

**Rumayo/cadayo labba daqiiqadood
labba wakhti maalintii!**

Carruurtaay!

Weligiin ha gafina
in aad rumaydo/cadaydo
idinkoo isticmaalaya
la socoshadan maalin
kasta ah!



2 daqiiqadood

X2

**Sii wada dhoola-caddayn
ballaaran oo caafimaad leh!**

Iyadoo qayb ka ah hawsha caadiga ee maalin walba la qabto, ilmahaagu waa in uu/ay labba wakhti maalintii ugu yaraan labba daqiiqadood ilkihiisa/ilkaheeda ku rumaydaa/cadaydaa daawada ilkaha fluoride.

Laakiin in la rumaydo/cadaydo ilkuhu maaha in ay noqoto hawl adag. Waxaad ilmahaaga ku dhiiri gelin kartaa in uu lahaado af caafimaad qaba adigoo in ay rumaydaan/cadaydaan ka dhigaya mid xiiso iyo abaal gud leh.

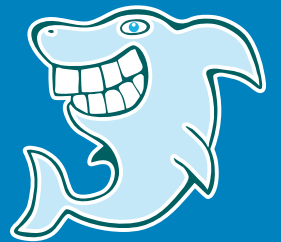
- Jadwalkani wuxuu kordhin doonaa aqoonta ilmahaaga ee dhaqanka nadaafadda afka ee wanaagsan.
- Isticmaal warqadda wax lagu dhajiyo ee lagu siiyay ama qalinka wax lagu calaamaddeeyo si aad u firiso in labba wakhti maalintii la rumaydo/cadaydo.
- Warqadda wax lagu dhejiyo ku dheji ama astaanta wax lagu saxo u isticmaal sanduuq kasta marka ilmahaagu subaxdii rumaydo/cadaydo iyo mar kale habbeenkii.

	AXAD	ISNIIN
subaxdii		
galabtii		



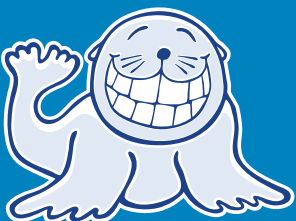
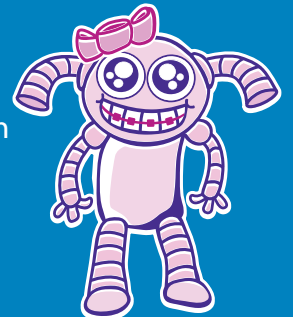
Mr. Grins waa bahal weyn, oo dahsoon oo aan joojin karin dhoola-caddeynta. Wuxuu xaqiijiyaa in uu daryeelo dhoola-caddayntiisa lagu yaqaan isagoo si joogta u rumayda/cadayda una findhicisha.

Sergio waa libaax baddeed leh dhoola-caddeyn la yaab leh. Xayawaanka bada ku nool waxaa suuragal ah in ay la yaabaan marka uu iftiimiyo ilkihiisa cad cad laakiin maaha in ay ka walwalaan: Sergio wuxuu doorbiddaa miraha darayga ah iyo khudaarta.



Doug geedka cagaarani waa mid xiise iyo xigmad leh. Wakhti badan ayuu baxaayay wuuna garanayaa waxa ay nafaqadu tahay. Ma hadal badna, laakiin markii uu wax yiraahdo, waa in aad maqashaa!

Liz-E maskax badnidiisa waxaa laga yaabaa in ay tahay mid aan run ahayn laakiin dareenkeeda waa mid run ah. Waxa ay haysato way garanaysaa marka ay noqoto daryeelka ilkaha, waxayna jeceshahay in ay saaxiibadeed la qaybsato fikraddaha.

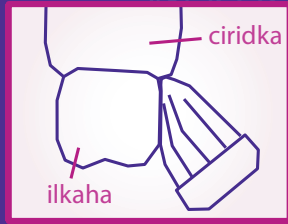


Sasha waxay rabtaa in dhammaan carruurtu lahaadaan dahaarid ilkood si u illaaliyaan dhoola-caddeyntooda! Ha ku qaldin xayawaanka badda ee seal-ka loo yaqaan waa libaax baddeed qab weyn!

Sida Ioo Rumaydo/Cadaydo

Isticmaal burushka ilkaha oo khafiif ah waxaanad marisaa qiyaas le'eg miraha yar ee cagaaran oo ah daawada ilkaha fluoride.

WAXAAD RUMAYDAA/
CADAYDAA
2:00
DAQIIQADOOD!



Waxaad burushka khafiifka ah ku aadisaa geeska ciridka.



Si tartiiba burushka ilig kasta ugu kor war wareeji meesha u dhow ciridka.



Waxaad rumaydaa/cadaydaa korka, gudaha iyo halka wax lagu calaliyo korkooda ee dhammaan ilkaha.



Si aad u nadiifiso gudaha wajiga ilkaha hore, si sare u toosan u janjeeri burushka adigoo kor iyo hoos u dhaq-dhaqaajinaya.



Waxaad rumaydaa/cadaydaa carabkaaga si aad neefsashadaada uga dhigto mid udgoon.



	AXAD	ISNIIN	TALAADO	ARBACO	KHAMIIS	JIMCE	SABTI
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☾ galabtii							
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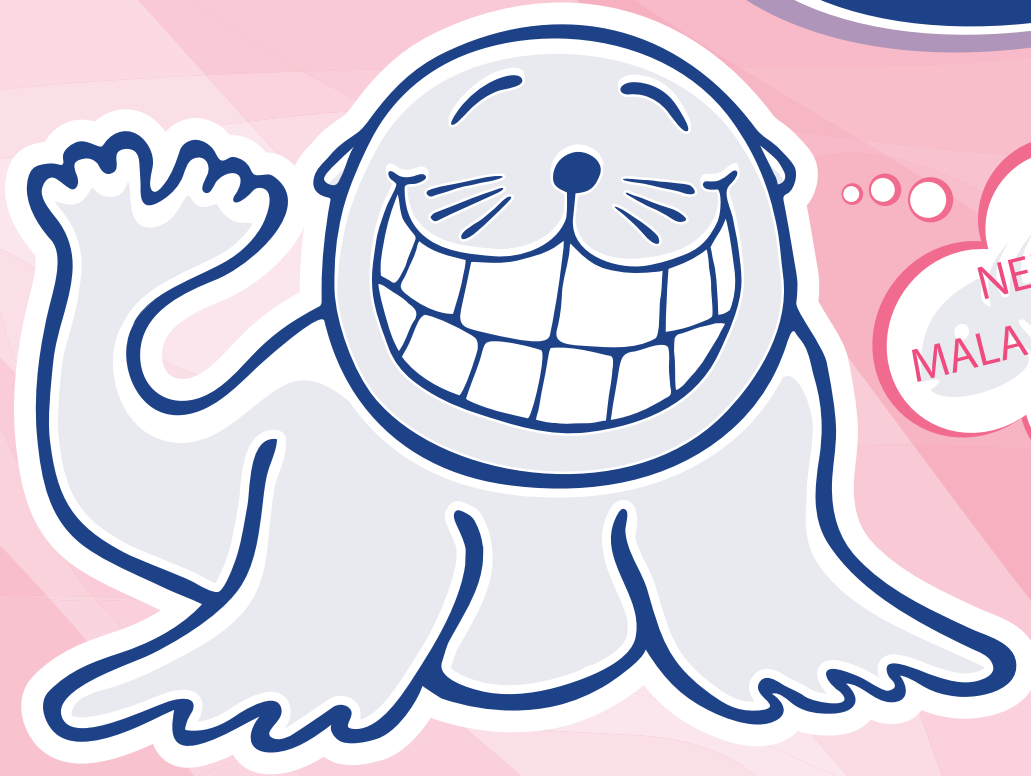
Si aad u lahaato dhoola-
 caddeynta heerka sare ah xusuusnow
 in aad yarayso macmacaanka, soodhaha
 iyo cabitaanka. Doorro khudaarta,
 cabitaannada iyo noocyada badarka.
**Cun dhammaan midabyada
 qaanso-roobaadka!**



	AXAD	ISNIIN	TALAADO	ARBACO	KHAMIIS	JIMCE	SABTI
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Xayawaanka seal-ka iyo libaax
 baddeedka ayaa booqday dhakhtarka
 hortagaan neefsashada malaayga/kaluunka,
 huurada iyo jeermis ciridka gala ee
 keeni kara in ilkuhu
 dalool yeeshaan.

Waa in aad booqataa
 dhakhtarkaaga ilkaha labba
 wakhti sannadkii si aad
 ilkahaaga uga dhigto kuwo
 caafimaad qaba.



NEEFSASHADA
 MALAAYGA/KALUUNKA
 !!!???

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☾ galabtii							

**WAXAAD
ILAASHATAA
ILKAHAAGA!**

**Xiro wax afka ilaaliya
marka la cayaarayo
cayaaraha isboortiga!**











	AXAD	ISNIIN	TALAADO	ARBACO	KHAMIIS	JIMCE	SABTI
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Findhicilo

hal wakhti maalintii

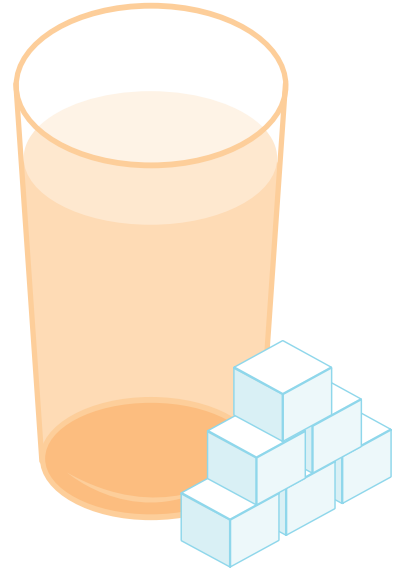
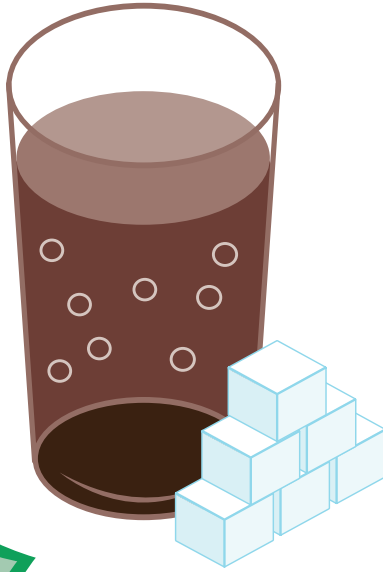
si aad dibada ugu soo saarto jeermiska ku jira ilkahaaga dhexdooda.



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Ma ogayd?

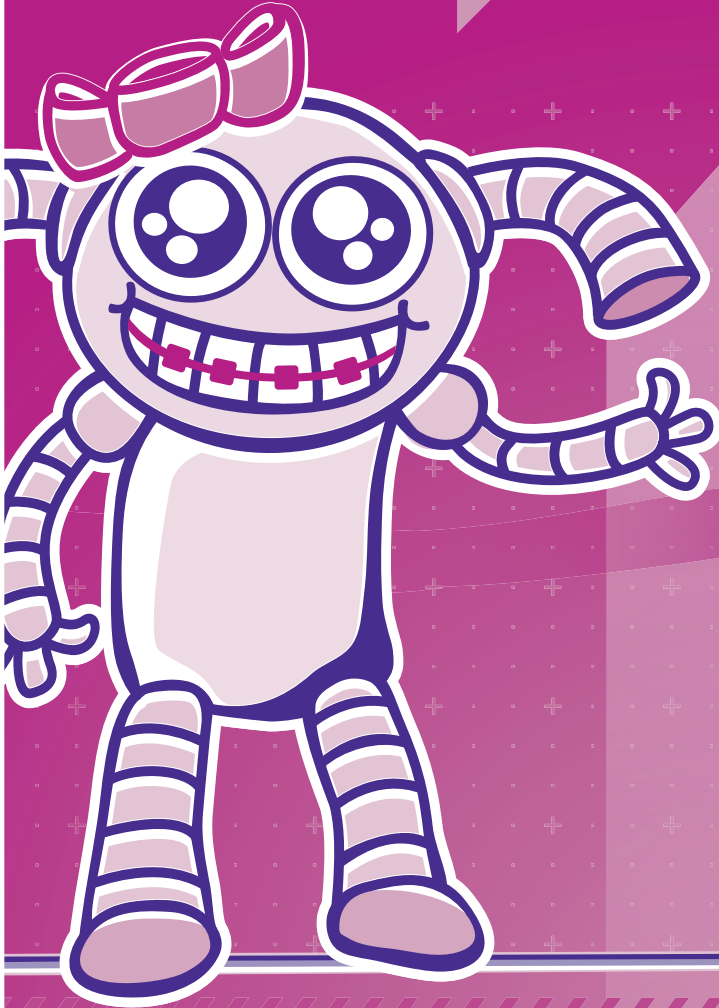
Cabitaanka tufaaxu wuxuu leeyahay tiro sonkor oo la mid ah Cola!



Halkii aad ka cabi lahayd cabitaan sonkor leh, ka cab caano iyo biyo si aad si fiican ugu korto.

	AXAD	ISNIIN	TALAADO	ARBACO	KHAMIIS	JIMCE	SABTI
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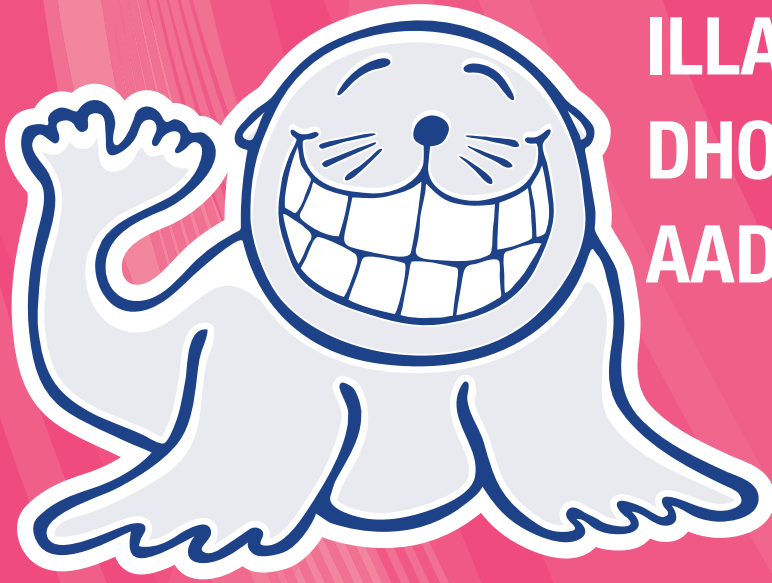
Dahaarka ilkuhu waa gaashaan adag oo dhowra hareeraha iligaaga.
 Daawada ilkaha fluoride waxay ka dhigtaa kuwo adag.
Rumayo/cadayo labba wakhti maalintii si aad u hesho gaashaan adag.



AWOODDA
GAASHAAN



	AXAD	ISNIIN	TALAADO	ARBACO	KHAMIIS	JIMCE	SABTI
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🌙 galabtii							
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☀️ subaxdii							
🌙 galabtii							



ILLAALI DHOOLA-CADDEYNTA AAD LEEDAHAY

Waxaad xaqiijisaa in aad lahaato
dahaarid ilkood
oo la saaro iliga u dambeeya si looga hortago
in ilkaha dalool yeeshaan

Dahaarka dareeraha ahi
wuxuu raaca daloolada iyo
jeex jeexyada iliga "isagoo ka
ilaalinaya" bakteeriyada iyo
dulinka iyo cuntada keena in
ilkuhu dalool yeeshaan.

Tani waa
gaashaan adag
oo ilkahaaga loogu talagalay!



	AXAD	ISNIIN	TALAADO	ARBACO	KHAMIIS	JIMCE	SABTI
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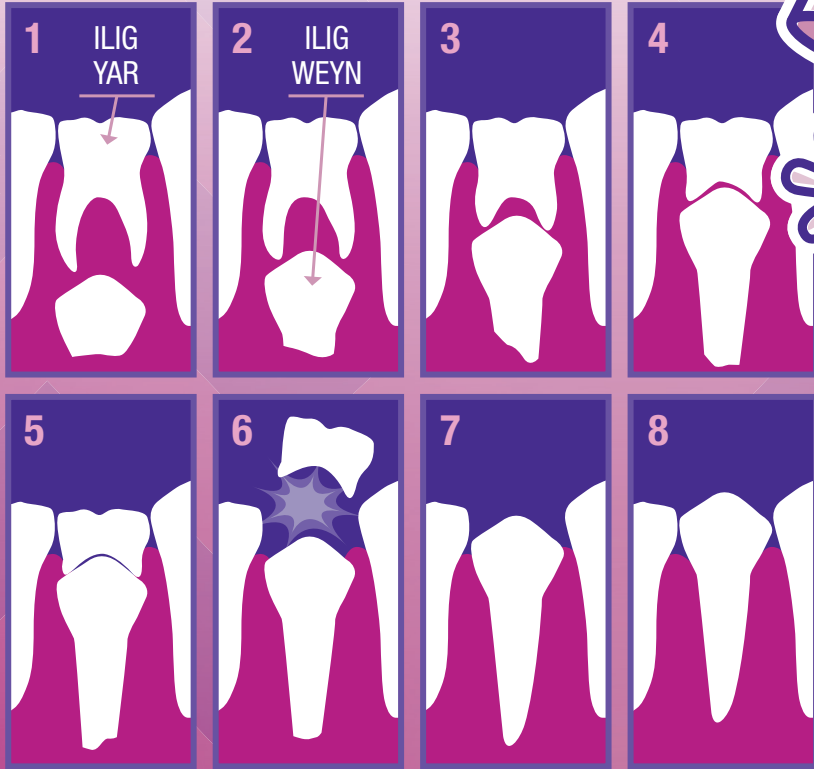
Waligaa cabsi ma darentay habbeen barka? Bahalka weyn ee timaha badani cabsi ma ku geliyaa? Bahalka Grins oo kale ah ee wanaagsani kaliya dadkuu hab siiyaa. Dambiihaha u weyn ee habeenkii waa dulinka bakteeriyada.

Haddii aanad habbeenkii rumayin/cadayin way oo baxaan oo dheelaan, iyagoo weerar ku qaadaaya ilkahaaga ilaa maalinta taasi xigta. Mr. Grins ilkihiisu waa kuwo badbaado qaba kuwaaguna sidaasi oo kale ayay noqon doonaan, ilaa iyo inta aad ka isticmaalayso rumayga/cadayga ilaa labba daqiiqadood labba wakhti!

	AXAD	ISNIIN	TALAADO	ARBACO	KHAMIIS	JIMCE	SABTI
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Waxaad dhalatay adiga oo qaba dhammaan ilkaha aad yeelanayso... kaliya waa kuwo qarsoon oo aan soo muuqan. Kiniiniga daawada ilkaha ee fluoride ama fluoride biyaha ku jirta oo maalin kasta la isticmaalaa waxay ilkaha qarsoon ee waaweyn ka dhigi karaa kuwo awood leh.

Fiiri sida iliga weyni kor ugu soobaxayo and ee uu u tuurayo iliga yar:











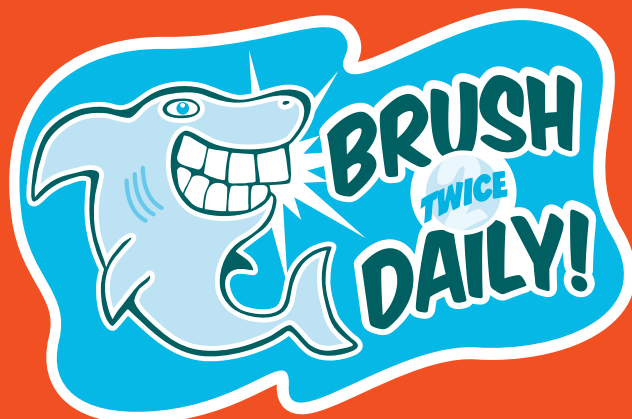
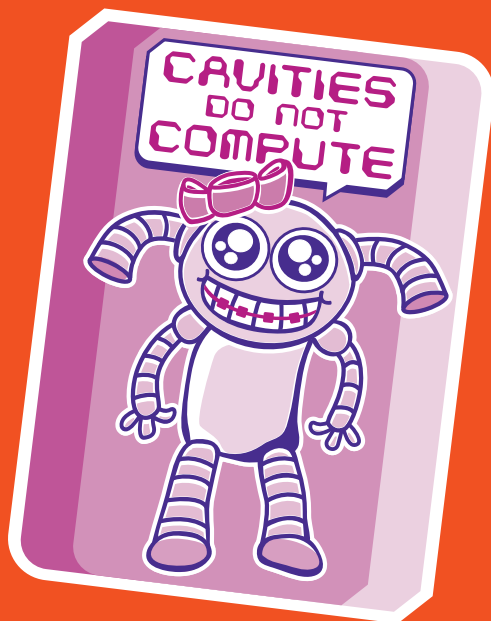
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SHAQO



WANAAAGSAN!

	AXAD	ISNIIN	TALAADO	ARBACO	KHAMIIS	JIMCE	SABTI
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Qoraalkani waa la bixin karaa isagoo qaab kale ah marka ay codsadaan dadka naafada ah ama dadka leh luqad aan ahayn Af-Ingiriisiga ee leh xirfad luqada Af- Ingiriisiga ah oo cayiman. Si aad u codsato daabacaadan oo qaab ama luqad kale ah, kala xiriir Barnaamijka Caafimaadka Afka 971-673-0348, 711 ee TTY, ama email-ka oral.health@state.or.us.

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