

Kev Noj Qab Haus Huv

Ntawm Lub Qhov Ncauj yog

Kev Noj Qab Haus

Huv Tag Nrho



Ua Tib Zoo Saib Xyuas Koj Cov Hniav thiab Cov Pos Hniav

- Txhuam koj cov hniav 2 zaug hauv ib hnuv rau 2 feeb. Txhuam koj tus nplaig tom qab txhuam koj cov hniav.
- Siv cov txhuam hniav nrog cov ntsis txhuam hniav mos thiab maj mam txhuam kom koj tsis txhob ua rau koj cov pos hniav puas tsuaj.
- Tsis txhob siv txhuam hniav ua ke.
- Hloov koj tus txhuam hniav txhua 3 mus rau 4 lub hlis twg.
- Siv cov tshuaj txhuam hniav fluoride.
- Dig koj cov hniav txhua hnuv.
- Zam tsis txhob haus luam yeeb.
- Txwv tsis pub haus cawv.
- Mus ntsib kws kho hniav yam tsawg ib xyoos ib zaug.
- Tsis txhob noj cov khoom thiab haus cov dej qab zib.

Txhob Haus Luam Yeeb kom Lub Qhov Ncauj Noj Qab Haus Huv

- Cov neeg siv luam yeeb yuav tsim muaj kab mob ntawm cov pos hniav ntau dua li cov neeg tsis haus luam yeeb li 2 npaug.
- Kev haus luam yeeb feem ntau ua rau mob khees xaws qhov ncauj. Kev haus luam yeeb thiab cawv ua rau muaj kev phom sij **ntau dua** yog piv rau kev haus luam yeeb los sis cawv ib yam xwb.
- Kev haus luam yeeb ua rau muaj quav hniav rau cov hniav thiab tus nplaig; qhov kev hnov qab ntawm kev saj thiab tsw doog; krev kho nyob rau hauv lub qhov ncauj nws qeeb; ntxiv rau lwm yam teeb meem.



*Cov teeb meem kev noj
qab haus huv ntawm qhov
ncauj tuaj yeem ua rau
muaj teeb meem loj xws
li mob khees xaws hauv
qhov ncauj, ntshav qab
zib, kab mob plawv,
mob stroke.*

Mob ntshav qab zib

Mus ntsib kws kho mob kom paub yog tias koj muaj feem yuav mob ntshav qab zib. Ntshav qab zib ua rau 1 ntawm 5 tag nrho cov hniav poob.

- Kev tswj tsis tau ntshav qab zib tuaj yeem ua rau muaj mob cov pos hniav.
- Kab mob ntawm cov pos hniav tuaj yeem ua rau nws nyuaj rau kev tswj cov ntshav qab zib.
- Qee cov neeg mob ntshav qab zib tuaj yeem muaj qaub ncaug tsawg ua rau lub qhov ncauj qhuav. Cov qaub ncaug tsawg tuaj yeem ua rau muaj kab noj hniav. Yog tias koj muaj qhov ncauj qhuav:
 - Haus dej kom ntau dua thiab zam cov dej qab zib.
 - Siv cov qhob noom zom los sis qhob noom noj tsis muaj piam thaj kom koj cov qaub ncaug ntws.

Mob Plawv thiab Mob Stroke

Noj qab haus huv ntawm cov pos hniav thiab hniav yog ib qho tseem ceeb rau kev noj qab haus huv ntawm lub plawv, cov hlab ntsha liab thiab cov hlab ntsha.

- Cov neeg uas muaj kab mob pos hniav yog muaj kev phom sij siab uas ua yuav mob plawv los sis mob stroke txog 2 mus rau 3 npaug.
- Cov kab mob ntawm cov pos hniav ua rau muaj mob hauv lub cev ua rau cov hlab ntsha nqaim uas tuaj yeem ua rau lub plawv nres los sis mob stroke.

Kab Mob Ntawm Cov Pos Hniav

Cov kab mob ntawm cov pos hniav yog cov kab mob uas mob hauv cov pos hniav thiab tshwm sim los ntawm cov quav hniav (cov kab mob nplaum-nplaum) ntawm cov hniav. Cov kab mob ntawm cov pos hniav feem ntau tsis mob tab sis feem ntau ua rau cov neeg laus cov hniav poob.

Qee cov cim ceeb toom ntawm cov teeb meem:

- Liab, o, muag los sis los ntshav ntawm cov pos hniav.
- Cov pos hniav uas rub tawm ntawm cov hniav.
- Ua pa tsw phem los sis saj tsis hnov qab.
- Cov hniav tiag yuav poob los sis cais tawm.
- Ib qho kev hloov txoj hauv kev ntawm cov hniav yuav haum ua ke thaum tom los sis haum ntawm ib feem ntawm cov hniav cuav.

Qee yam uas ua rau muaj kev phom sij ntawm cov pos hniav:

- Kev tu lub qhov ncauj tsis zoo.
- Haus luam yeeb.
- Cov noob caj noob ces.
- Cov hniav ntse uas nyuaj rau kev ntxuav tu.
- Kev xeeb tub.
- Mob ntshav qab zib.
- Qee yam tshuaj.

Missouri Lub Tsev Hauj Lwm Saib Xyuas Kev Noj Qab Haus
Huv thiab Kev Pab Cuam Rau Cov Laus

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Lub Cib Fim Uas Sib Npaub/Lees Paub Kev Ua Hauj Lwm Ntawm Tus Neeg Ntiav Hauj Lwm: Muab cov kev pab cuam los ntawm qhov tsis muaj kev ntxub ntxaug. Cov neeg lag ntseg, tsis hnov lus, los sis muaj kev xiam oob qhab fab hais lus tuaj yeem hu rau 711 los sis 1-800-735-2966.