|  |  |
| --- | --- |
| ZOO RAU KOJ LUB QHOV NCAUJ |  |
| NWS YOG IB FEEM NTAWM KOJ LUB CEV |  |
| Koj Lub Qhov Ncauj Thiab Koj Li Me Nyuam |  |
| Ntxuav koj tus me nyuam cov pos hniav tsis tu ncua nrog ib daim ntaub ntub dej |  |
| Cov me nyuam mos tuaj yeem muaj hniav ntawm plaub thiab rau hli. Lawv cov pos hniav tuaj yeem ua o thiab ua rau khaus, qhov uas txias tuaj yeem txo qhov tsis xis nyob. Sim ib qhov kom txias thiab nyob rau hauv lub (fridge). |  |
| Thaum cov hniav pib tuaj, txhuam lawv ob zaug ib hnub nrog ib tug mos, txhuam hniav me me thiab txhua rnog dej dawb. Tham nrog kws kho mob los sis kws kho hniav |  |
| ua ntej siv tshuaj txhuam hniav (fluoride). |  |
| Cov hniav lwj yog ib yam kab mob kis tau. Txhawm rau kom tsis txhob kis kab mob, nco ntsoov tsis txhob sib koom nrog cov khoom siv, ntsuas lub raj mis kub nrog koj lub qhov ncauj, los sis |  |
| ntxuav lub pacifier nrog koj lub qhov ncauj. |  |
| Xav paub ntxiv |  |
| Minnesota Lub Chaw Saib Xyuas Hniav (Minnesota Oral Health Coalition) |  |