

# 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:

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Tus Xovtooj:

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Chaw Nyob: \_\_\_\_\_

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Teem Caij Zaum Tom Ntej No:

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## ~ 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 Revised 9/19/12Hmong

# 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