

Barnaamijka caafimaadka ilkaha ee dugsiga ee lacag la'aanta ah ee Smile Squad



Si joogto ah haloola socdo ilkahaaga

Smile Squad waa barnaamijka Dawlada Victoria ee iskuulada kaas oo si lacag la'aan ah loogu daryeelayo ilkaha. Wuxuu siiyaa dhammaan ardayda dugsiyada hoose iyo kuwa dugsiga sare ee dawladda Victoria daryeel ilko oo lacag la'aan ah.

Waxaan rabnaa in dhammaan ardaydu ay si fiican uga faa'iidaystaan dugsiyada.

Ilkaha oo halaaba waxay caqabad ku noqon kartaa waxbarashada. Waxay noqon kartaa mid xanuun badan waxayna saameyn ku yeelan kartaa hurdada iyo feejignaanta.

Smile Squad waxay halkan u joogaan inay ka caawiyaan carruurta iyo da'yarta sidii afkooda looga dhigi lahaa mid caafimaad qaba oo aan qurmin.

Waa kuwan qaar ka mid ah talooyinkeena ugu fiican ee lagu xaqiijin karo in dhoolacadeynta da'yarta iskuulka dhigata ay ahaato mid caafimaad leh. Waxaad ka heli kartaa macluumaad dheeraad ah oo ku saabsan daryeelista ilkaha boggeena www.dhsv.org.au/oral-health-advice

Caafimaadka afka ayaa lama huraan u ah guud ahaan caafimaadka iyo ladnaanta.

Baaritaannada la joogteeyo ee ilkaha oo ay sameeyaan xirfadlayaasha ayaa muhiim u ah nolosha oo dhan. Waxay gacan ka geystaan in la ogaado laguna daaweeyo wixii dhib ah goor hore.

Diiwaangeli ilmahaaga si ay u helaan daryeelka ilkaha ee bilaash ah marka Smile Squad ay soo booqdaan dugsiyada ama ballanta Smile Squad ka qabso rugta caafimaadka ilkaha ee bulshada deegaankaaga adoo isticmaalaya meesha laga helo goobta kiliiniga ee DHSV:

www.dhsv.org.au/clinics

Ma rabtaa inaad wax badan ka ogaato?

Booqo www.health.vic.gov.au/smile-squad



**Si wanaagsan
wax u cun
Si wanaagsan
wax u cab
Si wanaagsan
wax u nadiifi**





Si wanaagsan wax u cun

Cunto caafimaad leh oo korinaysa jirka iyo maskaxda ayaa ah xulashada ugu fiican ee loo sameyn karo ilkaha. Cun cuntooyin kala duwan oo nafaqo leh maalin kasta, oo ay ku jiraan:

- miraha iyo khudaarta
- badarka iyo khamadiga sida bariiska iyo rootiga
- waxyaabaha caanaha laga sameeyo sida caanaha, farmaajo iyo caano fadhi, ama kuwa aan caanaha ahayn oo lagu daray kaalshiyam
- ukunta
- hilib iyo kalluun.

Shirkadaha cuntada sameeya ayaa sonkorta ku qariya qaar badan oo ka mid ah cuntooyinka fudud ee carruurta loo suuq geeyo. Is barbar dhig baakadaha si aad u doorato badeecada leh sonkor yar.



Si wanaagsan wax u cab

Biyaha tubada oo fluoride leh ayaa ah cabitaanka ugu fiican ee caafimaadka afka.

Iskuulka markaad joogto buuxso caagadaha biyaha lagu qaato.



Si wanaagsan wax u nadiifi

Cadaynta ilkaha waxay nadiifisaa bakteeriyada keenta suuska ilkaha. Daawada cadayga ee fluoride waxay ka caawisaa inay hagaajiso oogada iliga waxayna ka dhigtaa ilkaha kuwo awood leh.

Carruurtu waxay u baahan doonaan in laga caawiyo cadaynta ilkahooda ilaa ay siddeed sano ka gaaraan.

Sida loo cadaysto

TALLAABADA 1



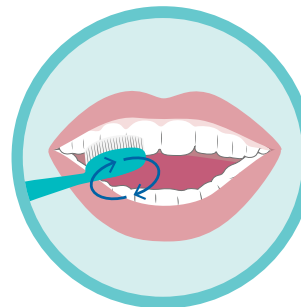
Caday subaxdii iyo habeenkii ka hor intaadan seexan.

TALLAABADA 2



Mari wax yar (pea-sized) oo daawada cadayga ah oo fluoride leh caday jilicsan.

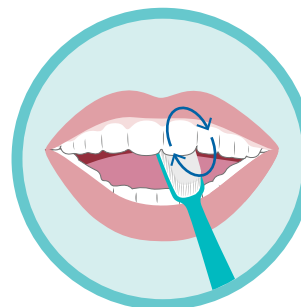
TALLAABADA 3



Caday ilkaha iyo ciridka oo dhan adoo si tartiib ah buraashka ugu wareejinaya.

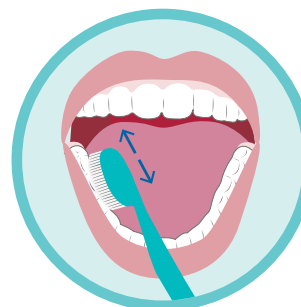
Ka bilow dusha sare ee dibadda.

TALLAABADA 4



Ku celi dusha gudaha.

TALLAABADA 5



Si tartiib ah horay iyo gadaal u caday ilkaha dushooda sare ee wax lagu ruugo.

Markaad cadaysato kadib, tuf daawada cadayga, laakiin ha biyo raacin.

Xaqiiji inaad cadaysato dhammaan dusha sare: kor iyo hoos, bidix iyo midig, hore iyo gadaal.