

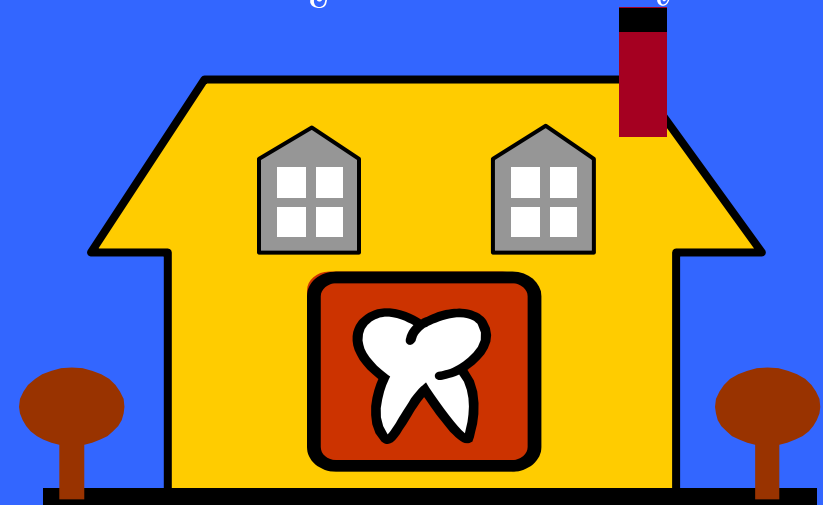


## Txhob Cia Koj Tus Menyuum Tsis Muaj Chaw Kho Hniav:

- ✿ Nug rau koj lub insurance txog daim ntawv uas muaj cov kws kho hniav npe nyob rau hauv. Siv Medi-Cal, hu rau Denti-Cal ntawm 1-800-322-6384.
- ✿ Hu rau Child Health and Disability Prevention (CHDP) ntawm tsev Sojntsuam Kev Nojqab Haushuv hauv koj lub nroog.
- ✿ Hu rau California Dental Association ntawm tus xovtooj 1-800-CDA-SMILE (232-7645).
- ✿ Nug cov phoojywg, tsevneeg, thiab neeg tom chaw haujlwm txog lawv tej chaw kuaj hniav.
- ✿ Hu rau lossis mus ntsib lub chaw kho hniav thiab nrog cov neeg ua haujlwm hauv tham ua ntej koj xaiv lawv los ua koj qhov chaw kho hniav.



Txhua Tus Menyuum Yuav  
Tsum Muaj Chaw Kho Hniav





### Tsev Kho Hniav Rau Menyuam yog dabtsi?

Nws yog qhov chaw coj koj tus menyuam mus ntsib kws kho hniav.

### Thaum Twg Koj li Nrhiav Ib Qhov Chaw Kho Hniav Rau Koj Tus Menyuam?

Zoo yog thawj hnuv ntawm xyoo yug. Nws yeej tsis ntxov lossis lig rau kev nrhiav tsev kho hniav.

### Vim Li Cas Koj Tus Menyuam Thiaj Yuav Tsum Muaj Chaw Kho Hniav?

- Pab kom menyuam yog tau kev mus cuag kws kho hniav hauv nws lub neej.
- Thws kev rau cov neeg hauv chaw kho hniav paub koj tus menyuam thiab khaws nws tej ntaub ntawv cia.
- Ntsaws hniav to qhov, tshuaj pleev hniav ruaj [fluoride], thiab paub tiv thaiv mob hniav qawj.
- Paub qhov teebmeem txog cov hniav-ua ntej hniav mob.
- Paub hu mus rau qhov twg thaum muaj hniav mob heev lawm.

### Lus Taw Qhia Kev Mus Ntsib Koj Tus Menyuam Lub Tsev Kho Hniav:

- Mus 15 nas this uantej muab hniav txhuam thiab muab hlua tshiaiv kom huv si.
- Mus kom tau txhua zaus uas teem tau caij; yog tias mus tsis tau, hu mus qhia lawv li 2 hnuv uantej.
- Ua zoo ntxias menyuam. Txhob siv lo lus "mob," "mob heev," lossis "nkaug".
- Ntxias menyuam kom siab tus thiab nyob ntsiag to hauv tsev kho hniav.
- Nug txog koj tus menyuam ncauj hniav thiab yam dabtsi uas yuav tsum tau kho pab rau.