ILMAHAAGA KA GARGAAR IN ILKAHOODU YEESHAAN CAAFIMAAD

Caruurta qaba ilko bolol waxay yeelan doonaa dhibaatooyin ilkaha ah wakhti dambe oo ah noloshooda, waxana laga yaabaa inaanay yeelan ilko toosan.

U hubso:

1. Inaad siisid nuunuugaaga ama ilmahaaga yar caanaha naaska inta lagu jiro sannadka koobaad.
2. Inaad geysid ilmahaaga yar dhakhtarka ilkaha da'da hal sanno.
3. Inaad ilmahaaga yar ilkaha ugu cadeydid ama ugu rumaydid wax yar oo ah cajiinka ilkaha .
4. Inaanad ilmahaaga yar siinin cabitaanka soodhaha, cabitaanada khudaarta ee leh xumbo, ama juuska budada ah.
5. Kaliya siisid ilmahaaga juus ah boqolkiiba boqol (%100) dabiici oo lagu walaaqay biyo kuna siisid koob—oo aanad ku siin dhalo.

Sawirada ku yaala qoraalkan yar waxa bixiyay The Hesperian Foundation.

Wixii war dheeraad ah ee ku jira internetka ee ku saabsan sida ilkahaaga looga dhigo kuwo caafimaad qaba, fadlan booqo:

www.healthyteeth.org

www.hesperian.org

• • •

Warka ku yaala qoraalkan yar waxa laga soo xigtay qoraallo ka yimi:

Australian Research Center for Population Oral Health

California Department of Health Services

Federal Citizen Information Center

Qoraalkan yar waxa lagu soo saaray maalgalin laga helay Wasaaradda Caafimaadka iyo Adeegyada Bini'aadanka Xafiiska Dejinta Qaxootiga (Department of Health and Human Services Office of Refugee Resettlement).

WARKA LA-XIDHIIDHISTA:
riht@uscridc.org
U.S. Committee for Refugees and Immigrants
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Teleefon: 202 • 347 • 3507
Faakis: 202 • 347 • 7177
www.refugees.org

Sida Ilkahaaga Loogu Yeelo Caafimaad

Keeping Your Teeth Healthy (Somali)

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS
USCRI

www.refugees.org

Protecting Refugees, Serving Immigrants, Upholding Freedom since 1911

KA-HORTAGGU WAA MUHIIM

Ka-hortagga macnihiisu waxa weeye joojinta ilko xanuunka iyo ilko bololka ka hor inta aanay bilaabmin. Ilkaha oo la daweeyo ama ilkahaaga oo la beddelo waxay ku kacdaa lacag badan gudaha Maraykanka. Cudurada oo laga hortago ka hor inta aanay dhicin ayaa ka fiican daweyntooda.

SIDA LOOGA HORTAGO BOLOLKA CIRIDKA IYO ILKAHA

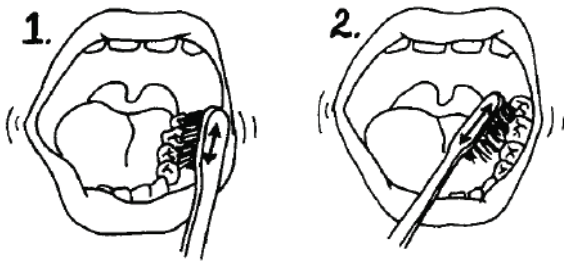
Waxa jira siyaabo badan oo aad ilkahaaga iyo ciridkaaga kaga badbaadin kartid bololka iyo waxyeelada.

- Ilkahaaga saddex jeer maalintii ku caday cajiinka ilkaha.
- Isticmaal xadhiga ilkaha (floss) ama xadhig si aad hadhaaga cuntada uga saartid ilkahaaga.
- Booqo dhakhtarkaaga ilkaha laba jeer sannadkii si ilkahaaga loo nadiifiyo.
- Cun cunooyin aan lahayn sonkor.
- Cab cabitaano badan.
- Ku luqluqo biyo ka dib marka aad cabtid cabitaanada soodhaha leh.
- Iibso burush ilko oo cusub saddexdii bilood kasta.

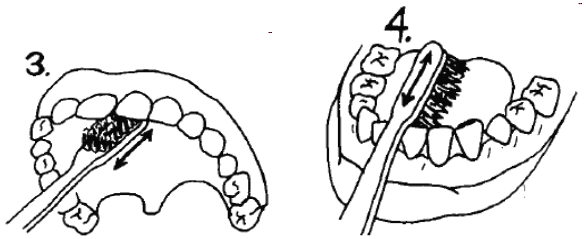
BOOQASHADA DHAKHTARKA ILKAHA

Si fiican u daryeel ilkahaaga. Dhakhtarka ilkaha oo aad u tagtid laba jeer sannadkii si ilkahaaga loo nadiifiyo ayaa ka kharash yar in ilkahaaga la beddelo. Adeegyada ilkaha ee caruurta ayaa laga yaabaa inay bilaash yihiin gudaha gobolkaaga. Talo weydiiso shaqaalahaaga bulshada.

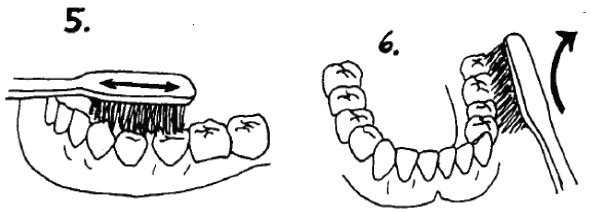
QOYSKAAGA BAR INAY ILKAHA SI SAX AH U CADAYAAN



Ha iloobin inaad cadaydid xagga dambe ee ilkahaaga.



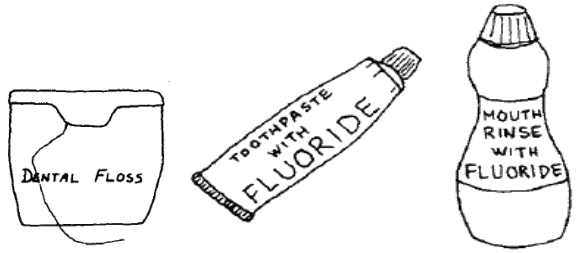
Caday xagga dambe iyo xagga kore ee ilkahaaga hore.



Sidoo kale caday ciridkaaga.

WAXA AAD CARUURTAADA BARI KARTAA INAY SI SAX XADHIG UGU NADIIFIYAAN ILKAHA

Ilkahaaga oo aad ku nadiifisid xadhig waxay ka hortagaysaa waxyeelo gaadha ciridkaaga. Marka ugu horeysa ee aad xadhig isticmaashid waxa laga yaabaa in ciridkaaga dhiig ka yimaado sababta oo ah way tabar-daran yihiin. Marka aad sii wadid xadhigga isticmaalkiisa ciridkaagu wuu sii xoogeysan doonaa. Waxyaabaha afka fiiqan iyo findhicilku waxay waxyeelayn karaan ciridkaaga ama sababi karaan cudur cirid ama caabuq. Isticmaalka af-dhaqdhaqu waxa uu gargaar ka geystaa dilista jeermiga ku jira afkaaga ee sababa neefta urta leh.



Xadhigga ilkaha | Cajiinka ilkaha | Af-dhaqdhaq