

smiles@school



 **DELTA DENTAL®**

Delta Dental of Minnesota Foundation



Smiles@School yog ib txoj hauj lwm thoob plaws lub xeev ntawm Delta Dental of Minnesota Foundation los mus txhawb cov me nyuam kom txhob muaj mob rau hauv lub qhov ncauj uas yog muab txoj kev kawm kom paub, kev tiv thaiv, thiab kev pab cuam muab tshuaj txhaws hniav hauv cov tsev kawm ntawv. Kev kawm kom paub yog tus yaum sij rau txoj kev tiv thaiv.

Txawm tias nws yog ib qho uas muaj kev tiv thaiv tau los, tus mob hniav kab noj/hniav lwj yog ib tus mob mus ntev tsis txawj zoo uas kheev pom muaj rau cov me nyuam thaum tseem yau¹. Minnesota Department of Health qhia tawn tias hauv xyoo 2015, ib nrab ntawm Minnesota cov me nyuam uas kawm qib peb muaj los yog tau muaj tus mob hniav kab noj/hniav lwj².

Mus saib www.DeltaDentalMN.org/SmilesAtSchool kom tau Smiles@School qhov kev pab cuam cov ntaub ntawv ntxiv uas muaj cov yeeb yaj kiab (videos), cov kev ua ub no thiab cov kev npaj rau kev kawm ntawv.



Delta Dental of Minnesota Foundation

cov txheej lus tau kev tso cai los ntawm



1. U.S. Department of Health and Human Services. Kev Muaj Mob Hauv Lub Qhov Ncauj hauv teb chaws Meskas: Ib Cov Lus Qhia Tawn ntawm Tus Surgeon General. Rockville, MD: U.S. Department of Health and Human Services, National Institute of Health, National Institute of Dental thiab Craniofacial Research, 2000.

2. Tau nyiaj pab los ntawm Health Resources and Services Administration thiab Delta Dental of Minnesota Foundation, lub Minnesota Department of Health's Oral Health Program tau ua qhov kev soj ntsuam Third Grade Basic Screening Survey (BSS) hauv xyoo kawm ntawv 2014-2015 uas yog muaj cov sawv cev ntawm cov me nyuam kawm ntawv qib peb hauv Minnesota cov tsev kawm ntawv uas yog tsoom fwv li.

© 2016 Delta Dental of Minnesota thiab nws cov koom txoos uas koom nrog nws. Txhua cov cai muab tuav tseg. Delta Dental of Minnesota yog ib qho chaw muaj ntawv tso cai ntawm Delta Dental Plans Association of Oak Brook, Illinois.

Ib tus hniav yog dab tsi?

Ib tus hniav yog ib tus pob txha khov uas peb muaj hauv peb lub qhov ncauj. Peb siv peb cov hniav noj mov, hais lus thiab LUAG NTXHI!



Peb lub qhov ncauj kuj tseem muaj ntau yam sib txawv xws li:



Tus nplaig



Daim di ncauj



Cov pos hniav

Cov Hniav Mos Liab Tsis Tau Plhis

(Cov Xub Tuaj)

Qhov no yog koj thauj cov hniav uas xub tuaj. Cov hniav no tshwm tuaj thaum koj muaj thaj tsam li 6 lub hlis. Koj yuav muaj txog 20 tus hniav mos liab tsis tau plhis.

Thaum koj muaj hnub nyoog li 12 xyoos, koj cov hniav mos liab yuav tas mus ces koj yuav muaj cov hniav tshiab.

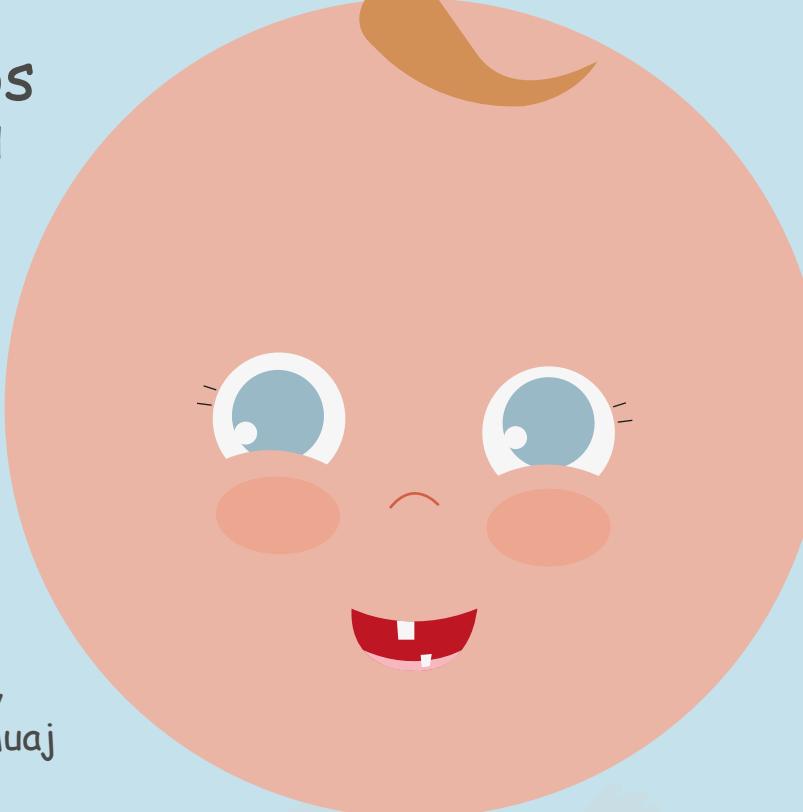
Cov Hniav Plhis

(Nyob Mus Li)

Thaum cov hniav mos liab tsis tau plhis pib lov, cov hniav plhis yuav pib tuaj nyob rau qhov chaw.

Koj yuav coj koj cov hniav uas tuaj zaum ob mus tas koj lub neej. Nws muaj tas nrho 32 tus!

Mus muab qhov kev kawm txog "Koj Cov Hniav Lov" (Losing Your Teeth), daim yeeb yaj kiab thiab cov kev ua ub no ntawm DeltaDentalMN.org/SmilesAtSchool



Hniav yog ib yam cuab yeej siv tseem ceeb!



Nws xo cov koom noj kom koj thiaj noj tau.



Nws pab koj hais lus kom koj thiaj hais tau.

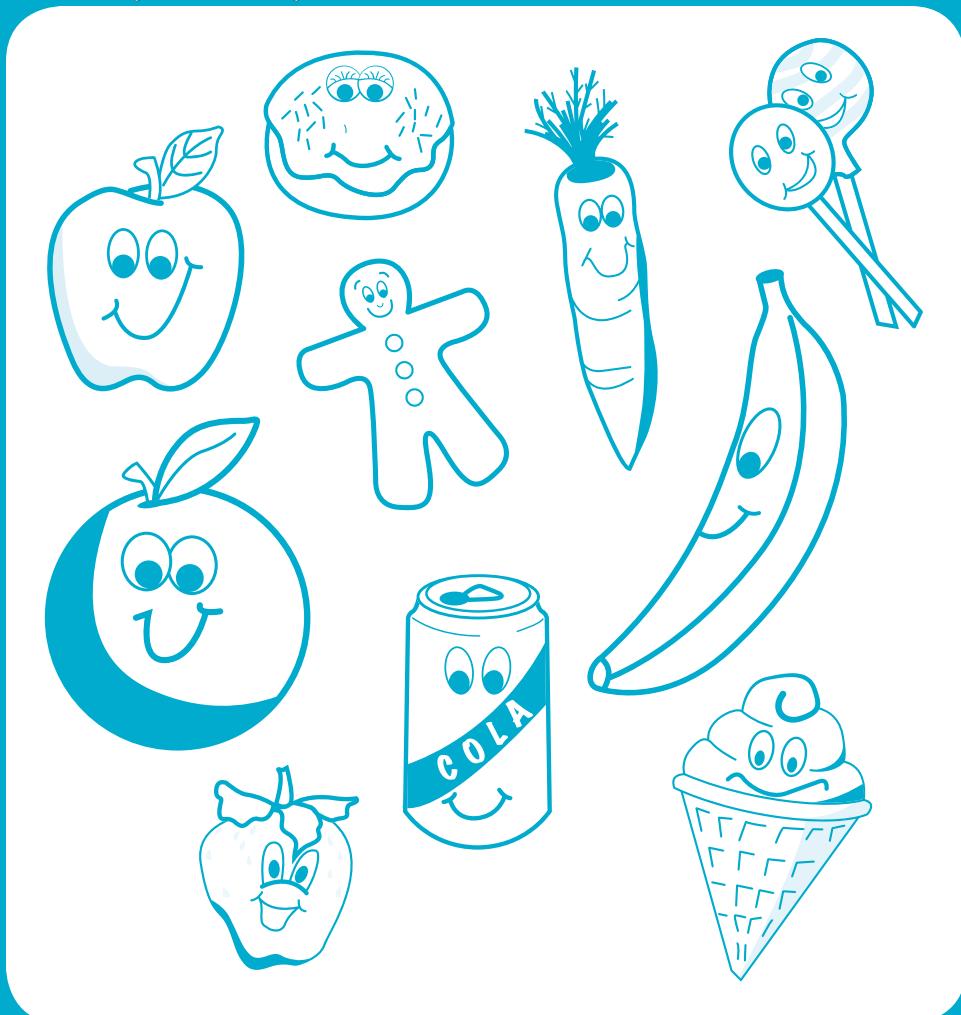


Nws muab txoj kev zoo siab luag ntxhi rau koj tej phooj ywg thiab tsev neeg.

Kev noj haus thiab kev muaj
mob hauv lub qhov ncauj

Xaiv cov khoom noj uas zoo rau lub
cev thiab ceev kom koj cov hniav khov.

Thas xim rau cov khoom noj hauv qab no thiab kos lub voj voos rau cov
khoom noj txom ncauj uas zoo rau cov hniav!



Rov xav dua txog hom dej
uas koj haus

Muaj piام thaj ntau npaum cas hauv
qhov dej uas kuv haus?



Dej qab zib (soda pop) Tshuaj yej qab zib (sweet tea) Dej haus kom muaj zog (Energy drink) Dej haus ua kis las (Sports drink) Kua txiv (Juice box)



Yog muaj piام thaj ntau heev
yuav ua tau mob rau koj lub
cev thiab koj cov hniav.

Yam dej haus dab tsi yog yam uas zoo
tshaj rau koj cov hniav thiab lub cev?

~~~~~ Dej haus ntawm tus ~~~~  
kav (tap Water)!!!



Mus muab qhov kev kawm txog "Cov Khoom Noj Txom Ncauj Uas Zoo Rau Cov Hniav" (Tooth-friendly Snacks), daim yeeb yaj kiab thiab cov kev ua ub no ntawm DeltaDentalMN.org/SmilesAtSchool



Mus muab qhov kev kawm txog "Rov Xav Dua Txog Hom Dej Uas Koj Haus" (Rethink Your Drink)], daim yeeb yaj kiab thiab cov kev ua ub no ntawm DeltaDentalMN.org/SmilesAtSchool

# Yuav txhuam hniav li cas

Txhuam thiab muab hlua daws txhua hnub! Kev txhuam koj cov hniav yuav pab ceev kom koj cov hniav tsis muaj mob thiab huv si!



Muab koj tus pas txhuam hniav tso li 45 degree ntawm koj txoj kab pos hniav. Maj mam txhuam mus los puag ncig uas yog txav mus rau tom qab thiab rov los, mus saud thiab hauv.



Txhuam sab nraum koj cov hniav siv tus pas txhuam hniav mus los tib yam nkaus uas yog maj mam mus rau tom qab thiab rov los.



Txhuam sab hauv koj cov hniav siv tus pas txhuam hniav mus los tib yam nkaus uas yog maj mam mus rau tom qab thiab rov los.



Txhuam sab saum toj ntawm cov hniav.



Txhuam sab nraum qab ntawm cov hniav sab saud, cov ntawm hau ntej.



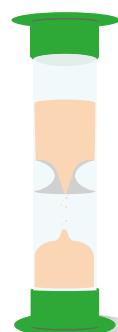
Txhuam sab nraum qab ntawm cov hniav sab hauv, cov ntawm hau ntej.



Txhuam koj tus npplaig

## Nco ntsoov txhuam kom ntev li 2 feeb (minutes)

Siv lub moo caws los pab  
koj!



Mus muab qhov kev kawm txog "Yuav Txhuam Hniav Li Cas" (How to Brush), daim yeeb yaj kiab thiab cov kev ua ub no ntawm [DeltaDentalMN.org/SmilesAtSchool](http://DeltaDentalMN.org/SmilesAtSchool)

# Siv txoj hlua daws hniav li cas

Hais kom ib tus muaj hnub nyog/niam txiv pab koj tu koj cov kis hniav mus kom txog rau thaum koj ua tau koj tus kheej.



Muab ib txoj hlua daws hniav 18" los rig koj ib sab tes tus ntiv tes nruab nrab. Muab txoj hlua daws hniav los rig sab tes tod tus ntiv ntes nruab nrab. Lub tswv yim yog kom tau txoj hlua daws hniav huv si rau txhua tus hniav.



Siv koj tus ntiv tes xoo thiab/los yog tus ntiv nta (index finger) los mus tso txoj hlua rau hauv kis nruab nrab ntawm ob tus hniav. Ua kom txoj hlua uas nyob nruab nrab ntawm ob tus ntiv tes txhab ntev tshaj li ib nti (inch).



Maj mam muab txoj hlua daws hniav ntxig rau hauv kis nruab nrab ntawm koj ob tus hniav. Muab txoj hlua daws hniav los rig ncig tus hniav kom zoo li tus ntawv "C".



Tuav txoj hlua kom khov kom zoo li tus ntawv "C" no, ces maj mam tso txoj hlua rau hauv qab ntawm txoj kab pos hniav thiab txhuam tus hniav tshem cov khoom noj thiab cov kab mob tawm mus. Ntxiv mus, muab txoj hlua los rig tus hniav tom ntej thiab rov qab ua tib yam li qub.



Nco ntsoov muab txoj hlua mus daws sab nraum qab kawg ntawm tus hniav saud thiab tus hauv ntawm txhua ob sab hniav.

\*Vim cov me nyuam uas tseem tsis tau muaj hnub nyog cuaj xyoos yuav tsis tau muaj tus ntiv tes los ua tau qhov no, tus muaj hnub nyog/niam txiv yuav tau qhia thiab pab lawv cov me nyuam txhuam thiab siv txoj hlua los daws lawv cov hniav kom txog rau thaum lawv ua tau lawv tus kheej.



Mus muab qhov kev kawm txog "Siv Txoj Hlua Daws Hniav Li Cas" (How to Floss), daim yeeb yaj kiab thiab cov kev ua ub no ntawm [DeltaDentalMN.org/SmilesAtSchool](http://DeltaDentalMN.org/SmilesAtSchool)

# Hniav To Qhov

Thaum ib tus hniav muaj mob lawm, yuav pom muaj ib lub qhov nyob hauv tus hniav. Qhov no yog hu tias hniav to qhov.

Yuav ua cas kuv thiaj tiv thaiv tau kom txhob muaj mob hniav to qhov.

Txhuam koj cov hniav, ib hnub 2 zaug kom ntev li 2 feeb

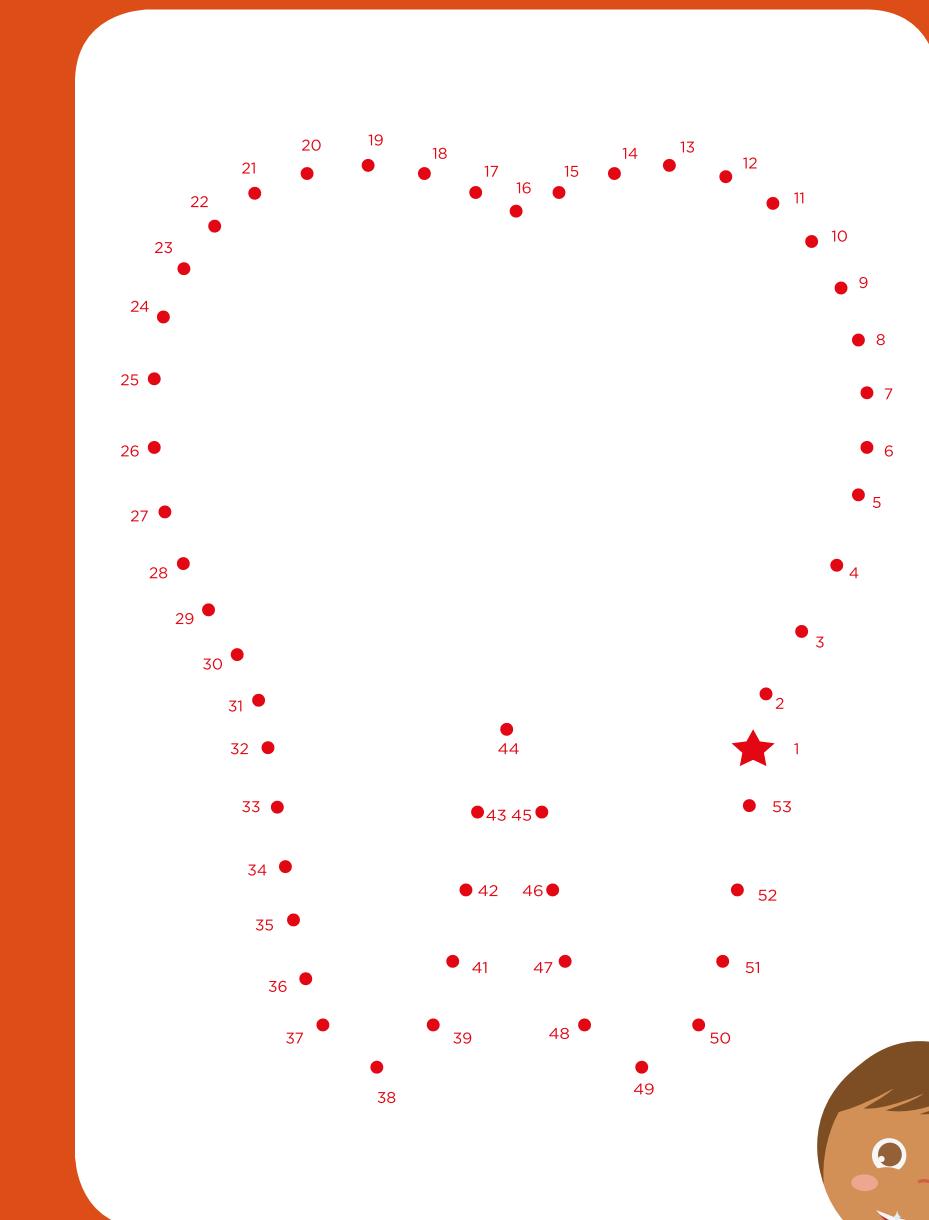
Muab hlua los daws cov hniav txhua hnub

Noj tej khoom noj thiab koom txom ncauj qab zib kom tsawg

Haus cov dej ntawm tus kav dej es txhob haus dej qab zib, kua txiv los yog cov dej haus ua kis las



Mus muab qhov kev kawm txog " Hniav To Qhov Yog Dab Tsi" (What is a Cavity), daim yeeb yaj kiab thiab cov kev ua ub no ntawm DeltaDentalMN.org/SmilesAtSchool



Koj txuas puas tau cov pob  
(Can you connect the dots)?

# Mus ntsib kws kho hniav

Ib tus kws kho hniav yog ib tus kws pab tu koj cov hniav. Kev mus ntsib kws kho hniav yog ib feem tseem ceeb ntawm txoj kev ceev koj thiab koj cov hniav kom tsis muaj mob.

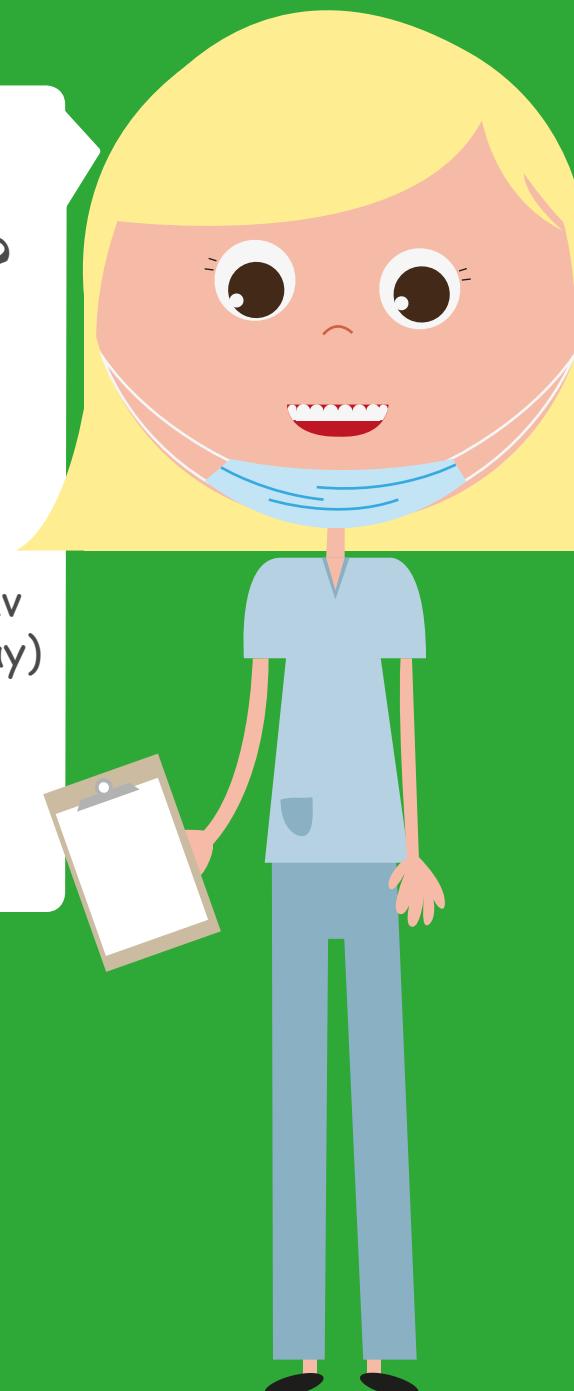


Koj nrhiav puas tau cov no nyob hauv daim duab?

- Kws Kho Hniav
- Lub Rooj Zaum Kho Hniav
- Yees Duab Hluav Taws Xob (X-ray)
- Teeb Ci (Light)
- Cov Cuab Yeej Siv Kho Hniav



Mus muab ghov kev kawm txog "Mus Ntsib Kws Kho Hniav" (Going to the Dentist), daim yeeb yaj kiab thiab cov kev ua ub no ntawm [DeltaDentalMN.org/SmilesAtSchool](http://DeltaDentalMN.org/SmilesAtSchool)



# Lus qhia rau cov neeg muaj hnub nyooog

Kev mob hniav yog ib tus mob mus ntev #1 rau me nyuam thaum yau. Muaj ntawv tshaj ntawm 51 plhom (million) cov xuaj moos kawm ntawv uas me nyuam mus kawm tsis tau ntawv txhua xyoo vim muaj tus mob hniav, uas ua rau txoj kev kawm ntawv muaj kev txawv txav thiab kawm tsis tau zoo.

Qhov Chaw Tswj thiab Tiv Thaiv Kab Mob (Centers for Disease Control and Prevention) khwv yees tias tus mob hniav kab noj/hniav lwj ua teeb meem rau tshaj ntawm ib tus hauv plaub tus me nyuam hauv teb chaws Meskas hnub nyoog tsib txog kaum ib. Yog tsis kho, tus mob hniav kab noj/hniav lwj yuav ua teeb meem loj mus tom ntej xws li yuav ua mob loj uas yuav cuam tshuam rau tus me nyuam lub neej, ua rau lawv txoj kev kawm thiab kev fim nrog lwm tus thiab kev loj hlob mus tau qeeb, kev ua hauj lwm mus los thiab kev txaus siab rau tus kheej yuav muaj tsis txaus.

Xov Xwm Zoo

Hniav kab noj/hniav lwj yog ib yam tiv thaiv tau! Cov me nyuam uas txhuam lawv cov hniav ib hnub ob zaug txhua hnub uas siv tshuaj txhuam hniav yuav muaj mob hniav kab noj/hniav lwj tsawg dua. Cov me nyuam uas nyob hauv cov zej zos uas muaj dej ntws ntawm kav rau lawv haus yuav txo tau tus mob hniav kab noj/hniav lwj kom tsawg. Cov kev tiv thaiv—uas muaj ntau yam hauv tsev kawm ntawv—xws li cov tshuaj pleev kom hniav khov (fluoride varnish) thiab cov tshuaj txhaws (sealants) ua rau pom tias pab tiv thaiv tau ntxiv li ntawm 33% ntawm cov hniav kab noj/hniav lwj rau thawj coj hniav uas xub tuaj (primary teeth).

Yog xav paub ntxiv txog lub qhov ncauj tsis muaj mob  
mus saib: DeltaDentalMN.org

Cov kev xyaum nquag ua yog  
tus yaum sij rau txoj kev tsis  
muaj mob hauv lub qhov ncauj  
thiab kev noj qab haus huv:

- Txhawb kom me nyuam txhuam hniav ntev li ob feeb ib hnub ob zaug thiab muab txoj hlua daws hniav ib hnub ib zaug; pab tus me nyuam yog nws xav tau kev pab.
  - Kev nquag mus ntsib tus kws kho hniav tsis tu ncua yuav ua rau nrhiav pom cov teeb meem ua ntej nws yuav raug nqi hnyav thiab yuav mob heev—thiab feem ntau cov ntawv tuav pov hwm (insurance plans) yeej them rau kev kho tiv thaiv tus mob.
  - Yog hais tias koj tus kws kho hniav pom zoo, ces siv txoj kev tiv thaiv rau lub ghov ncauj kom txhob muaj mob xws li siv cov tshuaj pleev kom hniav khov (fluoride varnish) thiab siv cov tshuaj txhaws (sealants). Cov tshuaj no yuav ua rau muaj kev tiv thaiv rau tus me nyuam cov hniav kab noj/hniav lwj.
  - Cov pluas noj uas zoo rau lub cev tsis yog zoo rau me nyuam txoj kev loj hlob xwb, nws tseem ua rau lawv cov hniav tsis muaj mob thiab.
  - Haus cov dej uas muaj piav thaj qab zib kom tsawg thiab yog muaj cov dej ntws ntawm kav haus mas, ghov ntawd yog ib txoj kev xaiv zoo tshaj plaws rau cov hniav kom tsis muaj mob.
  - Txhawb kom koj tus me nyuam rau ib lub thaiv ghov ncauj (mouth guard) thaum mus koom rau kev ua kis las los yog lwm yam hauj lwm.
  - Nco ntsoov tias me nyuam xyaum ua raws li yus ua, yog li yuav tau coj tus yam ntxwv zoo ua ib tus qauv zoo koj tus kheej rau lawv!

|            | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|--------|---------|-----------|----------|--------|----------|--------|
| Lis Piam 1 | ☀️     | ☀️      | ☀️        | ☀️       | ☀️     | ☀️       | ☀️     |
| Lis Piam 2 | ☀️     | ☀️      | ☀️        | ☀️       | ☀️     | ☀️       | ☀️     |
| Lis Piam 3 | ☀️     | ☀️      | ☀️        |          |        |          |        |
| Lis Piam 4 | ☀️     | ☀️      |           |          |        |          |        |

**Txhua zaus uas koj txhuam koj cov hniav,  
thas xim rau ib lub voj voos**

Siv koj tus txhuam hniav  
muaj lub moo caws los tx-  
huam kom ntev li 2 feeb

