



CARRUURTU WAXAY JECEL YIHIIN CAADOOYINKA - CADAYGA, BUUGAAGTA, SARIIRTA



CADAYGA!

Ku caday daawada cadayga ee fluoride

2 daqiiqo

maalin iyo habeenba walbo.



BUUG!

U hees, la hadal & oo kor ugu akhri

ilmahaaga intii suurtoagal ah.



SARIIRTA!

Bilow jadwalkaaga habeenkii

30 daqiiqo

ka hor wakhtiga jifka.

HABEEN KASTA KU TABABAR SIDA LOO ISTICMAALO CADAYGA, BUUGAAGTA, SARIIRTA



**NABADGELYO
DAREEM**



**ISKA YAREE
WALWALKA**



**DHAMAYSTIRKA
HAWLAHA
MAALINLAHA AH**



**NOLOL CAAFIMAAD
QABTA LEH**



TALOOYIN WAKHTIGA HURDADA

- Samee wakhtiga ciyaarta ee maalintii
- La hadal oo la ciyaar ilmahaaga maalintii si aad uga caawiso inay si fican habeenkii u seexdaan
- Carruurtaada sariirta u jiifi iyagoo soo jeeda laakiin hurdeeyaan
- Ilmuhu waa in ay dhabarka ku seexdaan iyagoon barkimo, bustayaal, ama xayawaan loogu buuxin sariirta
- La wadaag qol laakiin ha ku seexan dhallaanka
- Marka ilmahaagu ka weynyahay hal sano soo kaco, marka hore sii xayawaan cufan ama buste sariirta saaran si aad ugu nashaadsiiiso
- Ka yeel meel xasiloon, goob ah meel dagan quudinta habeenkii ama badelida

Wixii macluumaad dheeraad ah oo ku saabsan cadayga, Buugga, Barnaamijka, Sariirta ee Ohio AAP, booqo <http://ohioaap.org/brushbookbed>



MA OGTAHAY?

Maktabadda Imagination ee Dolly Parton ee Ohio waxay u soo dirtaa carruurta hal buug bil kasta ilaa dhalashadooda 5aad. Dhamaan caruurta Ohio waxey xaq u leeyihiin barnaamijkaan, qoysaskuna lacag la'aan ayeey ku heli karaan. Ilmahaaga halkan ku diiwaangeli:

<https://ohioimaginationlibrary.org/enroll>



Wixii macluumaad dheeraad ah, fadlan booqo:

<https://ohioaap.org/education-cme-moc-ii/preventive-health-program/>