

# NTSAWS HNUB NO KOM TSI TXHOB LWJ

TIV THAIV KOJ TUS MENYUAM COV KAUS HNIAV KOM KAB TXHOB NOJ

## Ntsaws hniav puas yog dab tsi?

Ntsaws hniav puas yog qhvw ib qhov los tiv thaiv thawj tus thiab tus hniav puas thib ob kom nyob zoo thiab kom txhob muaj kab noj.

## Thaum twg thiaj tsim nyog kuv tus menyuam mus ntsaws hniav puas?

Koj yuav tsum teem sij hawm rau koj tus menyuam kom mus ntsaws hniav puas thaum lawv cov kaus hniav laus tuaj tag lawm. Tshwm sim ntxov li thaum lawv muaj tsib xyoos!

## Yuav ntsaws khaus hniav li cas?

Kev ntsaws mas muab leem rau koj tus menyuam cov kaus hniav nram qab. Leem ceev thiab tsi hnov mob li! Leem tag nrho siv li ntawm nasthis xwb.

## Kuv tus menyuam puas yuav noj tau mov sai tom qab ntsaws kaus hniav?

Noj tau! Koj tus menyuam yeej noj tau mov tom qab ntsaws kaus hniav tag.

## Kev ntsaws kaus hniav muaj kev pab li cas?

Ntsaws hniav puas mas muaj kev nyab xeeb thiab tiv thaiv koj menyuam cov kaus hniav los ntawm cov kab mob, kab noj hniav thiab kom kaus hniav txhob lwj.

## Ntsaws kaus hniav yuav kav ntev li cas?

Qhov ntsaws hniav yuab kav ntau xyoo! Nug koj tus kws kho kaus hniav saib thaum twg mam rov qab ntsaws dua.

## Qhov kev ntsaws kaus hniav no puas hloov tau cov tshuaj ntxuav hniav fluoride?

Hloov tsi tau. Yuav tsum ntsaws kaus hniav thiav siv cov tshuaj ntxuav hniav fluoride ua ke mas thiaj li tiv thaiv tai kom kab txhob noj kaus hniav thiab txhoj lwj.

## Kev ntsaws kaus hniav no Medi-Cal puas yuav them?

Them! Koj daim Medi-Cal, yeej them kev ntsaws kaus hniav rau cov menyuam thiab cov tub/ntxhais hluas mus txog 21 xyoos.

Cov menyuam uas tsi ntsaws kaus hniav muaj kab noj kuas hniav peb npaug yog piv rau cov uas ntsaws kaus hniav.\*



\*Muaj los ntawm: Centers for Disease Control and Prevention. [www.cdc.gov/vitalsigns/dental-sealants/](http://www.cdc.gov/vitalsigns/dental-sealants/)

Mus saib [SmileCalifornia.org](http://SmileCalifornia.org) nrhiav tus kws kho kaus hniav teem sij hawm mus ntsaws koj tus menyuam cov nhiav puas.