

Ka fikir Ilkaha

Tallaabo kasta oo Jidka ah



Sii dhallaankaaga ilko caafimaad qaba bilowgaba. *Way fududahay!*

- Si tartiib ah u caday ilkaha ilmaha laba jeer maalintii. Isticmaal qadar yar oo daawada cadayga ee fluoride ah.
- U gee ilmahaaga dhakhtarka ilkaha marka la gaadho dhalashadiisa kowaad. Sii wad baaritaanka joogtada ah sida lagu taliyay.
- Bololka ilkuhu waxa sababa bakteeriya. Ilmahaagu wuxuu kaa “qaadi karaa” bakteeriyada.
 - Afkaaga caafimaadkiisa ilaali.
 - Ha wadaagin koobab ama malqacadaha.
- Ku rid oo kaliya biyo, caano, ama caano dhalo ama koobab sippy ah.
- Ha u dhigin ilmahaaga sariirta dhalo ama koob sippy ah.
- Xaddid cuntooyinka fudud ee macaan iyo cabitaannada sonkorta leh, oo ay ku jiraan casiir.

Medicaid iyo Barnaamijka Caymiska Caafimaadka Carruurta (CHIP) waxay daboolaan adeegyada ilkaha carruurta, sida nadiifinta ilkaha, Baaritaannada, raajooyinka, fluoride, suufka ilkaha, iyo buuxinta. Ilmahaagu wuu u qalmi karaa!

Si aad u qorto ilmahaaga, wac **1-877-KIDS-NOW (543-7699)** ama booqo **InsureKidsNow.gov**. Horaa loo daboolay? Isticmaal hagaha dhakhtarka Ilkaha **InsureKidsNow.gov** si aad u hesho takhtar ilkeed oo kuu dhow oo aad wacdo si aad u ballansato ballan dhakhtarka ilkuhu maanta.

