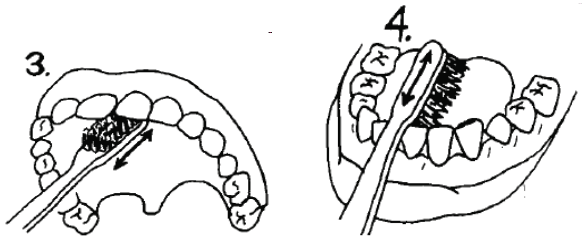
MUS NTSIB TUS KWS KHO HNIAV

Tu koj cov hniav kom zoo. Mus ntsib kws kho hniav kom lawv ntxuav koj cov hniav ob zaug ib xyoos yuav tsis kim npaum li lawv kho lossis hloov dua koj cov hniav. Kho hniav rau menyuam yaus tej zaum yuav muaj kho dawb nyob rau hauv koj lub xeev. Nug koj tus caseworker kom nws qhia tej yam kev pab rau koj.

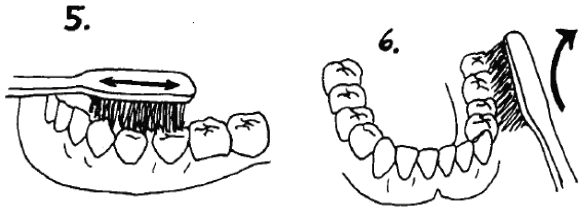
QHIA KOJ TSEVNEEG TXHUAM HNIAV KOM YOG



Nco ntsoov txhuam koj cov hniav nram qab



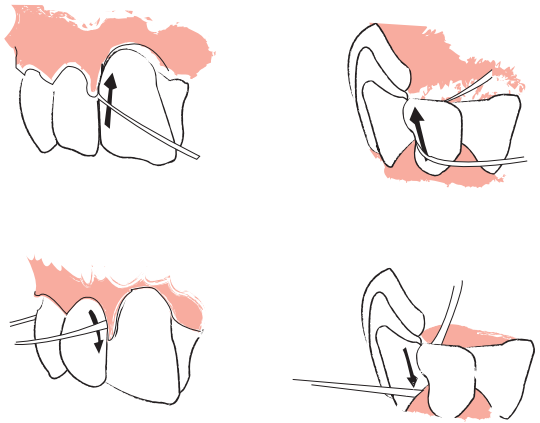
Txhuam cov hniav sab hauv thiab sab nrauv



Txhuam koj cov pos hniav thiab

KOJ QHIA TAU RAU KOJ COV MENYUAM MUAB HLUA LOS DIG HNIAV KOM YOG

Muab hlua dig koj cov hniav yuav pab kom koj cov pos hniav txhob puas. Thawj zaug uas koj siv hlua dig hniav yuav ua rau koj cov pos hniav los ntshav rau qhov cov pos hniav tseem tsis tau swm. Yog koj pheej dig ntxiv mus yuav ua rau koj cov pos hniav swm thiab tawv tuaj. Tej yam khoom ntse ntse thiab pas dig hniav yuav ua rau koj cov pos hniav mob lossis ua paug. Si cov tshuaj yaug qhov ncauj yuav tua tau cov kab mob hauv koj lub qhov ncauj uas ua rau koj ua pa tsw phem.



Hlua Dig Hniav

Tshuaj txhuam hniav

Tshuaj yaug ncauj