



# KidCare

LIBERTY xav pab saib xyuas thiab tu ntau tshaj cov hniav xwb!

**LIBERTY Dental Plan**  
daim ntawv qhia qhov tseeb:  
Xyoo Thib 1 Tu Me Nyuam



Twb yog ua ntej me nyuam cov hniav plhis, cov me nyuam mos liab yuav tsum ua tib zoo tu cov hniav thiab pleev tshuaj fluoride rau kom pab cov hniav muaj zog thiab tsis muaj kab noj hniav.

## tu



Niam txiv - tu neb tus me nyuam mos liab lub qhov ncauj thiab cov pos hniav ntshawv ntshis siv dej dawb thiab ib tug txhuam hniav mos mos rau me nyuam mos liab los sis ib daim ntaub.

## tiv thaiv



**1 tug me nyuam ntawm 4 tug me nyuam** kawm ntawv theem pib muaj kab noj hniav. Nrog koj tus kws kho hniav sib tham saib koj yuav ua li cas tiv thaiv kom thiab tsis muaj kab noj hniav. **Qhov kev kab noj hniav no yog qhov kab mob uas me nyuam raug tau ntau tshaj thiab yooj yim, tiam sis uas tiv thaiv tau yooj yim.**

American Academy of Pediatric Dentistry [www.aapd.org](http://www.aapd.org)

## kev kuaj hniav



Koj tus me nyuam mos liab thawj qhov kev kuaj hniav yuav tsum yog ua ntej tus me nyuam muaj ib xyoos. Qhov uas mus ntsib tus kws kho hniav ntxov ntxov li no yuav pab koj txuag nyiaj.

**QHOV TSEEB:** Ib qho kev ntsuam xyuas hauv phau ntawv Pediatrics qhia tias cov me nyuam uas tau mus kuaj hniav ua ntej lawv muaj ib xyoos raug nqi kho hniav tsawg dua 40% cov me nyuam uas tsis mus, thaum lub sij hawm thawj tsib xyoos, vim yog cov nqi kho hniav thiab cov nqi kho mob uas tej zaum yog tim txoj kev tsis tu hniav zoo.

## dej haus



Niam txiv - yaum koj tus me nyuam mos liab haus dej ntawm ib lub khob thaum lawv twb yuav muaj ib xyoos. Yuav tsum muab cov me nyuam mos liab cais mis tawm txog ntawm lub sij hawm uas lawv muaj 12-14 hli.

**TSWV YIM:** Yog tias koj muab dej dab tsi rau koj tus me nyuam mos liab thaum nws tab tom yuav pw tsaug zog, tsuas yog muab dej dawb xwb-tsisib txhob muab mis nyuj, mis hmoov, kua txiv hmab txiv ntoo los yog dej qab zib rau hlo li.

## txhuam hniav



Yuav tsum txhuam me nyuam mos liab hniav qhov tsawg kawg nkaus ob feeb tag nrho/ib hnuv ob zaug siv ib tug txhuam hniav uas phim tus me nyuam hnuv nyoog. **TSEEM CEEB:** Tsuas siv ib co tshuaj txhuam hniav uas muaj cov tshuaj fluoride nyob haud tsawg tsawg xwb, luaj li ib lub noob taum xwb. Xyuas [2min2x.org](http://2min2x.org) kom tau ntaub ntawv xov xwm ntxiv hais txog txoj kev tu me nyuam lub qhov ncauj kom nyob zoo

## tshuaj fluoride



Cov me nyuam mos liab uas hlob dua rau hli yuav tsum tau muaj tshuaj fluoride ntxiv rau lawv txoj kev tu hniav yog tias lawv cov dej dawb tsis muaj cov tshuaj fluoride ntau txaus.

**QHOV TSEEB:** Kev ntxiv tshuaj fluoride rau cov me nyuam mos liab yeej pab lawv tsis muaj kab noj hniav ntau npaum li 50% tsawg dua.