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| [Translated from English to Hmong - www.onlinedoctranslator.com](https://www.onlinedoctranslator.com/en/?utm_source=onlinedoctranslator&utm_medium=docx&utm_campaign=attribution) |  |
| NROG koj lub qhov ncauj |  |
| Nws yog ib feem ntawm koj lub cev |  |
| Koj Qhov ncauj thiab Ntshav Qab Zib |  |
| Xav paub ntxiv |  |
| Ntshav qab zib kuj tseem tuaj yeem ua rau qib qab zib (qabzib) hauv koj cov qaub ncaug nce ntxiv. |  |
| Thaum koj cov ntshav muaj ntshav qab zib ntau ntau, koj cov qaub ncaug zoo li cas. |  |
| Cov kab mob hauv cov quav hniav pub cov suab thaj thiab tuaj yeem ua rau cov hniav lwj, kab noj hniav, thiab kab mob ntawm cov pos hniav. |  |
| Cov neeg mob ntshav qab zib muaj feem ntau dua yuav muaj kab mob hauv cov pos hniav (pos hniav), kab mob ntawm cov pos hniav thiab pob txha uas tuav cov hniav. |  |
| Mob ntshav qab zib tuaj yeem ua rau qeeb kho, yog li nws tuaj yeem cuam tshuam nrog kev kho mob ntawm cov kab mob periodontal. |  |
| Mob ntshav qab zib tuaj yeem ua rau lub qhov ncauj qhuav thiab kab mob fungal hu ua thrush, uas ua rau mob dawb ntawm koj lub qhov ncauj. |  |
| -Qhov ncauj qhuav tshwm sim thaum koj tsis muaj qaub ncaug txaus - cov kua uas ua rau koj lub qhov ncauj ntub. Lub qhov ncauj qhuav tuaj yeem ua rau mob, rwj, kab mob, thiab hniav lwj. Kev haus luam yeeb ua rau cov teeb meem no hnyav dua. |  |
| Minnesota Oral Health Coalition |  |