

Ilkaha Caafimaadka leh ee 0-5 Sanno Jirka

Healthy Teeth for 0 to 5 Years Old (Somali)

Halista suuska: ☐ Sarre ☐ Dhexdhexaad ☐ Hoose



Ku quudi masaasad ilmaha markuu gaaro 12-14 bilood jir. Ma jiraan dhalo inta lagu jiro jiifka.



Ku isticmaal keliya biyaha koobka kabashada.

Cab biyo badan (oo leh foloriin):



- 6 bilood jir ilaa 1 sanno jir, cab ½ ilaa 1 koob maalin kasta.
- 1 ilaa 2 sanno jir, cab 1 ilaa 4 koob maalin kasta.
- 2 ilaa 5 sanno jir, cab 1 ilaa 5 koob maalin kasta.



Lama oggola soodhada, isboortiga, ama cabbitaanada macaan.



Cab keliya casiir 100% ka samaysan miro xilliga cuntada oo ku cab koob furan. Looma oggola wax ka badan ½ koob maalin kasta carruurta da'doodu tahay 6 bilood jir ilaa 5 sanno jir.



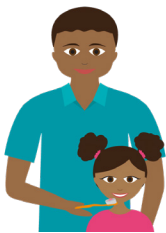
Cab caanaha keliya xilliga cuntada. Looma oggola wax ka badan 2 koob maalin kasta ilmaha 2 sanno jirka ah iyo wixii ka weyn.



Xadey nanacyada iyo cuntooyinka dhadhaga ah. Biyo afka ugu luqluq kadib cunto cunida.



Wixii cunto fudud ah, ka cun miraha iyo khudaarta rasmiga ah, ee qajajaca ah, jiiska iyo ciirta.



Waalidka, caday ilkaha iyo goosaha ilmahaaga 2 jeer maalin kasta. Hubso inaad cadaydo ilkaha habeenkii.



Bilow isticmaalida daawada ilkaha ee leh foloriinta markii iliga ugu horeeyo soo baxo oo ha ku raacin biyo kadib cadayida.



Wixii ka yar 3 sanno jir, mari wax aan ka badnayn qiyaasta daawada cadayga ee leh foloriinta ee la dhan bariiska dusha buraashka.



3 ilaa 5 sanno jirka, mari wax aan ka badnayn qiyaasta daawada cadayga ee leh foloriinta ee la dhan misirta dusha buraashka.

Waxyaabaha kale ee la sameeyo: _____



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.

Ilkaha Caafimaadka leh ee Carruurta Waaweyn iyo Dhalinta

Healthy Teeth for Older Children and Teenagers (Somali)

Halista suuska: ☐ **Sarre** ☐ **Dhexdhexaad** ☐ **Hoose**



Xaddid soodhada, isboortiga, ama cabbitaanada macaan.



Cab keliya casiir 100% ka samaysan miro xilliga cuntada. Lama oggola wax ka badan 1 koob maalin kasta.

Cab biyo badan (oo leh foloriin):



- Da'da 5 ilaa 8 sanno jir, cab 5 koob maalin kasta.
- Ilmaha waaweyn, cab 7 ilaa 8 koob maalin kasta.



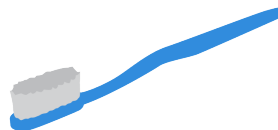
Calaanji xanjo aan sonkor laheyn.



Xadey nanacyada iyo cuntooyinka dhadhaga ah. Biyo afka ugu luqluq kadib cunto cunida.



Wixii cunto fudud ah, ka cun miraha iyo khudaarta rasmiga ah, ee qajajaca ah, jiiska iyo ciirta.



Caday ilkaha iyo cirridka 2 daqiiqadood, laba jeer maalin kasta. Hubso inaad cadaydo ilkaha habeenkii. Ka caawi ilmaha inuu cadaydo buraashida ilkaha ilaa uu ka gaaro 8 ilaa 10 sanno jir.



La isticmaal daawada ilkaha fluoride.



Isticmaal daawada ilkaha xakameynta huurada.



U findhicili hal jeer maalintii.



Isticmaal foloriinta lagu luqluqdo.



Xiro illaaliyaha afka xilliga isboortiga.



Marnaba ha isticmaalin baddeecooyinka ka samaysan tubaakada.



Lama oggolaha biraha afka lagu duro.

Waxyaabaha kale ee la sameeyo: _____



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