



**SOUTHWEST INITIATIVE
FOUNDATION**



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One Connection. Unlimited Possibilities.

Lub sij hawm rov qab mus kawm ntawv yog zoo caij nyoog rau tsev neeg sawv daws mus ntsib tus kws kho hniav! cov me nyuam me thiab mos

Kev txuag hniav thaum yug los. Tus me nyuam mos liab kiag los yeej muaj tau teeb meem nrog nws cov hniav thiab yuav cuam tshuam tus me nyuam lub peev xwm noj mov, ua si thiab kawm, tab sis yuav zam tau yog ua zoo tu.

Tswv yim zoo txog kev tu hniav rau cov me nyuam me thiab mos:

- **Pib tu cov hniav thaum ntxov**
 - ☑ Thaum thawj thawj tu hniav tshwm, pib tu cov hniav thiab pos hniav nrog ib daim ntaub ntub dej tom qab pub mov. Thaum muaj hniav tuaj ntxiv, pauv rau ib tug mi nyuam pas txhuam hniav tom qab noj mov thiab tshwj xeeb tshaj ua ntej mus pw. Thaum koj tu me nyuam nto ob xyoos lawm, pib siv cov tshuaj txhuam hniav uas muaj flouride, thiab siv ib qhov luaj lub txhuv xwb. Txawm yog zaub mov zoo rau lub cev (mis niam, mis tov/nyuj thi ab me nyuam cov zaub mov) xwb los yeej ua tau hniav lwj yog cia daig ntawv cov hniav.
- **Ntxuav koj tus me nyuam lub txiv mis qhuav, lub raj mis los yog cov tais diav nrog xab npum thiab dej, tsis yog nrog koj lub qhov ncauj**
 - ☑ Cov neeg laus yeej kis tau kab noj hniav-ua cov kab mob los ntawm lawv tus kheej lub qhov ncauj mus rau lawv cov me nyuam.
- **Txhawb kom koj tus me nyuam noj zaub mov thiab khoom txom ncauj thiab tsaug zog kom txaus txaus**
 - ☑ Lub qhov ncauj yog qhov qhib rau lub cev thiab txhuas yam uas nkag mus muaj feem xyuam rau ah nro lub cev. Tej yam qab zib thiab nplaum nplaum, xws li dej qab zib thiab kaub noom tsis zoo thiab ua rau me nyuam muaj kab noj hniav. Khoom noj haus uas zoo rau lub nrog cev thiab pw tsaug zog kom txaus yuav pab tus me nyuam lub cev loj hlob, muaj zog thiab npaj txhij mus kawm!
- **Tham nrog koj tus kws kho hniav, kws kho mob los yog lwm tus kws kho mob txog txoj kev noj qab haus huv ntawm koj us me nyuam lub qhov ncauj.**
 - ☑ Nws yog ib qho tseem ceeb rau cov me nyuam mus ntsib ib tug kws kho hniav tsis tu ncau thiab ua ntej teeb meem tshwm sim. Yog tsis muaj kws kho hniav, noog koj us me nyuam tus kws kho mob saib koj tus me nyuam cov hniav thaum ntxov ua ntej qhov teeb meem huam loj. Tej zaum koj tus kws kho hniav los yog tus kws kho mob yuave muab cov tshuaj fluoride rau nej siv thiab.

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