

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 hnuv ntawd.
- Txhob txhuam los yog siv hlua tshiav nrws menyuam cov ki hniav nyob rau hnuv ntawd thiab hmo ntawd.
- Pib txhuam thiab tshiav cov ki 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: _____

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

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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



Kuab Tshuaj Pleev Hniav Ruaj

Fluoride Varnish

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



- 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