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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 Lub Qhov Ncauj thiab Kev Ua Si |  |
| Txawm tias kev ua kis las tuaj yeem cuam tshuam koj qhov ncauj noj qab haus huv. |  |
| Ntxiv lub qhov ncauj tiv thaiv rau koj cov khaub ncaws los tiv thaiv kev raug mob ntawm cov hniav hauv kev sib cuag nrog cov kis las. |  |
| Lub cev qhuav dej tuaj yeem ua rau koj lub qhov ncauj qhuav, txo cov qaub ncaug uas koj tsim. |  |
| Qhov no txwv koj lub qhov ncauj lub peev xwm los ntxuav nws tus kheej ntawm cov quav hniav thiab cov kab mob. |  |
| Yog tias cov quav hniav thiab cov kab mob tsim, koj txoj kev pheej hmoo ntawm kev lwj thiab kab mob yuav nce ntxiv. |  |
| Cov dej qab zib thiab lwm yam tshuaj ntxiv tuaj yeem muaj cov suab thaj thiab cov kua qaub ntxiv uas tuaj yeem ua rau koj cov enamel thiab cov hniav noj qab haus huv. |  |
| Xyuas kom koj nyob twj ywm hydrated thoob plaws hauv koj qhov kev ua si, ceev faj ntxiv cov suab thaj uas zais hauv cov dej haus, thiab tiv thaiv koj cov hniav hauv kev sib cuag-hnyav. |  |
| Xav paub ntxiv |  |
| Minnesota Oral Health Coalition |  |