

**Txhuam li ob na this ob
zaug txhua txhua hnuab!**

**Cov me
nyuam!**

Tsis txhob ncuab ib
txoj kev txhuam hniav
tham siv daim ntawv
suav hnuab no!



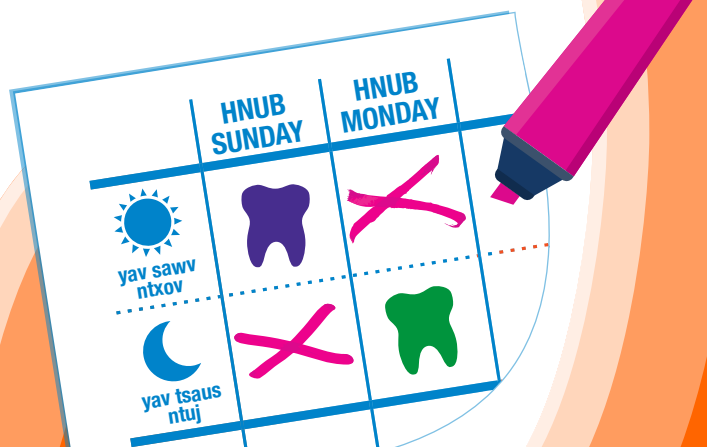
**2 Na this
Ob
zaug**

Pab kom luag nyav zoo!

Ua ib yam uas koj niaj hnuv ua, koj tus me nyuam yuav tsum txhuam nws cov hniav siv cov tshuaj txhuam hniav uas muaj fluoride ob zaug tauj ib hnuv rau tsawg kawg nkaus ob na this.

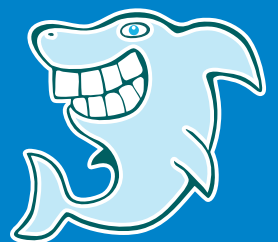
Tiam sis txoj kev txhuam hniav tsis tas yuav yog ib txoj hauj lwm li. Koj mam li pab koj tus me nyuam muaj ib lub qhov ncauj uas noj qab nyob zoo thaum ua kom kev txhuam hniav yog ib yam uas lom zem thiab tau nqi zog.

- Daim ntawv suav hnuv no yuav pab koj tus me nyuam haj yam to taub txog txoj kev tu nws qhov ncauj zoo.
- Siv cov ntawv lo rau uas muab nrog los sis siv cov cwj mem uas muaj ntau yam xim khij cia tom qab txhuam hniav ob zaug txhua hnuv.
- Tso ib daim ntawv lo rau los sis khij ntawv hauv txhua lub npov thaum koj tus me nyuam txhuam hniav yav sawv ntxov thiab rov qab ua dua thaum yav tsaus ntuj.



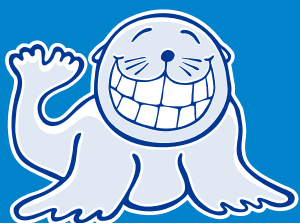
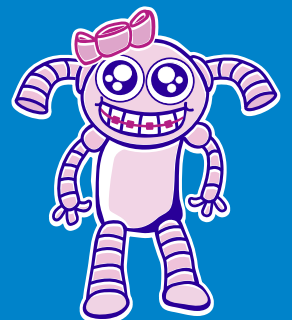
Yawg Grins yog ib tug dab loj loj uas luag nyav tsis tu tsis tseg. Nws yeej ua tib zoo saib xyuas nws txoj kev luag nyav thaum nws ib sij txhuam thiab siv xov dig hniav.

Sergio yog ib tug ntses loj siab zoo uas ua tib zoo luag nyav thiab. Tej zaum cov tsiaj txhu hauv hiav txwv yuav ib nyuag ceeb thaum nws luag nyav rau lawv tiam sis lawv tsis tas yuav ntshai: Sergio nyiam noj txiv hmab txiv ntoo thiab tej yam zaub xwb.



Doug tus ntoo thuv uas txawj ntse thiab tuaj dab ros. Nws twb loj hlob tau ntau xyoo lawm thiab paub txog txoj kev noj qab haus huv. Nws tsis hais lus ntau, tiam sis nws yeej muaj lus hais, ces koj yuav tsum cuab pob ntseg mloog!

Txawm tias Liz-E tuaj txawv ntiaj teb tuaj los nws tseem muaj tej kev xav. Nws yeej paub ntau hais txog txoj kev tu yus cov hniav, thiab nws nyiam qhia tej tswv yim no rau nws cov phooj ywg.



Sasha xav kom txhua tus me nyuam yuav pleev cov tshuaj ntom rau lawv cov hniav uas yuav pab tiv thaiv lawv txoj kev luag nyav! Tsis txhob xav yuam kev hais tias nws yog ib tug ntses nws yeej yog tus tsov ntxhuav hauv hiav txwv!

Yuav Txhuam Hniav Li Cas

Siv ib rab txhuam hniav mos mos thiab ntxiv ib tee tshuaj txhuam hniav uas muaj cov tshuaj fluoride uas luaj npaum li ib lub noob taum.

**TXHUAM LI
2:00
NA THIS!**



Tso tej ntsis ntawm rab txhuam hniav rau ntawm pos hniav kom rov tav me ntsis.



Maj mam txhuam ua tej voj voog me me rau ntawm txhua tus kaus hniav ze rau ntawm pos hniav.



Txhuam sab nraum, sab hauv thiab ntawm qhov chaw xo zaub mov ntawm txhua tus kaus hniav.



Yog xav tu sab hauv cov hniav tab meej, tso rab txhuam hniav kom rov ntsug thiab muab txav mus txav los rau ntrm qab cov hniav.











Txhuam koj tus nplaig xwv kom koj lub qhov ncauj yuav tsw qab.



	HNUB SUNDAY	HNUB MONDAY	HNUB TUESDAY	HNUB WEDNESDAY	HNUB THURSDAY	HNUB FRIDAY	HNUB SATURDAY
yav sawv ntxov							
yav tsaus ntuj							
yav sawv ntxov							
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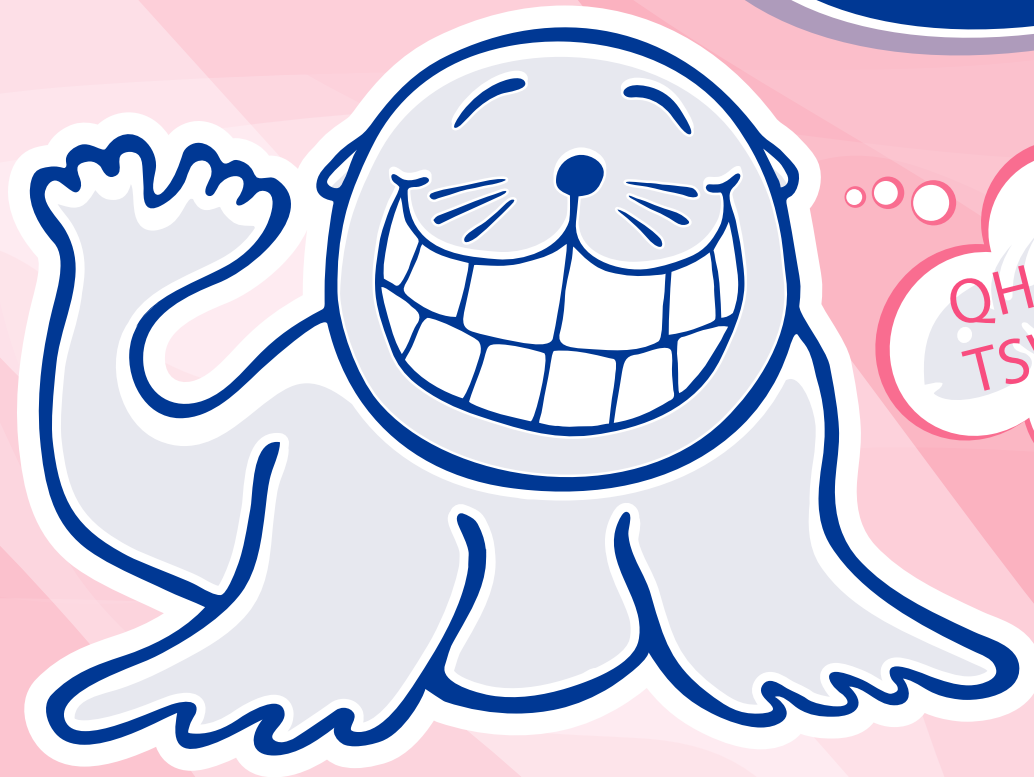
Yog xav luag nyav zoo ces nco
 qab ntsoov kom txhob noj khoom
 qab zib, dej pev xij thiab dej txiv hmab
 txiv ntoo ntau. Xaiv cov zaub, txiv
 hmab txiv ntoo thiab tej hom nplej.
**Noj txhua yam xim ntawm
 tus zaj sawv!**



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 yav sawv ntxov							
 yav tsaus ntuj							
 yav sawv ntxov							
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 yav sawv ntxov							
 yav tsaus ntuj							
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 yav tsaus ntuj							

Cov ntsees thiab tsov ntxhuav hauv hiav txwv xyuas tus kws kho hniav hauv lub pas dej kom lawv qhov ncauj txhob tsw li ntsees, muaj quav hniav thiab muaj kab mob hauv cov pos hniav uas ua kom kab noj hniav.

Koj yuav tsum mus xyuas koj tus kws kho hniav ob zaug tauj ib xyoo thiaj pab kom koj cov kaus hniav yuav noj qab nyob zoo.



QHOV NCAUJ
TSW LI NTSEES
!!!???

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☀ yav sawv ntxov							
☾ yav tsaus ntuj							
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☾ yav tsaus ntuj							
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☾ yav tsaus ntuj							
☀ yav sawv ntxov							
☾ yav tsaus ntuj							

**CEEV
KOJ
GOV KAUS
HNIIV!**

**Looj ib yam khoom tiv thav qhov
ncauj thaum twg koj ntaus kis las!**











	HNUB SUNDAY	HNUB MONDAY	HNUB TUESDAY	HNUB WEDNESDAY	HNUB THURSDAY	HNUB FRIDAY	HNUB SATURDAY
☀ yav sawv ntxov							
☾ yav tsaus ntuj							
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☾ yav tsaus ntuj							
☀ yav sawv ntxov							
☾ yav tsaus ntuj							
☀ yav sawv ntxov							
☾ yav tsaus ntuj							

Siv xov dig hniav

ib zaug tauj ib hnuv









pab tshem cov kab tawm ntawm
koj cov kaus hniav.



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 yav tsaus ntuj							
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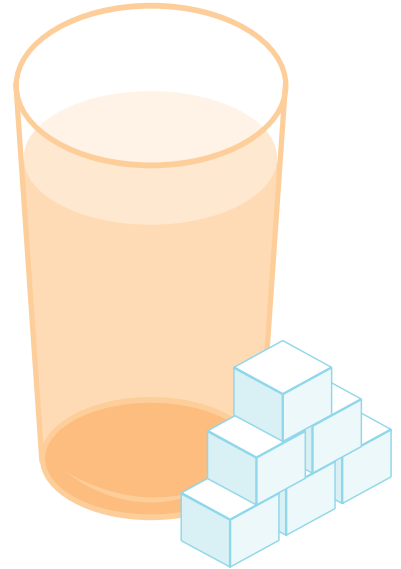
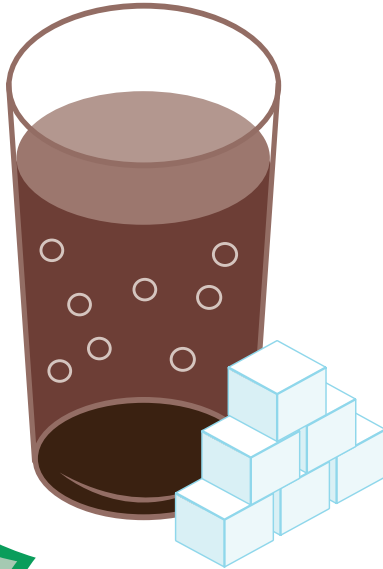
HAMOS UAS MUAJ KAB NOJ HNIAV

Tus kab mob Strep Mutans nrog cov piam thaj sib raug zoo rau ntawm koj cov hniav es tsim tau cov kua qaub uas tawm tsam cov hniav thiaj muaj qhov uas kab noj hniav.

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 yav tsaus ntuj							
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 yav tsaus ntuj							

Koj puas tau paub?

Cov dej txiv as paum muaj piam thaj ntau npaum li cov dej pev xij!

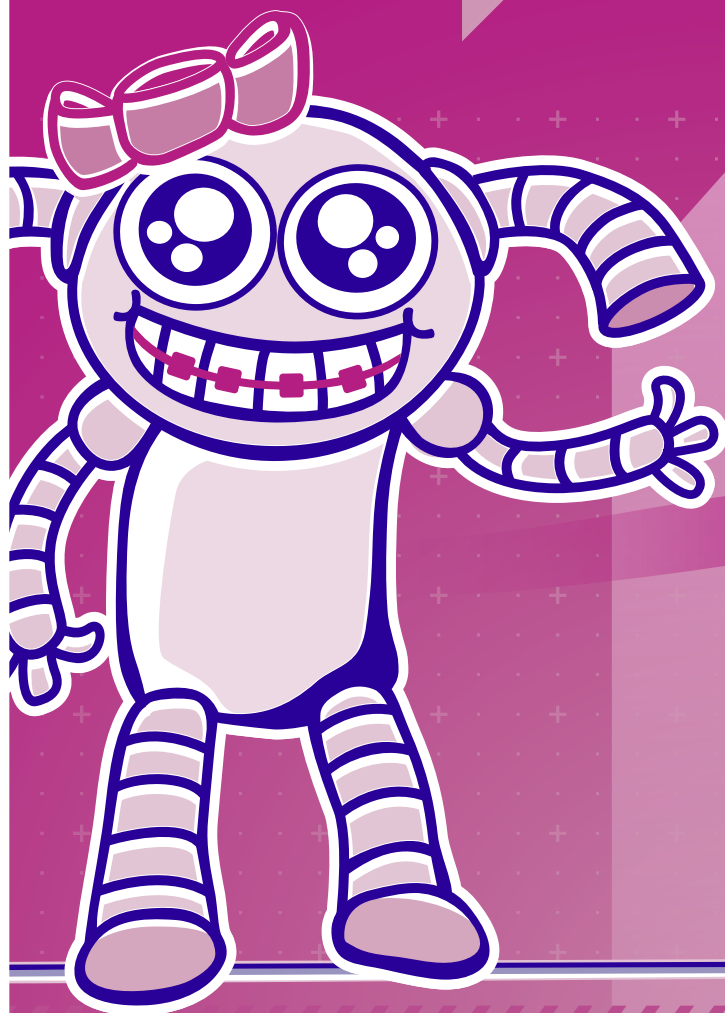


Tsis txhob haus cov dej txiv hmab txiv ntoo uas muaj piam thaj ntau, tiam sis haus mis nyuj thiab dej kom loj hlob tau zoo.

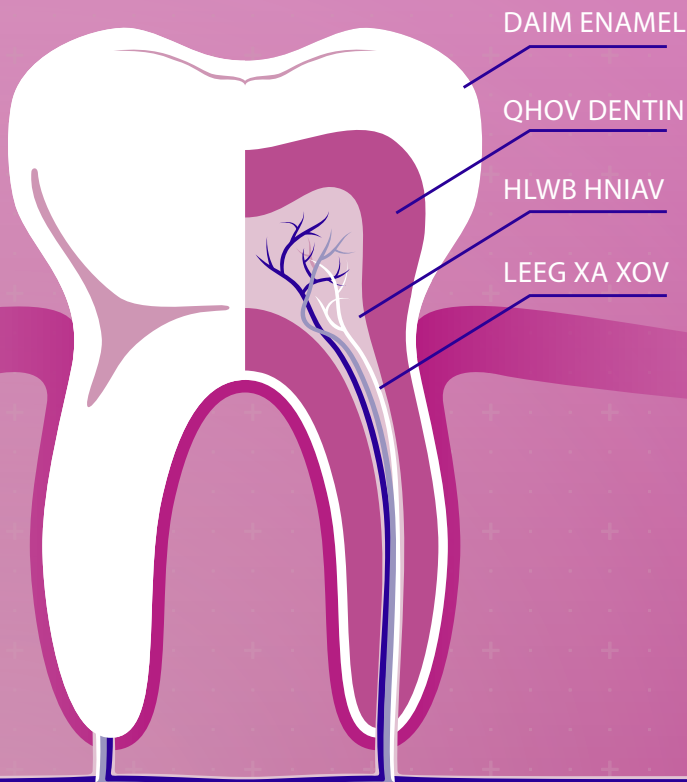
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☾ yav tsaus ntuj							

Cov enamel yog ib daim tawv tawv uas tiv thaiv koj tus kaus hniav. Cov tshuaj txhuam hniav uas muaj fluoride pab qhov no muaj zog.

Txhuam ob zaug txhuam hnuv thiaj pab tiv thaiv zoo tshaj plaws.



DAIM TIV THAIV MUAJ ZOG NPAUM LI CAS



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Koj puas tau paub?

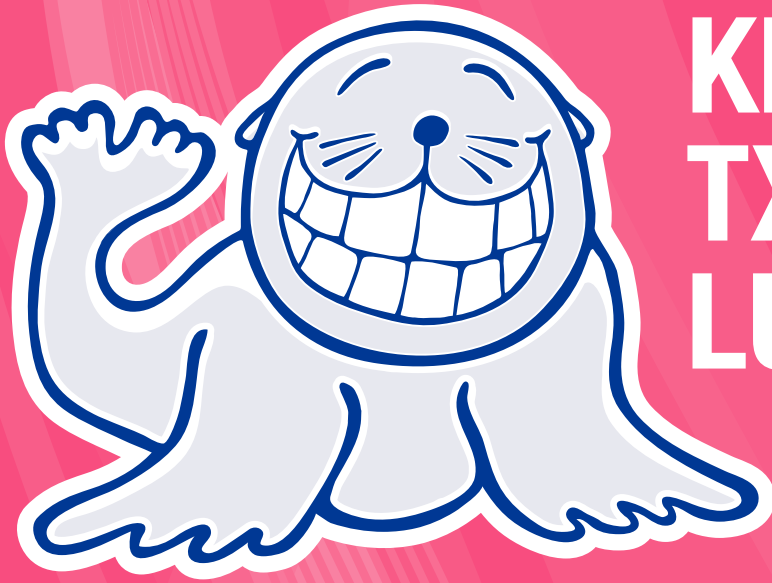
Cov ntses loj no yeej tsis xiam tag nrho lawv cov hniav. Yog lawv xiam ib tug lawm, lwm tus mam li los pauv nws chaw vim lawv muaj ntau ntau tus hniav yav nram qab.



Koj tsis muaj ntau tus hniav yav nram qab li no!

Ces koj yuav tau txhuam hniav li ob na this ob zaug txhua hnuv kom pab tiv thaiv cov hniav uas koj muaj no.

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 yav sawv ntxov							
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KHI KOJ TXOJ KEV LUAG NYAV

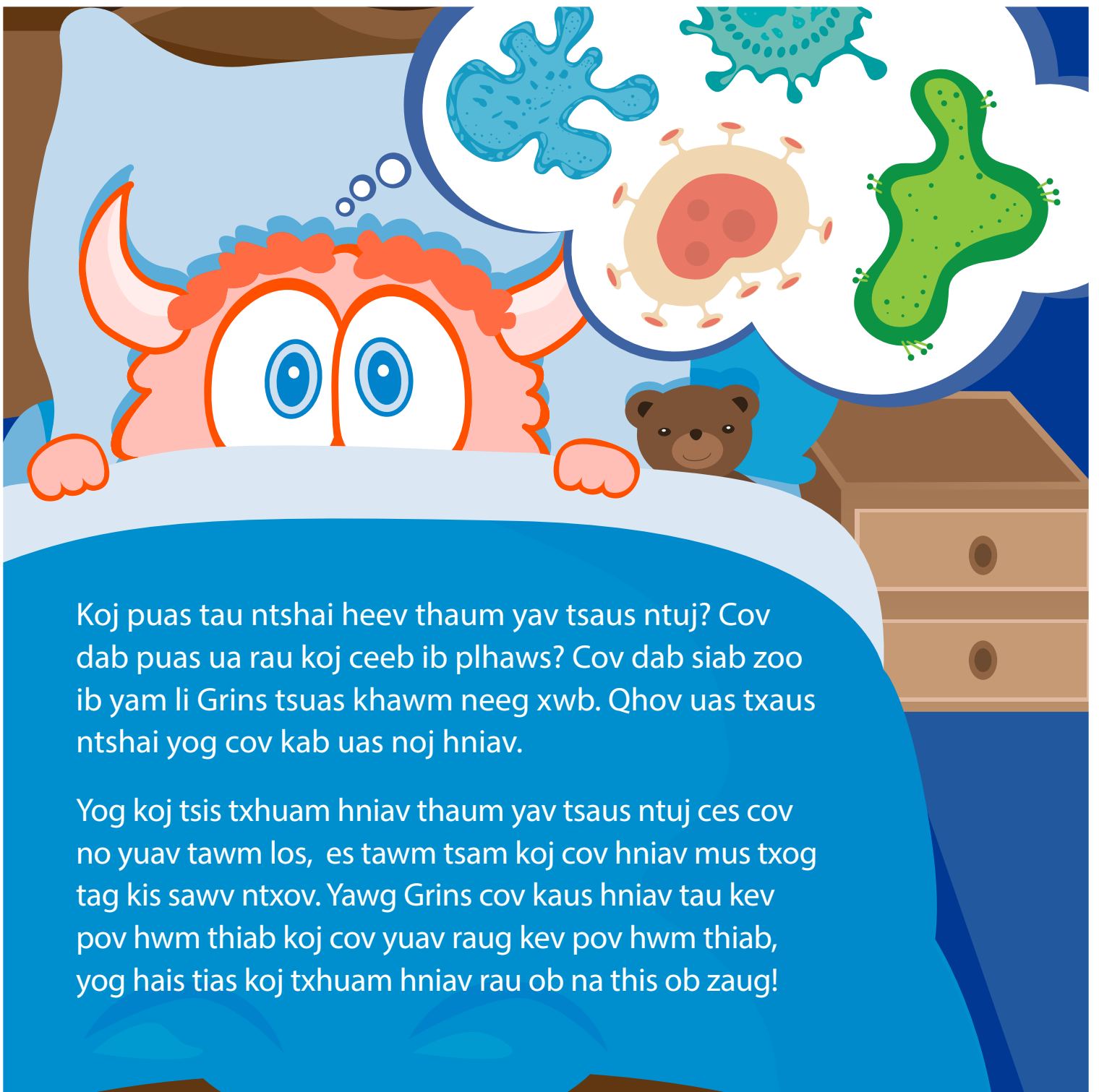
Yuav tsum mus pleev
cov tshuaj uas khi cov hniav
nyob ntawm cov hniav puas uas yuav
pab tiv thaiv tsis pub
kab noj hniav.



Cov tshuaj pleev no ntxaum
mus hauv tej lub qhov thiab tej
tus kwj ntawm tus kaus hniav,
“khi kom ntom” cov kab thiab
zaub mov thiaj li noj tsis tau
cov hniav.









Nws zoo li ib
daim tiv thaiv
rau koj cov hniav!

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 yav tsaus ntuj							
 yav sawv ntxov							
 yav tsaus ntuj							
 yav sawv ntxov							
 yav tsaus ntuj							



Koj puas tau ntshai heev thaum yav tsaus ntuj? Cov dab puas ua rau koj ceeb ib plhaws? Cov dab siab zoo ib yam li Grins tsuas khawm neeg xwb. Qhov uas txaus ntshai yog cov kab uas noj hniav.

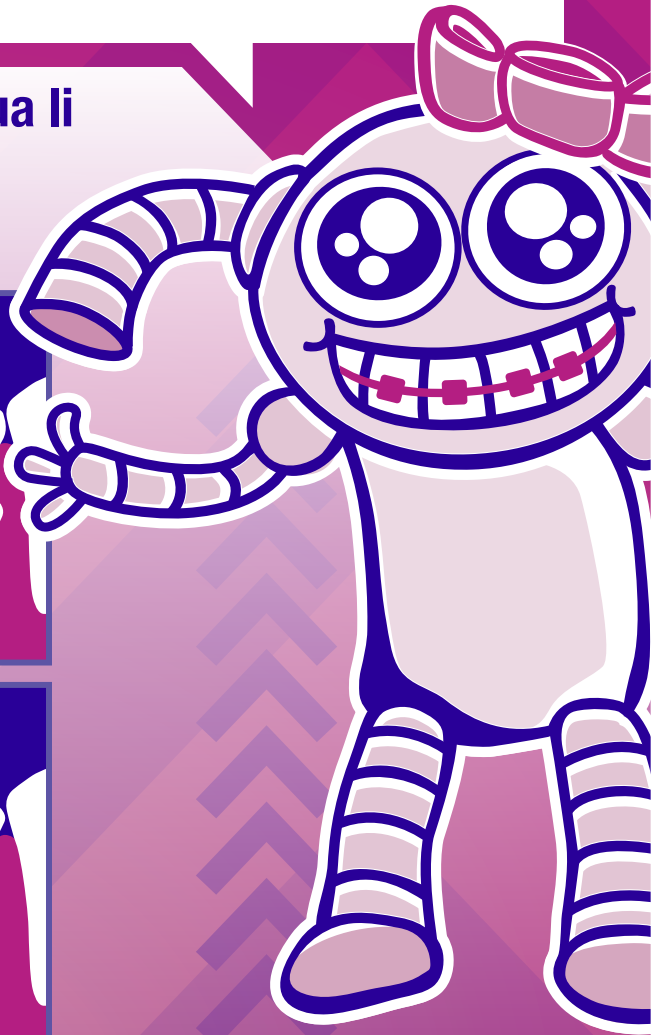
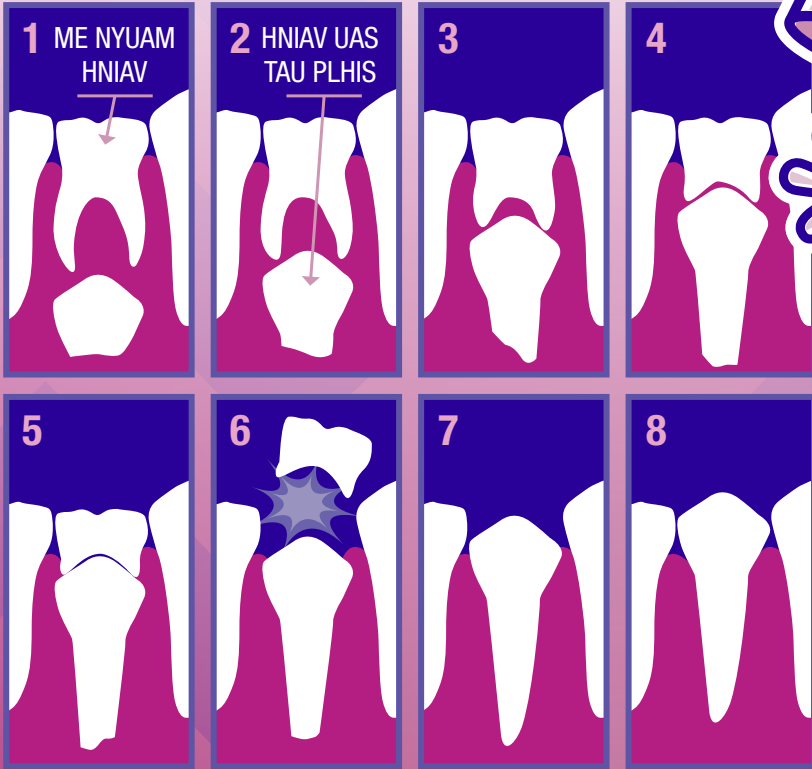
Yog koj tsis txhuam hniav thaum yav tsaus ntuj ces cov no yuav tawm los, es tawm tsam koj cov hniav mus txog tag kis sawv ntxov. Yawg Grins cov kaus hniav tau kev pov hwm thiab koj cov yuav raug kev pov hwm thiab, yog hais tias koj txhuam hniav rau ob na this ob zaug!

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 yav tsaus ntuj							

Koj yug los yeej muaj koj cov kaus hniav ...

tiam sis cov ntawd tsis tau tshwm los xwb. Cov ntsiav tshuaj fluoride los sis thaum muaj cov tshuaj fluoride hauv dej yeej pab tau cov kaus hniav uas tsis tau tawm los loj hlob muaj zog thiab.

Xyuas seb cov hniav uas twb plhis ua li cas tawm tuaj thiab ua rau tus me nyuam hniav dam los:











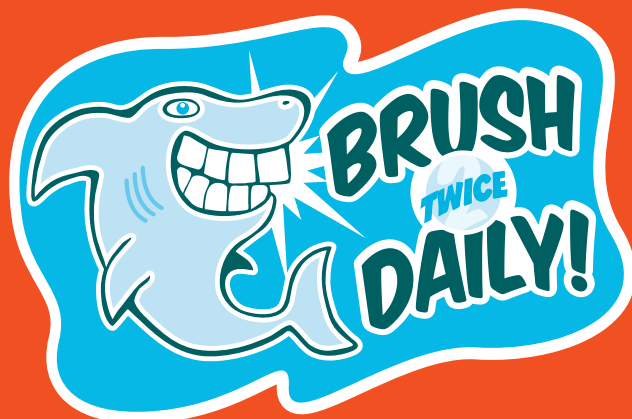
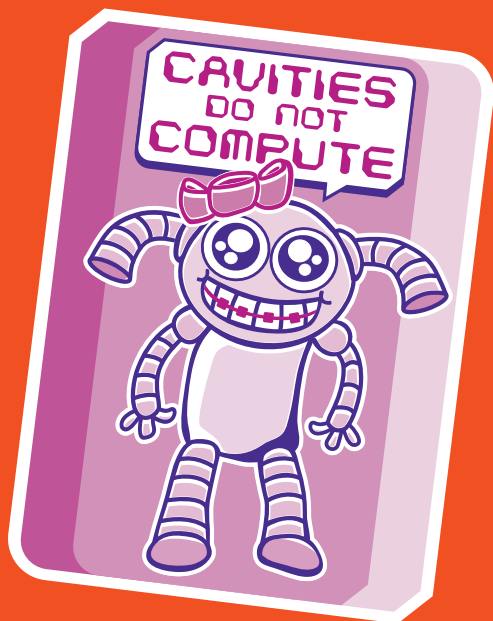
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yav sawv ntxov							
yav tsaus ntuj							

UA TAU



ZOO KAWWG!

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 yav sawv ntxov							
 yav tsaus ntuj							
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 yav sawv ntxov							
 yav tsaus ntuj							



www.healthoregon.org/schooloralhealth



Oregon
Health
Authority

QHOB CHAW PAB TIB NEEG MUAJ KEV NOJ QAB NYOB ZOO
Kev Pab Qhov Ncauj Muaj Kev Noj Qab Nyob Zoo
www.healthoregon.org/schooloralhealth

Yeej muab tau daim ntawv no yog tias yus thov kom ua lwm yam rau cov neeg uas xiam hoob khab los sis ua lwm yam lus uas tsis yog lus As Kiv rau tib neeg uas tsis tshua txawj lus As Kiv. Yog xav tau daim ntawv no ua lwm hom ntawv los sis lwm yam lus, tiv tauj mus rau Oral Health Program (Kev Pab Qhov Ncauj Muaj Kev Noj Qab Nyob Zoo) nyob ntawm 971-673-0348, 711 rau TTY, los sis xa email rau oral.health@state.or.us.

HM OHA 8378 (09/14)