



**SOUTHWEST INITIATIVE
FOUNDATION**



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One Connection. Unlimited Possibilities.

Waqtiga schoolka lagu noqonaayo waaxa fiican in dhaamaan qoysku is xasuusiyaan ooy booqdaan dhakhtarka ilkaha! haday tahay markuu dhasho ama markuu yara koraba

Daryeelka ilkaha waa in lagu bilaabaa marka uu ilmuhu dhasho. Xitaa carruurta yar yar waxay la kulmi karaan dhibaatooyin xaga ilkaha ah oo kayaraynaya am joojinaya awooda carruurtaasi inay wax cunaan, ciyaarta iyo waxbarashadaba, laakiin waxaa looga fogaan karaa daryeel ku haboon.

Ilka caafimaad qabaa waxay tilmaamayaan korsiiin wanaagsan (haday tahay markuu dhasho ama markuu yara koraba):

- Ku bilaw ilmaha cadayga isagoo yar
 - Marka uuu soo baxo iliga u horeeyaa, bilaw inaad ilkaha iyo ciridkaba wada nadiifiso adoo ku nadiifinaya maro qoyan markasta ood wax siiyo ka diba. Marka ay ilko badani u soo baxaana ugu badal caday yar oo jilicsan gaaraahan marka uu wax cuno cunugu ama intaanu seexan. Marka uu ilmuhu labo sano jirsado, bilaw oo isticmaal daawada cadayga ee laga sameeyaya bariis la ridqay. Xataa cuntada nafaqada le side (canaa naaska, caanaha masaasada, caanaha cadiga ah iyo cuntada jilicda san ee caruurtaba) waxay keeni kartaa caabuq iyo xanuun haday ilkaha ku hadhahdaan oon laga sifayn.
- Kaga nadiifi ilmahaaga saabuun iyo biyo mujuruciisa ama masaasada iyo dhamaan qalabka aad wax ku siiso, ha ku nadiifin afkaaga
 - Dadka waxay sababi karaan inay jiro ama bakteeriyada afkooda ka soo baxda ay u gudbiyaan ilmahooda.
- Ku dhiirigeli ilmahaaga inuu cuno cunto caafimaad leh iyo cunto fudud iyo si aad u hesho hurdo fiican.
 - Afku waa furitaanka dhamaan jidhka iyo wax wal oogalaaban wuxuu saamayn ku yeelanayaa dhamaan qaybaha uu jidhku ka koobanyahay. Waxyaalaha sonkorta leh iyo dhegdheg, sida jalaatada iyo nacnaca ee qiimo u lahayn nafta waxay keeni karaan in ilkuhu jajabaan ama dalooshamaan. Cuntooyin nafaqo leh iyo hurdo fiican waxay caawimaad iyo koritaan fiican aa adagn u diyaariyaan in ilmuhu wax barto!
- La hadal dhakhtarka ilkaha, dhakhtarka kale ama hay'adaha ka shaqeeya daryeelka caafimaad una sharax arimaha ku saabsan caafimaadka afka ee ilmahaaga.
 - Waa muhiim in ilmaha si joogto uu u oo arko dhakhtarka ilkaha intaanay muskiladi ku iman. Haddii dhakhtarka ilkaha aan la heli karin, ku dhiiri ilmahaaga in hayaaha bixiya daryeelka caafimaadku inay eegan si uu u eego inta aanay ku dhicindhibaato hor lihi. Dhakhtarka ilkaha ama bixiyaha daryeelka caafimaadka ayaa sidoo kale kuu qori karaa isticmaalka dheeri ah sida fluoride.

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