



### Tom qab pleev tshuaj tiv thaiv kaus hniav

- Cov tshuaj pleev tiv thaiv kaus hniav tsuas pov hwm cov hniav nram qab. Cov me nyuam tseem yuav tau txhuam thiab siv xov dig hniav txhua txhua hnuv thiab siv cov tshuaj fluoride.
- Tej zaum koj yuav pom tsis tau cov tshuaj pleev tiv thaiv kaus hniav, los sis yuav dawb los sis xim daj me ntsis.
- Tej zaum ob peb hnuv tom ntej no thaum nws tom yuav zoo nkaus li cov kaus hniav tom tsis sib txig li, tiam sis qhov no yuav ploj mus.

### Cov tswv yim kom luag nyav zoo

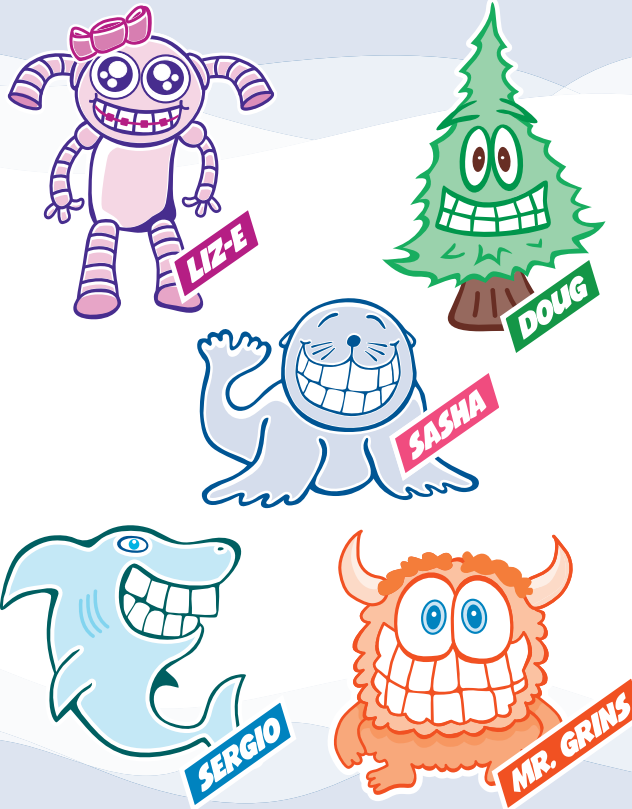
- Niam txiv yuav tsum saib xyuas kev txhuam thiab dig hniav.
- Txhuam hniav tsawg kawg nkaus ob na this, ob zaug tauj ib hnuv.
- Siv xov dig hniav txhua txhua hnuv.
- Siv cov tshuaj fluoride (tshuaj txhuam hniav, tshuaj pleev, dej uas muaj cov tshuaj fluoride).
- Kom lawv pleev tshuaj tiv thaiv kaus hniav.
- Noj tej yam khoom noj txom ncauj uas zoo ib yam li txiv hmab txiv ntoo, zaub thiab cheese.
- Ib sij mus ntsib tus kws kho hniav.

### Puas xav koom qhov no?

Yog xav kawm ntxiv txog Oregon cov Tsev Kawm Ntawv Qhov Kev Pab Pleep Tshuaj Tiv Thaiv cov Kaus Hniav, thov mus xyuas hauv

[www.healthoregon.org/schooloralhealth](http://www.healthoregon.org/schooloralhealth)

Yog tias koj lub tsev kawm ntawv xav koom qhov kev pab no, thov tiv tauj mus rau Qhov Chaw Pab Qhov Ncauj Muaj Kev Noj Qab Nyob Zoo nyob ntawm [oral.health@state.or.us](mailto:oral.health@state.or.us) los sis hu 971-673-0348. Yuav muab kev pab rau cov tsev kawm ntawv uas tsim nyog tau thaum twg peb muaj nyiaj txaus.



Yeej muab tau daim ntawv no yog tias yus thov kom ua lwm yam rau cov neeg uas xiam hoob khab los sis ua lwm yam lus uas tsis yog lus As Kiv rau tib neeg uas tsis tshua txawj lus As Kiv. Yog xav tau daim ntawv no uas lwm yam los sis lwm yam lus, tiv tauj mus rau qhov Kev Pab Qhov Ncauj Muaj Kev Noj Qab Nyob Zoo nyob ntawm 971-673-0348, 711 rau TTY, los sis xa tsab email rau [oral.health@state.or.us](mailto:oral.health@state.or.us).

Hmong OHA 8380 (08/14)

## Oregon cov Tsev Kawm Ntawv Qhov Kev Pab Pleep Tshuaj Tiv Thaiv cov Kaus Hniav



Oregon  
**Health**  
Authority

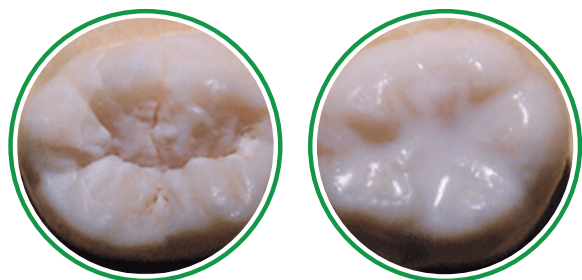
PUBLIC HEALTH DIVISION  
Oral Health Unit

Oregon Pawg Cai Qhov Kev Pab Tib Neeg Qhov Ncauj Muaj Kev Noj Qab Nyob Zoo koom tes nrog tej koog zej zog, cov tsev kawm ntawv thiab cov kws kho hniav, kom pab muab tej kev pab pleev tshuaj tiv thaiv kaus hniav hauv cov tsev kawm ntawv thoob plaws lub xeev no.

Muab tej kev pab **PUB DAWB** rau cov me nyuam thiab tsev kawm ntawv uas koom qhov no.

### Cov tshuaj pleev tiv thaiv kaus hniav yog dab tsi?

Cov tshuaj pleev tiv thaiv kaus hniav yog ib co kua uas pleev ntawm cov hniav puas uas pab tiv thaiv tsis pub kab noj hniav. Cov kua no ntxaum mus rau tej qhov thiab tej qhov zawj hauv cov hniav thiaj “tiv thiav” tau cov kab thiab zaub mov uas noj cov hniav.



TEJ QHOV THIAB QHOV ZAWJ TSHUAJ PLEEV TIV THAIV

Feem ntau cov me nyuam tau lawv thawj cov hniav puas thaum lawv nyob hauv hoob 1 thiab 2 (ob tug sab saum toj thiab ob tug sab hauv). Feem ntau cov hniav puas laus plhis thaum nyob hauv hoob kawm 6 thiab 7.



### Cov tshuaj pleev tiv thaiv puas puaj phais thiab pab zoo?

Tej kev pab pleev tshuaj tiv thaiv kaus hniav tom tsev kawm ntawv yeej pab tau zoo thiab tau kev txhawb pab los ntawm:

- Lub Koom Haum Tswj Kav thiab Tiv Thaiv Kab Mob (CDC); thiab
- Tib Neeg uas Noj Qab Nyob Zoo 2020

Feem ntau yeej yog cov hniav puas uas ncaig. Tej kev pab pleev tshuaj tiv thaiv kaus hniav tom tsev kawm ntawv pab tau ib nrab neeg txhob muaj kab noj hniav.

### Kev tsim nyog tau

- Cov tsev kawm ntawv tsim nyog tau kev pab no yog tias 50 feem pua tus me nyuam yeej tsim nyog tau su pub dawb thiab txiav nqi noj su los ntawm tuam tseem fww.
- Cov me nyuam tsim nyog tau kev pab no yog tias niam thiab txiv tau tso lus rau lawv ua.

### Muab tej kev pab no

Oregon cov Tsev Kawm Ntawv Qhov Kev Pab Pleev Tshuaj Tiv Thaiv cov Kaus Hniav muab kev pab rau cov me nyuam hauv hoob 1 thiab 2 los sis hoob 1 mus txog 5 hauv cov tsev kawm ntawv me me.

Ib tug me nyuam tub kawm ntawv twg txais tau kev pab yog tias niam thiab txiv tau tso lus. Pawg neeg kho hniav yuav kuaj cov me nyuam thiab pleev cov tshuaj tiv thaiv kaus hniav thaum twg tsim nyog ua li ntawd.

### Yuav muab kev pab li cas?

- 1) Cov kws pab kuaj hniav yuav siv cov khoom kho hniav uas lawv nqa tuaj rau cov tsev kawm ntawv.
  - Yuav tsum muaj ib chav tsev uas luaj li 10' x 14' fiv
  - Yuav siv li 1–11 hnuv, nyob ntawm seb lub tsev kawm ntawv loj npaum li cas
- 2) Tej kev kuaj siv li ib na this rau txhua tus me nyuam los sis 15-20 na this rau ib hoob.
- 3) Txoj kev pleev cov tshuaj tiv thaiv kaus hniav siv li 15-30 na this rau txhua tus me nyuam. Thaum ua tas, txhua tus me nyuam xa lwm tus me nyuam los, ces tsis tshua muaj teeb meem rau lawv hoob kawm.
- 4) Txoj kev pleev tshuaj tiv thaiv kaus hniav yeej ua tau sai sai. Yuav tu tus kaus hniav, pleev cov tshuaj uas ntxaum mus hauv tej lub qhov thiab qhov zawj, thiab lawv siv ib lub teeb uas pab kom cov tshuaj yuav khov tuaj sai.
  - Nws tsis mob.
  - Tsis tas yuav txhaj tshuaj loog.
  - Cov me nyuam noj tau mov tom qab pleev tshuaj tas.