

A khawnhong a ha lam (dental) etsakna Smile Squad malaakna



A hun man in na ha ensak ding

Smile Squad cih pen Victorian Kumpi ii a khawnhong ha lam etsakna ahi hi. Victorian kumpi nuaia primary leh secondary saang naupangte khempeuh a khawnhong ha lam etsakna pia uh hi.

Saang naupang khempeuh in saang tungtawn in phattuamna tampen a ngah ding uh ka lunggulh uh hi.

Ha muatna/siatna in laisinna lamah haksatna piangsak thei hi. Ha natna in ihmud theihlohna leh lungsim ngaihsutna buaisak thei hi.

Naupangte leh picing ahi nailote kamsung cidamna ding leh ha muat/sia a omlohna dingin Smile Squad-te om uh hi.

Hih lai-ah saangkahlaiten nuihmai cidam a neihna dingun thusim pawlkhat om. Ha kepna lam tungtaang theihbehna dingin www.dhsv.org.au/oral-health-advice ah en in.

Cidamna leh nunnopna dingin kamsung cidamna kism hi.

I nuntak sung tawntung hun man in ha etsak zelzel ding thupi hi. Tua in ha sunga hoihlohnte hong muhsak baih in, hunlapin kibawl thei hi.

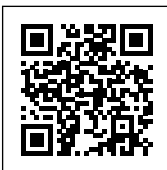
Smile Squad-te in saanginn hong phak ciangin ahi zongin na veng sung vantaang ha etsakna mun ah Smile Squad-te etna ngah theihna dingin DHSV clinic finder tungtawn in na taa min khum in: www.dhsv.org.au/clinics

Theih nop dang om hiam?

www.health.vic.gov.au/smile-squad ah lut in.



An tampi ne ding Tui tampi dawn ding Hoihtak kisiansuah ding





Hoih takin ann ne in

Pumpi leh lungsim a khanglaite ha adingin neek le dawn pha neek ding hoih pen hi. Tha leh zung hatna apia thei ann leh tui nisim in ne in, tuate in:

- singgah leh mehteh mehgahte
- buhtang leh pongmoh cih bang a tang nei ante leh buhvuite
- bawngnawi leh bawngnawi pana kibawl, cheese leh yoghurt, ahihkei leh bawngnawi pana kibawl ahilo calcium akihel ann khatpeuh
- aktui
- bawngsa leh ngasa.

Nekledawn bawlte in naupangte adingin a zuak nektheih pawlkhatte ah chikhum (sugar) akihel lam genkhia nuamlo uh hi. A tuunnate enkak in la chikhum (sugar) a tawm pen teel in.



Tui tampi dawn ding

Kamsung cidamna dingin fluoride a kihel tui (tap water) dawn ding hoih pen hi.

Saanginn a tui te tuithawl a kizangkik theite sungah dim kik in.



Hoih takin kisiangsak in

Ha nawtna in ha a muatsak/siasak thei bacteria lungnote siangsak hi. Fluoride toothpaste-te in ha a pualam a siatna munte bawlphe in ha cidamsak in khauhsak thei hi.

Naupangte kum giat a phak ma siah a ha uh nawtpih ding kism uh hi.

Ha nawt dan ding

STEP 1



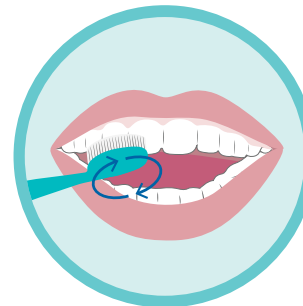
Zingsang leh nitaak lup ma ha nawt ding.

STEP 2



A zaw dikdek toothbrush tungah fluoride a kihel toothpaste te be-tang cia ding khawng nuih in.

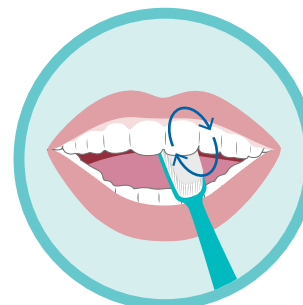
STEP 3



Ha leh hani kiim teng a beemin damdamin nawt in.

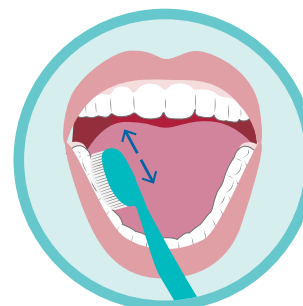
Ha mai pualam panin pan in.

STEP 4



Ha a sunglamte nawt phapha ding.

STEP 5



Hapite tungah a nung leh a mai ah khinin nawt suk nawt to ding.

Ha nawt khit ciangin toothpaste-te siakhia ding, tui tawh khuah lo ding.

A tung a nuai, vei leh tak, a nung a mai mun khempueh nawt hamtang in.