

Qiimaynta Khatarta Caafimaadka Afka

Waalidka iyo daryeelayaasha caruurta 6 bilood ee 3 sano jirka ah.



ASTAANTAADA
AYAA HALKAN AH

Magaca Bukaanka: _____ Taariikhda Dhalashada: _____ Taariiqda Maanta: _____

Booqashadaada maanta waxa aanu ka hadli doonaa sida aad u daryeeleyso ilkaha ilmahaaga. Fadlan ka jawaab su'aalaha soo socda si markaa aanu uga wada shaqayn karno sidii ilmahaagu u heli lahaa ilko caafimaad qaba inta uu nool yahay.

Waxyaabaha kordhiya khatarta ilmahaaga suuskiisa.

Miyaa (daryeele ahaan) uu kugu dhacay wax suus ah 12 bilood ee lasoo dhaafay?

- Haa
- Maya
- Ma hubo

Waxyaabaha ka ilaalinaya ilmahaaga suuska.

Miyuu ilmahaagu leeyahay dhakhtar ilkood (hadii yahay 12 bilood jir ama ka wayn yahay)?

- Maya
- Ma hubo
- Ma khuseyso

Hadii ay haa tahay, goormaa ugu danbaysay oo uu booqday? _____

Adigu (daryeelaha) ma leedahay dhakhtarka ilkaha.

- Haa - Ma lihi dhakhtar ilkood
- Maya - Waan leeyahay dhakhtar ilkood

Miyaa ilmahaagu ka helaa fluoride mid kamid ah waxyaabaha soo socda? (Sax Saar Mid)

- Biyaha magaalada ee leh fluoride
- Biyo ceel oo leh fluoride ku filan
- Fiitaamiinada fluoride
- Kuwo Kale
- Ma hubo
- Midna

Miyaa ilmahaagu masaasad ama koobka caruurta ka cabaa caanaha ama sharaabka cuntooyinka inta u dhaxaysa (hadii uu ka wayn yahay 12 bilood jir)?

- Haa
- Maya
- Ma khuseyso

Miyaa adiga ama ilmahaagu isticmaalaa dawada cadayga ee leh fluoride marka uu cadayanayo?

- Haa
- Maya
- Ma hubo
- Ma khuseyso

Ilmahaagu miyuu cunaa cunto fudud wax ka badan hal mar cuntooyinka dhaxdooda (hadii uu ka wayn yahay 12 bilood jir)?

- Haa
- Maya
- Ma hubo
- Ma khuseyso

Hadii ay haa tahay, cunto fudud oo nooc ee ah?

Imisa jeer maalintii ayaad u cadaydaa ilkaha ilmahaaga?

Hadii aanu ilmahaagu weli lahayn ilko, ma bilawday inaad u masaxdo ciridka?

- Haa
- Maya
- Ma Khuseyso

Miyuu ilmahaagu qabaa laxaad la'aan?

- Haa
- Maya

Hadii la taaban karo ilkaha ilmahaaga, miyaad u findhicishaa ilkaha?

- Haa
- Maya
- Ma Khuseyso

Wixii jawaab HAA ahi waxay kordhinaysaa khatarta ilmahaagu uu ugu jiro In uu qaado suuska.

Wixii jawaabo HAA ah waxay ka ilaalisaa ilmahaaga inuu yeesho suus.

Yoolka Caafimaadka Afka Bukaanka iyo Daryeelayaasha

Waxaa jira dariiqooyin badan oo ka caawin kara ilmahaaga inuu yeesho dabeecad ilkood oo caafimaad qabta marka uu joogo guriga. Dooro 1 ama wax ka badan oo yoolasha shaqada ah iminka ilaa inta la gaadhayo shaybaadhka xiga ee ilmahaaga.

Wakhtiga booqashada, fadlan soo qaado wixii su'aalo ah ee aad ka qabto daryeelka ilkaha ilmahaaga. Kadib, gee xaashidan guriga oo waxa aad kasoo lushaa meel muuqata, sida talaagada, si aad u xasuusnaato yoolashan.

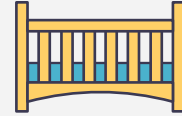
Yaree xadiga caanaha iyo sharaabka ee ilmahaagu cabayo inta u dhaxaysa cuntooyinka. Isku day inaad ilmahaaga kaliya siiso biyo inta u dhaxaysa cuntooyinka.



Sii ilmahaaga cunto caafimaad qabta inta u dhaxaysa cuntooyinka, sida tufaax iyo khudaar la jarjaray.



Iska ilaali inaad ilmahaaga seexiso isaga oo masaasad jaqaya.



Hadii ilmahaaga uu haysto nacnac, waxa aad siisaa wax yar oo kadibna ka caday ilkaha.



Qabso balan dhakhtarka ilkaha ah oo caadi ah marka uu gaadho da'da sanad jirka.



U caday ilkaha ilmahaaga laba jeer maalintii-caadiyan cuntada kadib aroortii iyo habeenkii marka uu seexanayo.



Markasta ugu caday dawada cadayga oo leh fluoride.



U isticmaal xariijin yar caruurta ka yar 3.



U isticmaal xadi le'eg shinida caruurta 3-6.

Marka ilkaga ilmahaaga la taaban karo, u findhiciil maalin kasta.



Hadii ayna biyaha aad cadayso ayna la socon fluoride, ilmahaaga sii fitaamiinka leh fluoride hal mar maalintii.



Liis Garee Su'aalahaaga

Isticmaal meesha banaan si aad ugu qorto wixii su'aalo ah ama tabashooyin ah ee aad doonayso inaad ka hadasho.

Waxyaabaha la xusuusanayo

Qoraalka qoro ama qoro wixii aas doonayso inaad xasuusato ee ku saabsan caafimaadka afka ilmahaaga.

Macluumaadka Dhakhtarka Ilkaha

Dhakhtarkaaga caruurta ayaa kaa caawin kara inaad hesho dhakhtar ilkood oo ilmahaaga eega oo kaa caawiya inaad samaysato balan.

Magaca Dhakhtarka Ilkaha:

Taleefan:

Next Balanta Xigta:

Wixii tilmaamo iyo agab dheeraad ah ee kaa caawinaya inaad hormariso habdhaqanka caafimaadka afka ee ilmahaaga, booqo [HealthVermont.gov/OralHealth](https://www.healthvermont.gov/oralhealth).