



**SOUTHWEST INITIATIVE
FOUNDATION**



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One Connection. Unlimited Possibilities.

Lub sij hawm rov qab mus kawm ntawv yog zoo caij nyooq rau tsev neeg sawv daws mus ntsib tus kws kho hniav!

Cov me nyuam uas qhov ncauj huv si yog cov npaj txhij mus kawm!

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

- Txhuam thiab siv hlua dig hniav koj tus me nyuam cov hniav tsis tu ncuu
 - Siv ib tug mi nyuam pas txhuam hniav uas mos, nrog ib qhov tshuaj txhuam hniav luaj lub noob taum los txhuam koj tus me nyuam cov hniav tom qab noj mov thiab yam tshwj xeeb txhuam ua ntej mus pw. Yog koj tsis muaj pas txhuam hniav, yang koj tus me nyuam lub qhov ncauj nrog dej.
- Saib xyuas koj tus me nyuam txhuam hniav
 - Saib xyuas koj tus me nyuam kom paub tseeb tias nws txhuam huv huv thiab tsuas siv tshuaj txhuam hniav me me xwb.
- 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 us 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 ncuu 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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