

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



- Haus dej los tsis ua li cas.
- Txhob muab khoom noj yam uas tawv, nkig, ntsuas, lossis kub nyob rau hnuv ntawd.
- Txhob txhuam lossis muab hlua tshiav menyuam cov hniav nyob rau hnuv ntawd los puas hmo ntawd.
- Pib txhuam thiab tshiav cov 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: \_\_\_\_\_

Tsuas yog Lus Ceeb Toom

- Hniav zoo yob pib thaum yug los
- Npaj mus cuag kws kho hniav txhua zaus "hauv 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 ntov 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



**Pab Muaj Ntsej  
Muag Luag Ntxhi  
Nyob Mus Ntev**



Kuab Tshuaj Pleev Hniav Ruaj

## Fluoride Varnish



**Fluoride Varnish  
yog ib txoj hauv kev  
tshiab thiab txaus siab  
uas yog 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, npuav yaug) lossis haus cov dej kuab tshuaj (fluoridated)
- Nrhiav mus rau ntawm lub khoos kaas Child Health & Disability Prevention (CHDP) thaum tuaj mus ntsib 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
- Cov hniav yuav daj tsias txheej sab saum txhuam hniav tag kis tom qab xwb ces cov hniav rov zoo li qhov qub tuaj lawm