|  |  |
| --- | --- |
|  |  |
| ZOO RAU KOJ LUB QHOV NCAUJ |  |
| NWS YOG IB FEEM NTAWM KOJ LUB CEV |  |
| Koj Lub Qhov Ncauj thiab Khoom Noj Qab Zib |  |
| Xav paub ntxiv |  |
| Cov kab mob tsis zoo ntawm kev noj khoom qab zib thiab tsim cov kua qaub uas ua rau koj cov hniav ntaiv. Kev ntaiv yog ib qho ci, txheej txheej uas tiv thaiv koj cov hniav los ntawm kev lwj. |  |
| Thaum koj noj khom qab zib, nws cuam tshuam nrog koj cov quav hniav thiab tsim cov kua qaub. Cov kua qaub yog qhov ua rau cov hniav lwj. |  |
| Cov hniav lwj tuaj yeem hloov mus rau hauv cov hniav tsi zoo, uas yog tshwm sim los ntawm cov kab mob kab mob thiab yuav tsum tau muab koj cov hniav tshem tawm. |  |
| Khoom Qab zib, txawm tias thaum nws tau zais li pob kws tej yam uas khuam, zais, muaj kua qaub siab xws li pob kws, zib ntab, los yog taub dag, piv txwv li. |  |
| Kev pom zoo ntawm kev noj qab haus huv ntxiv yog tsawg dua 100-150 ntawm ib hnub, los sis 24-36 grams. |  |
| Kev txhuam hniav txhua hnub thiab txhuam ob zaug hauv ib hnub nrog cov tshuaj txhuam hniav fluoride yuav pab kom koj lub qhov ncauj li kev noj qab hauv huv. |  |
| Minnesota Lub Chaw Saib Xyuas Hniav (Minnesota Oral Health Coalition) |  |