Niamtxiv kab ntawv Ntsuam xyuas tom qab pleev cov tshuaj Fluoride Varnish

- Haus dej tau tsis ua li cas.
- Txhob muab khoom noj uas tawv, nkig, ntsuas, los yog kub nyob rau hnub ntawd.
- Txhob txhuam los yog siv hlua tshiav nrws menyuam cov ki hniav nyob rau hnub ntawd thiab hmo ntawd.
- Pib txhuam thiab tshiav cov ki hniav rau hnub 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: _____

Lus Ceeb Toom

- Hniav zoo yog pib thaum yug los
- Npaj mus cuag kws kho hniav txhua zaus "nrog yus tsevneeg"
- Coj koj tus menyuam mus ntsib kws kho hniav thaum muaj ib xyoos
- Txhuam koj tus menyuam cov hniav txhua tag kis sawv ntxov thiab tsaus ntuj uas yog siv lub tshuaj txhuam hniav fluoride toothpaste
- 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 Child Health & Disability Prevention Program
Dental Subcommittee

Fluoride Varnish

Muaj Ntsej Muag Luag Ntxhi Mus Tas Li

Fluoride Varnish yog ib txoj hauv kev tshiab los pab tivthaiv kom hniav txhob khis!

Kuab Tshuaj Pleev Hniav Ruaj

Fluoride Varnish

- Yog ib hom tshuaj tiv thaiv uas pleev rau cov kaus hniav kom kab txhob noj
- Nws zoo, tas sai thiab tsis mob
- Pab tau txawm tias tau siv lwm hom tshuaj (ua kua, ua lub, ua npuas) lossis haus cov dej kuab tshuaj (fluoridated)
- Muaj nyob rau ntawm lub chaw pab pejxeem Child Health & Disability Prevention (CHDP) thiab lwm qhov chaw kho mob thiab kho kaus hniav
- Pab tau zoo tshaj mas yog pleev ib xyoos 2-3 zaug
- Pleev rau thaum pom thawj tus hniav tshwm tuaj
- Pom ib txheej xim daj tsias plooj tuaj sab nraum cov hniav tag kis tom qab txhuam hniav rau xwb ces cov hniav rov zoo li qhov qub tuaj lawm