

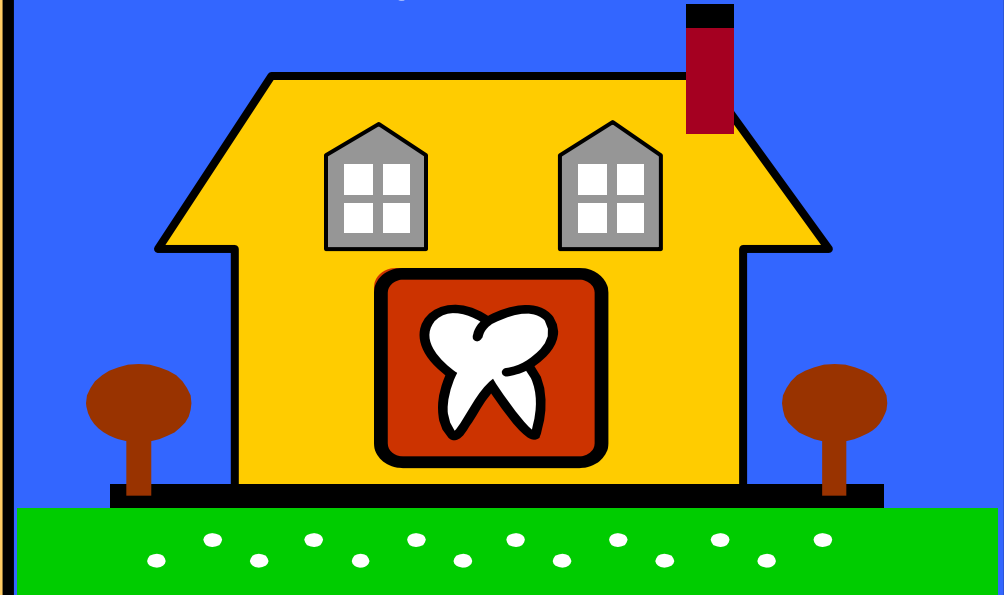


## Txhob Cia Koj Tus Menyuum Tsis Muaj Chaw Kho Hniav:

- \* Nug koj lub insurance txog daim ntawv uas teev cov kws kho hniav tej npe cia rau hauv. Yog siv Medi-Cal, tiv tauj Denti-Cal ntawm tus xovtooj 1-800-322-6384 los yog [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)
- \* Mus cuag Child Health & Disability Prevention (CHDP) ntawm koj lub Tsev Sojntsuam Kev Nojqab Haushuv [www.dhcs.ca.gov/services/chdp](http://www.dhcs.ca.gov/services/chdp)
- \* Tiv tauj California Dental Association ntawm tus xovtooj 1-800-CDA-SMILE (232-7645) los yog [www.cda.org/PublicResources/FindaDentist](http://www.cda.org/PublicResources/FindaDentist)
- \* Nug tej phoojywg, tsevneeg, thiab neeg tom chaw haujlwm txog tej chaw lawv mus kuaj hniav
- \* Hu lossis mus xyuas lub loo kam kho hniav thiab nrog cov neeg ua haujlwm tham ua ntej koj xaiv lawv los ua koj lub chaw kho hniav



Txhua Tus Menyuum Yuav  
Tsum Muaj Chaw Kho Hniav





### Tsev Kho Hniav Rau Menyuam yog Dabtsi?

Nws yog chaw kho hniav uas koj koj tus  
menyuam mus saib txhua zaus.

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

Txwm 1 xyoo rau hnuv yug yog qhov zoo  
tshaj tabsis yeej tsis ntxov lossis lig rau  
kev nrhiav kws kho hniav li.

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

- Pab kom menyuam yoog tau kev mus  
cuag kws kho hniav hauv nws lub neej  
thiab tau hniav zoo tsis mob.
- Paub qhov teebmeem txog cov hniav-  
ua ntej hniav mob.
- Tso kev rau cov neeg hauv chaw kho  
hniav paub txog yam tshwj xeeb uas  
koj tus menyuam xav tau thiab ho  
muaj ntaub ntawv kho hniav ceev cia.
- Ntsaws hniav to qhov, tshuaj pleev  
hniav ruaj [fluoride], thiab paub tiv  
thaiv mob hniav qawj.
- 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 tshiav kom  
huv si.
- Mus kom tau txhua zaus uas teem  
tau caij; yog koj mus tsis tau, hu rau  
lawv yam luv kawg 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.