

Tej Kaus Hniav Zoo Siab

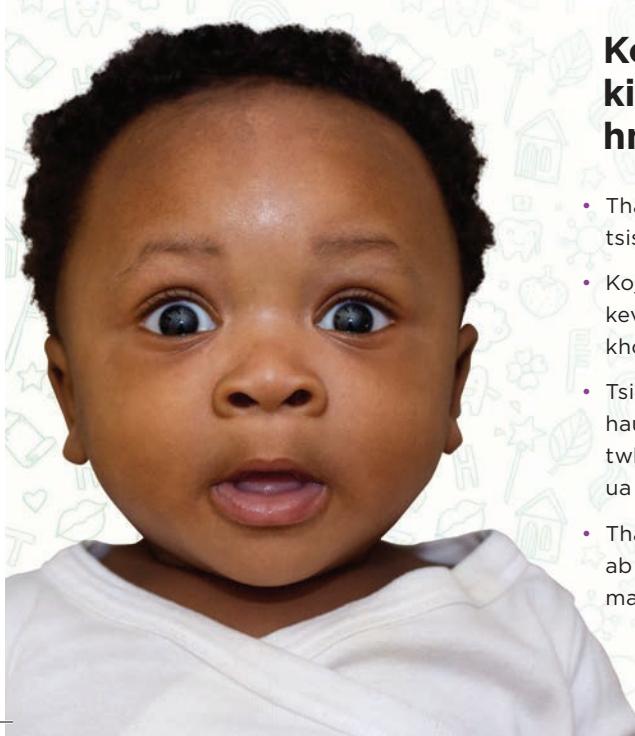
**Yuav Muaj Kaus Hniav Zoo
Siab Yog Ua Zoo Tu Pem Tsev**





Koj tus me ab thawj cov kaus hniav tseem ceeb heev.

Cov menuam yaus yuav tsum siv lawv cov kaus hniav noj mov, hais lus, thiab luag ntxhi. Cov kaus hniav yeej tseem ceeb txhua txhia tus. Koj yeej pab tu tau koj cov menuam cov kaus hniav.



Koj puas paub tias koj kis tau qhov kev kaus hniav lwj?

- Thaum tej me ab xub yug los lawv yeej tsis muaj cov kab kaus hniav lwj.
- Koj tus me ab kis cov kab no los ntawm kev sib koom txiv mis qhuav (yas), diav, khob thiab rab txhuam hniav.
- Tsis txhob muab ib yam dabtsi tso rau hauv koj tus me ab lub qhov ncauj uas twb nyob hauv lwm tus lub qhov ncauj ua ntej lawm.
- Thaum muab khoom noj rau koj tus me ab yuav tsum ua zoo txiav, tsis txhob xo mam muab rau tus menuam.



Noj cov zaub mov uas huv rau lub cev xwv cov kaus hniav thiaj li zoo siab.

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- Muab tshij, yogurt uas tsis rau dabtsi kom qab, txiv hmab txiv ntoo lossis zaub rau koj tus menuam noj ua khoom txom ncauj.
 - Pub kua mis nyuj rau nws haus thaum lub caij uas noj plus mov xwb.
 - Dej dawb yog Yam Zoo haus yog xav kom cov kaus hniav Zoo.
 - Tsuas pub dej qab zib, kua txiv, qhob noom, txiv hmab txiv ntoo uas ziab lawm kom qhuav thiab lwm Yam qab zib me me nkaus xwb vim tias uas tau rau cov kaus hniav lwj.



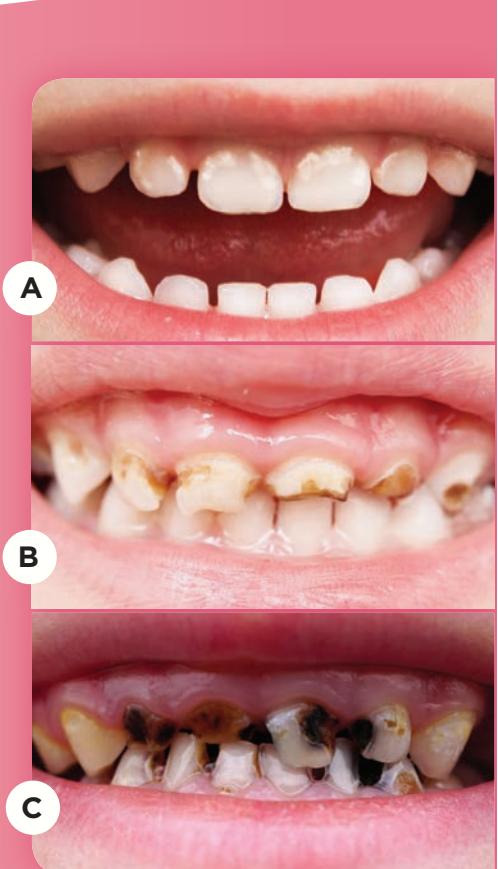
Ua zoo saib xyuas seb cov kaus hniav puas lwj.

Thaum thawj cov kaus hniav lwj tuaj, tus menuam tej zaum yuav hnov mob, muaj teeb meem ntawm kev noj mov thiab hais lus, thiab txaj muag rau nws tus kheej. Yog tias plhis thawj cov kaus hniav ntxov dhau, tej zaum cov kaus hniav neeg laus yuav tuaj sib ti heev dhau lossis tsis sib ncaj. Nrog koj tus kws kho hniav tham yog tias koj pom muaj tej yam nram qab no.

A. Tej qhov chaw dawb yog thawj cov cim qhia tias cov kaus hniav twb pib lwj lawm.

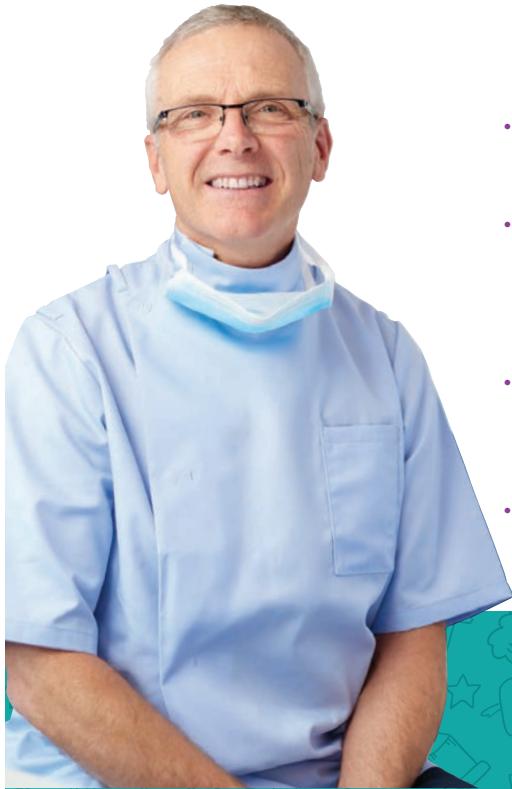
B. Tej qhov chaw xim daj lis lossis xim kas fes yog cov cim qhia tias cov kaus hniav twb lwj ntau tsawy.

C. Tej qhov chaw dub thiab kev plhis kaus hniav yog tej cim qhia tias kaus hniav lwj tau ntau heev lawm.



Kev tu cov kaus hniav pem tsev:

- Yuav tsum puag koj tus me ab txhua zaum uas pub taub mis rau nws noj. Yog muab taub mis rau koj tus menuam nrog nws nyob tom txaj, ua tau rau nws daig caj pas thiab ua rau kaus hniav lwj tau.
- Xuas ib daim ntaub ntub los so koj tus me ab cov pos hniav tom qab nws noj txhua zaum. Ua li koj tus me ab thiaj swm qhov uas kov nws cov pos hniav.
- Xuas ib rab txhuam mos mos pib txhuam koj tus me ab cov kaus hniav thaum thawj tus kaus hniav tuaj lawm.
- Cov menuam yaus kheev txhuam hniav tsis tshua zoo. Pab koj cov menuam txhuam lawv cov kaus hniav mus txog thaum lawv muaj 7 mus rau 8 xyoo.
- Txhuam kaus hniav ib hnub ob zaug.



Tej yam uas cov kws kho hniav ua tau:

- Nrog koj tus kws kho hniav tham txog koj tus menuam cov kaus hniav thaum nws muaj 1 xyoos.
- Nug koj tus kws kho hniav txog kev siv fluoride rau koj tus menuam cov kaus hniav. Fluoride yog lwm yam zoo heev uas pab tiv thaiv tau koj tus menuam cov kaus hniav kom txhob lwj.
- Nug koj tus kws kho mob lossis ceg saib xyuas pej xeem kev noj qab haus huv seb koj cov dej los ntawm tus kais puas muaj fluoride.
- Mus ntsib tus kws kho hniav cuag ncua — tuab npaum li koj tus kws kho hniav hais.

Yuav tau kev pab nrhiav ib tug kws kho hniav:

Hu rau 1-800-322-6384 lossis

Mus saib www.insurekidsnow.gov



California Department of Public Health, California WIC Program

Lub koom haum no yog ib lub koom haum uas pab txhua
tus raws li qhov muaj vaj huam sib luag.

1-800-852-5770 #910325 (HM) 11/17

