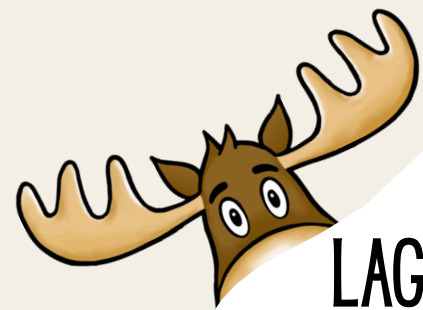




CALAAMADAHA LAGA DIGTOONAADO

Cirridka oo
casaada,
barara ama
dhiiga

Urka afka
oo joogto ah
ama afka
oo qallala

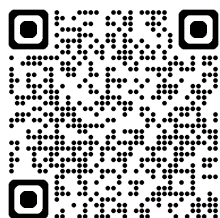
Xanuun
ama
xasaasiya
d ilkaha ah

Dhibco ama
godad ku
yaal ilkaha

Ma ogeyd?



Qaar ka mid ah suuska ilkaha waxaa lagu daaweyn karaa iyada oo aan la qodin ilkaha. Silver diamine fluoride (SDF) ayaa gacan ka geysan kara jooginta sii xumaanshaha suuska. Weydii bixiyahaaga daryeelka caafimaadka ama daryeelka ilkaha haddii SDF aad dooran kartid.



Wax badan ka baro isbahaysiga Spruce.

www.sprucethemoose.org

Khayraadkan waxaad ku heli kartaa luqado kale: www.sprucethemoose.org/resources



Af-Carabi



Af-Faransiis



Af-Boortaqiis



Af-Isbaanish



Af-Lingala



Af-Soomaali



QURXI

DHoola-CADAYNTAADA!

Talooyin ku saabsan daryeelka maalinlaha ah iyo goorta la raadsado caawimaad



Laga bilaabo ilkaha caanaha ilaa ilkaha joogtada ah,

caadooyinka caafimaadku waa muhiim da' kasta.



KA HOR + ILIGGA UGU HORREEYA

0-2 SANO

- Cirridka ilmahaaga maalin kasta ku tirtir maro nadiif ah oo qoyan si aad uga saarto jeermiska.
- Ilkaha ilmahaaga caday laba jeer maalintii, laba daqiiqo mar kasta, adigoo isticmaalaya qadar yar oo daawada ilkaha ah oo fluoride leh.
- Ha seexin ilmahaaga isagoo wata dhalo caano ama casiir ah.
- Isticmaal qaadooyin iyo koobab kala duwan si aad uga caawiso ka hortagga faafitaanka jeermiska keena suuska ilkaha ee xubnaha qoyska dhexdooda.
- Haddii ilmahaagu ilko leeyahay, ballan u samee booqashadiisa ugu horreysa ee dhakhtarka ilkaha marka uu gaaro 1 sano.

QADARKA DAWADA ILKAHA:



Ka yar 3 sano: xariiq yar
(cabbirka iniin bariis ah)



3 sano iyo ka weyn: kubbad yar
(cabbirka digir)

JADWALKA SOO BIXINTA ILKAHA CAANAHA

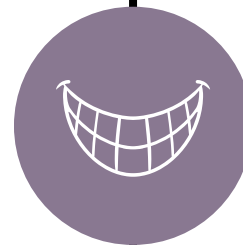
	Ilkaha sare	Soo baxa	Dhaca
	Iligga hore ee dhexe	8-12 bilood	6-7 sano
	Iligga hore ee dhinaca	9-13 bilood	7-8 sano
	Iligga fiqan	16-22 bilood	10-12 sano
	Gowska koowaad	13-19 bilood	9-11 sano
	Gowska labaad	25-33 bilood	10-12 sano
	Ilkaha hoose	Nascem	Chute
	Gowska labaad	23-31 bilood	10-12 sano
	Gowska koowaad	14-18 bilood	9-11 sano
	Iligga fiqan	17-23 bilood	9-12 sano
	Iligga hore ee dhinaca	10-16 bilood	7-8 sano
	Iligga hore ee dhexe	6-10 bilood	6-7 sano



MARKA ILKUHU BUUXSAMAAN

2 SANO IYO KA WEYN

- Marka ilkuhu bilaabaan inay is taabtaan, dhexda ilig kasta ku nadiifi xadhigga ilkaha ama qalabka biyaha lagu nadiifiyo ilkaha.
- Sii wad inaad ka caawiso ilmahaaga inuu si fiican u cadaydo ilkaha laba jeer maalintii ilaa uu ka gaarayo 8 ama 9 sano si loo ilaaliyo ilkaha joogtada ah ee cusub.
- Dooro biyo halkii aad ka dooran lahayd casiir, cabitaanno macaan oo gaas leh ama cabitaannada isboortiga.
- Miraha iyo khudaarta adag marka la calaliyo waxay gacan ka geystaan caafimaadka afka. Dooro cuntooyin fudud sida tufaax iyo kaarooto!



MARKA ILKAHA JOOGTADA AHI AY BEDDELAAN ILKAHA CAANAHA

10 SANO IYO KA WEYN

- La soco isbeddellada afka, oo ay ku jiraan iligga caqliga oo ka soo baxa qaybta dambe ee afka.
- Ilkahaaga, cirridkaaga iyo dhoolla-caddayntaada caafimaad ku ilaali adigoo diidaya tubaakada iyo sigaarka elektaroonigga ah.
- Isticmaal qalabka afka lagu ilaaliyo si aad ilkaha uga ilaaliso dhaawac marka aad ciyaaraha samaynayso.

Cadayashada ka dhig mid fudud!

- Carruurta waxay jecel yihiin inay ku daydaan dadka kale, sidaa darteed ka codso xubnaha kale ee qoyska, oo ay ku jiraan carruurta waaweyn ee guriga, inay tusaan sida ay u cadaydaan.
- Isticmaal muusig ama muuqaal gaaban si uu kaaga caawiyo xisaabinta waqtiga cadayashada.
- Isku day inaad ilkaha ku cadaydo meel cusub.



Samaynta caadooyin joogto ah waxay qaadataa waqti. Joogteyntu way caawisaa.