

Kev Ntsuam Xyuas Ntawm Niamtxiv Tom Qab Pleep Cov Tshuaj Fluoride Varnish



- Haus dej tau tsis ua cas.
- Txhob noj yam khoom tawv, nkig, ntsuas, los yog kub nyob rau hnuv ntawd.
- Txhob txhuam los yog siv hlua tshiav menyuam cov kis hniav nyob rau hnuv ntawd thiab hmo ntawd.
- Pib txhuam thiab tshiav cov kis hniav rau hnuv tom qab ntawd.
- Nco qab ntsoov tias cov xim daj lo cov hniav yuav ploj mus.

Kuv tus Kws Kho hniav:

Tus Xovtooj:

Chaw Nyob: _____

Teem Caij Zaum Tom Ntej No:

~ Nco ntsoov ~

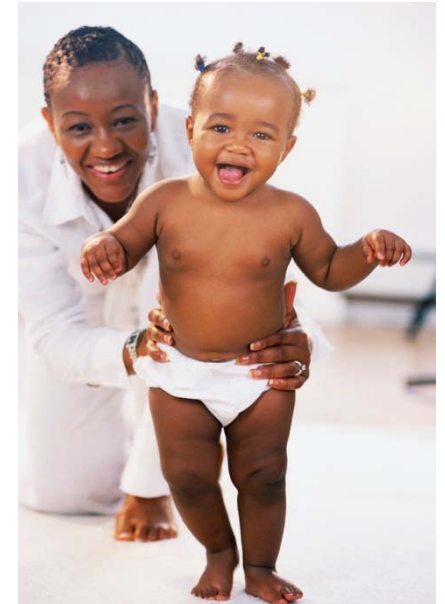
- Menyua cov hniav tseem ceeb heev.
- Nrhiav kom tau ib qhov "chaw kho hniav" rau kev mus kuaj kaus hniav.
- Coj koj tus menyua mus ntsib kws kho hniav thaum ze ib xyos.
- Siv ib qhov tshuaj txhuam hniav fluoride me me los txhuam koj tus menyua cov hniav txhua tag kis sawv ntxov thiab tsaus ntuj.
- Txo khoom noj muaj piam thaj, dej qab zib thiab kuas txiv hmab txiv ntoo.

Adapted from Dept of Public Health San Bernardino County by
the California Child Health & Disability Prevention Program
Oral Health Subcommittee

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Fluoride Varnish

Kuab Tshuaj Pleep Hniav Ruaj



Muaj Ntsej Muag Luag Ntxhi Mus Tas Li



Fluoride Varnish
yog ib txoj kev pab
tshiab thiab yooj yim
tivthaiv hniav
lwj puas!



Kuab Tshuaj Pleev Hniav Ruaj
Fluoride Varnish



- Yog ib hom tshuaj pleev tivthaiv rau cov kaus hniav kom txhob lwj puas
- Tsis muaj kev puas tsuaj, ua tau sai thiab tsis mob
- Tseem pab tau txawm tias twb siv lwm hom tshuaj fluoride ua kua, ua lub, ua npuas, tshuaj txhuam hniav lossis haus cov dej uas muaj fluoride lawm
- Muaj nyob rau ntawm lub chaw pab menyuum Child Health & Disability Prevention (CHDP) thiab lwm qhov chaw kho mob thiab kho kaus hniav
- Pab tau zoo tshaj mas yog ib xyoos pleev 2 zaug lossis ntau dua ntawd
- Pleev tau thaum pom thawj tus hniav tshwm tuaj
- Tej zaum cov hniav yuav lo ib txheej xim daj- txhuam cov hniav tag kis tom qab rau xwb ces rov zoo li qub tuaj lawm