

## Vim Li Cas Thiaj Mus Kuaj Kaus Hniav?

- Txhua tus me nyuam tsim nyog muaj txoj kev noj qab nyob zoo thaum pib lub neej!
- Cov kaus hniav zoo yog qhov tseem ceeb txog kev noj qab nyob zoo!
- Teeb meem cov kaus hniav tuaj yeem xeeb thaum pib los ua neeg – thaum tuaj thawj zaug hniav. Kev pov hwm yog ib qho yooj yim tshaj cia mob lawm mam kho!
- 1 feem ntawm 4 cov hnuv nyoog nyob hauv tsev kawm qib xub thawj cov kaus hniav phom ntai (hniav ncaig)!



Kuv Qhov Phiaj Xwm  
Kho Mob lub Npe: \_\_\_\_\_

Kuv Tus Kws Kho  
Hniav lub Npe: \_\_\_\_\_

Kuv Tus Kws Kho  
Hniav tus Xov Tooj: \_\_\_\_\_

Kuv Tus Kws Kho Hniav  
qhov Chaw Nyob: \_\_\_\_\_

**Txhawm rau teem caij**, hu koj tus kws kho hniav. Yog koj tsis paub tias koj tus kws kho hniav yog leej twg lossis koj xav hloov tus kws kho hniav thov caw hu rau koj qhov phiaj xwm kho hniav ntawm:

**DentaQuest**  
Benefits  
provided by California Dental Network  
**1-855-388-6257**

**LIBERTY DENTAL PLAN**  
**1-888-703-6999**

**health net**  
**1-844-233-4522**

Yog tias koj muaj teeb meem ntawm koj qhov phiaj xwm kho hniav, lossis tau tham nrog koj qhov phiaj xwm kho hniav lawm thov hu rau, The Department of Managed Health Care ntawm: **1-888-466-2219**

Yog koj tsis paub tias koj nyob rau qhov phiaj xwm kho hniav twg lossis xav hloov phiaj xwm kho hniav thov hu rau Health Care Options ntawm: **1-800-430-2022**



**Kev Kho Kaus Hniav  
Yuav Tau Pib Thaum  
Tus Me Nyuam  
Cov Hniav Pib Tuaj**

Nroog Los Angeles



## Thaum Twg Koj Tus Me Nyuam Mam Mus Ntsiab Kws Kho Hniav?

### Hnub nyoog 0-1 xyoos

#### Thaum twg?

Koj yuav tau teem caij kom sai li sai tau uas yuav koj nws mus ntsiab kws kho hniav thaum txog nws thawj lub hnub yug, los tsis li mus ua ntej los tau. Saib sab nrob qaum ntawm daim ntawv txuam yuaj no nrhiav ib tug kws kho hniav nyob rau koj qhov phiaj xwm kho hniav.

#### Vim li cas?

Cov hniav yuav to yooj yim heev thaum pib tuaj hniav, yog li nws thiaj tseem ceeb heev uas yuav tau mus kuaj kaus hniav kom sai lub sij hawm pib tuaj hniav. Thaum mus kuaj thawj zaug nco ntsoov nug txog yuav txhuam nws cov hniav li cas, thiab tham nrog kws kho mob txog cov tshuaj txhuam hniav (fluoride) thiab yuav zam tej qhov ua rau kaus hniav to qhov tau li cas.

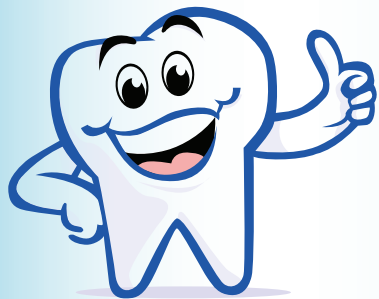
### Hnub nyoog 2+ xyoos

#### Thaum twg?

Txhua txhua rau txog kaum ob lub hli, lossis raws li koj tus me nyuam tus kws kho hniav qhia.

#### Vim li cas?

Lub sij hawm no tus me nyuam nyob rau tsev zov me nyuam, 50% twb muaj teeb meem txog cov hniav lawm. Yog mus kuaj tas li yuav pom thaum pib muaj qhov mob qhov to thiab kho tau cov uas pib to qhov.



## Koj Yuav Pab Tau Li Cas?

### Hnub nyoog 0-1 xyoos

#### Koj yuav pab tau li cas?

Yog tias koj muab lub raj mis rau nws lub sij hawm pw, yuav tsum ntim dej hauv xwb – tsis txhob muab mis nyuj, mis hmoov, kua txiv, lossis dej qab zib. Muab ntaub huv txhuam tus me nyuam cov pos hniav kom huv si txog thaum tuaj hniav lawm mam siv txhuam hniav.

### Hnub nyoog 1-2 xyoos

#### Koj yuav pab tau li cas?

Txhuam koj tus me nyuam cov kaus hniav txhua hnub thaum sawv ntxov thiab ua ntej yuav pw uas siv cov txhuam hniav mos thiab tshuaj txhuam hniav fluoride. Yuav tau saib xwm yees nkaus kom pom tej qhov uas yuav muaj qhov to rau cov hniav (ceeb tsam uas xim dawb-txho ntawm cov hniav uas ze cov pos hniav) Kom koj tus kws kho hniav muab cov tshuaj fluoride pleev rau tus me nyuam cov hniav thaum mus kuaj. Koj tus me nyuam ziag no yuav tsum haus dej hauv khob tsis haus hauv raj mis. Muab mis lossis kua txiv lub sij hawm noj mov lawm xwb thiab muab dej haus kem nruab nrab.

### Hnub nyoog 2-6 xyoo

#### Koj yuav pab tau li cas?

Ua ntu zus txhuam tus me nyuam cov kaus hniav txhua tag kis thiab ua ntej yuav pw uas siv cov txhuam hniav thiab tshuaj txhuam hniav luaj li lub noob ntaum. Me nyuam hnub nyoog qis dua 7-8 xyoo tsis tau txawj txhuam hniav kom tau zoo yog koj tsis pab, tiam sis cia lawv xyaum tom qab koj qhia lawv txhuam tag. Tsis pub haus dej qab zib thiab khoom noj qab zib ntau.

### Hnub nyoog 6-12 xyoos

#### Koj yuav pab tau li cas?

Cia me nyuam txhuam nws cov hniav tiam sis yuav tau pab lawv ua ntu zis kom lawv paub zoo tso. Pab lawv muab txoj xov los txhuam lawv cov kis hniav ua ntej yuav mus pw. Tham nrog tus me nyuam tus kws kho hniav txog tshuaj rau hniav thiab txhuam hniav uas yuav tiv thaiv khaus hniav to qhov. Txwv ua ntu zus tsis pub haus dej thiab khoom noj qab zib ntau.

### Hnub nyoog 12+ xyoos

#### Koj yuav pab tau li cas?

Ua ntu zus saib kom tus me nyuam tsawg kiag yuav tsum txhuam hniav ib hnub ob zaug. Tsis pub haus ntau xws li cov dej haus tawm dag zog, sodas, thiab zam cov khoom haus muaj zog. Tham nrog tus me nyuam tus kws kho hniav txog tshuaj rau hniav thiab txhuam hniav uas yuav tiv thaiv kaus hniav to qhov thiab looj cov yas tiv thaiv kau hniav kom txhob raug thaum mus cuam npa.

### Txhua hom hnub nyoog

#### Koj yuav pab tau li cas?

Koj, uas yog niam txiv tuaj yeem pab tiv thaiv tus me nyuam cov hniav to. Kom koj tus kws kho hniav muab cov tshuaj fluoride pleev rau tus me nyuam cov hniav thaum mus kuaj. Txhob koom tus txhuam hniav nrog lwm tus. Txhob ntshai nug tej yam tsis to taub. Koj tus kws kho mob thiab kws kho hniav nyob ntawm no txhawm rau pab koj.