

**Zoux haaix nyungc oix zuqc  
Buangh zorc nyaah ndie-sai?**

- Da'dauh fu'jueiv oix zuqc goux mangc nyaah bun longx yietc liuz!
- Goux longx nyaah se benx kuv jauv yiem njiec buon-sin zangc!
- Nyaah nyei baengc se jiex gorn mun nziouv haic - dongh daauh norm nyaah cuotv daaih wuov. Se oix zuqc zorc nqaevq jienv mv bun butv gaeng wuaaic nor gauh longx jiex dorh mingh zorc!
- Yiem da'1 mingh da'4 qongx horqc dorngx nyei fu'jueiv hnyangx jeiv nyaah butv gaeng wuaaic camv jiex!



Yie nyie zorc nyaah ndie-sai mbooz heuc: \_\_\_\_\_

Ninh nyei fonh #: \_\_\_\_\_

Ninh nyei dorngx dauh yiem: \_\_\_\_\_

**Se gorngv meih qiex longc mienh  
tengx lorx zorc nyaah ndie-sai  
laengx zipv longc denti-cal, kor-waac  
denti-cal tengx goux Baengc  
mienh yiem njiec:**

**1-800-322-6384**

**Se gorngv meih yiem njiec  
Los Angeles a'fai Sacramento kaau Div  
aengx Caux meih maaih waac gorngv  
taux zorc nyaah gong-Bou sic Dauh  
nor oix zuqc korh waac mingh, Ninh  
mBuo goux mangc nyaah gong-gorn  
jien zangc yiem njiec:**

**1-888-466-2219**

**Se gorngv meih yiem Los Angeles  
a'fai Sacramento kaau Div aengx  
Caux mv hiuv Duqv yietc nyeic zorc  
nyaah gong-Bou Dongh meih yiem  
njiec nyei Dorngx a'fai oix tiuv yietc  
nyeic gong-Bou jauv nor oix zuqc  
kor-waac mingh Buangh taux goux  
gaengc zingh gin v longc yiem:**

**1-800-430-4263**



**Goux nyaah longx  
nor yiem Dongh fu'jueiv  
jiex gorn cuotv Daauh  
norm nyaah wuov**

Department of  
Health Care Services 

## Haaix zanc meih nyei fu'jueiv cingx Daaih mingh Buangh zorc nyaah ndie-sai?

### Hnyangx jeiv 0-1 hnyangx



#### Haaix zanc?

Meih oix zuqc paaiv ziangh hoc dorh meih nyei fu'jueiv mingh buangh daauh norm nyaah cuotv wuov siepv siepv a'fai buangv yietc hnyangx, haaix nyungc yaac duqv. Mangc yietc nyeic yiem njiec njiaaux sou ga'haav bung liouh bun lorx zorc nyaah ndie-sai gong-bou kinv.

#### Wueic haaix Diuc?

Nyaah gaeng nor haih jiex gorn butv dongh daauh norm nyaah cuotv wuov ninh se oix zuqc jien sin dorh fu'jueiv mingh bun ninh mbuo zorc nyaah ndie-sai zaah mangc siepv. Daauh nzunc nor ndie-sai oix zuqc naaic gornv hnangv haaix nor corh nyaah bun fu'jueiv, aengx caux oix zuqc caux ndie-sai ca'laangh gornv taux longc haaix nyungc yaac gaau corh aengx caux zorc nqaevq mv bun butv gaeng.

### Hnyangx jeiv 2+ hnyangx faaux mingh

#### Haaix zanc?

Juqv hlaax nyieqc a'fai ninh mbuo ndie-sai paaiv njiaaux njiec yietc nyeic wuov.

#### Wueic haaix Diuc?

Taux ziangh hoc nor fu'jueiv yaac bieqc doqc sou yiem



jiex gorn doqc sou yiem kindergarten aqv, 50% maaih nyaah mun baengc. Ziangh diuh mingh baugh ndie-sai tengx zorc dongh jiex gorn benx gaeng aengx tengx nqaevq jienv dingh mv bun benx camv mingh.

## Hnangv haaix nor Dae maa cingx tengx Duqv?

### Hnyangx jeiv 0-1 hnyangx

#### Hnangv haaix nor meih Cingx tengx Duqv?

Se gornv meih bun fu'jueiv hopv nyor-gorngc bueix nyei ziangh hoc nor kungx bun wuom dapv hopv hnangv - mv bun nyorx, formu'la, biou-wuom q'fai gaam nyei wuom. Heng-heng nyei hlou meih nyei fu'jueiv nyaah orv tengx gueix nzaaux daauh norm nyaah cuotv - liux longc corh heng-heng nyei.

### Hnyangx jeiv 1-2 hnyangx

#### Hnangv haaix nor meih Cingx tengx Duqv?

Lungh ndorm tengx fu'jueiv corh nyaah aengx caux lungh muonx zanc oix bueix wuov longc yaac gaau longx. Nziouv hnoi goux mangc longx nyaah butv gaeng (mangc nyaah gorn zangc nitv nyaah orv). Naaic meih nyei ndie-sai longc fluoride vaa-nish tengx fu'jueiv corh nyaah longx. Ih zanc meih nyei fu'jueiv yaac hopv uom yiem zaavn duqv aqv mv zuqc longc nyor-gorngc aqv. Bun hopv nyorx a'fai biou-uom nyanc baac hnaangx liuv wuov aengx caux hopv uom zorpc jienv.

### Hnyangx jeiv 3-4 hnyangx

#### Hnangv haaix nor meih Cingx tengx Duqv?

Oix zuqc ndorm muonx zingh diuh corh fu'jueiv nyei nyaah longc yaac gaau longx. Fu'jueiv maaih hnyangx jeiv 7-8 hnyangx corc se mv haih tengx ganh corh nyaah duqv longx zuqc jauv beiv meih mv tengx nor, mv baac oix zuqc bun ninh mbuo hoqc dongh meih njiaaux liuz wuov. Mv bun hopv ga'naaiv gaam camv (so-daa, nyorx aengx caux boiu-uom) hnoi hnoi nyanc lai-hnaangx gaam.

### Ba'ziex hnyangx yaac Baac

#### Hnangv haaix nor meih Cingx tengx Duqv?

Meih benx dae maa oix zuqc tengx fu'jueiv zorc nqaevq mv bun nyaah butv gaeng. Naaic meih nyei ndie-sai njiaaux longc yaac gaau horpc fu'jueiv corh nyaah. Mv dongx juangc longc nyaah sortv. Mv dongx nyaiv naaic longx waac. Meih nyei ndie-sai zuov jienv tengx meih.

### Tengx Duqv Camv ku-jauv

- ✓ Ginv longc zorc longx jiex. Simv cuotv mv bun fu'jueiv nyaah butv gaeng camv (wuaaic camv, nyaah benx e-naa-meu), nyiouh a'fai nziuc (bun haih gitv nyaah lauh).
- ✓ Nqaevq mv bun lueic wuaaic. Sorqv ba'ndoqc nyeiz aengx caux bun longx jiex liuz 2 hnyangx mv bun nyaah wuaaic a'fai ngaatc zuqc ganh sic dauh.
- ✓ Tengx fu'jueiv corh nyaah lungh muonx zanc. Se benx kuv jauv yiem lungh muonx zanc wueic zuqc haih zoux bun butv gaeng siepv.
- ✓ Kuv jauv longx jiex nyei jau-louc nor se njiaaux fu'jueiv heuc goux mangc longx nyaah zoux bun mangc nyungc zeiv bun mangc. Corh nyaah yietc hnoi yietc nzunc.