

Warqada Xaqiiqda Ilkaha

Somali / Tooth Brushing / April 2011

Ilko Caddayida

Goormaad bilaabeysaa caddeyga ilkaha?

- Isla marka uu iligii koowaad soo baxo, qiyaastii **6 bilood**, waa in la nadiifiyaa iyadoo la isticmaalayo caddeyga jilicsan ee carruurto leedahay, laakiinse oo **aan lahayn daawada caddeyga**.
- Sida ugu sahlan ee aad u cadayi karto ilakaha ilmahaaga waxaa weeye inaad fadhiisiso, ama jiifiso ilmaha dhabtaada, madaxeedana kor u soo yara taag si debecsana u nadiifi ilkaha.
- ilmaha weyn u istaag ama jilba joogso gadaashiisa ee saxanka hortiisa ama muraayada, madaxeeda kor u soo yara qaad si toos ahna u eeg afkeeda.

Goormaad bilaabaysaa isticmaalka daawada ilkaha?

- Qiyaastii da'da ah 18 bilood ilkaha waa in la nadiifiyaa laba jeer maalintii iyadoo la isticmaalayo daawada ilkaha carruurta ee fluoride ku yar yahay oo loogu talagalay (ilmaha) ee u qaabeysan sida miraha digirta, iyo caddeyga jilicsan ee ilmaha.
- Carruurto waa inay tufaan, laakiinse waa inaysan liqin oo biyo raacin.
- Daawada ilkaha waxaa laga yaabaa in hore loogu bilaabo iyadoo ku salaysan tallada aqoonyahanka ilkaha.
- Daawada ilkaha waa in had iyo jeer la isticmaalaa iyadoo qof weyni ilaalinayo.
- Si loo hubiyo in ilkaha si hagaagsan loo nadiifiyo, waalidiintu waa inay caawiyaan carruurtooda inay ilkahooda nadiifiyaan ilaa ay 8 sanno ka jirsanayaan.

Waa maxay sababtaad ilkahaaga iyo cirridkaaga caafimaadkooda u ilaalineysid?

- Carruurto kuma dhalan ilko bolalka bakteeriyada dhalisa(jeermiska): bakteeriyadan waxay ugu gudbi kartaa ilmaha afkooda oo ay ka soo raaci kartaa dhaamiga, dhalooyinka iyo qaadooyinka.
- Dadka waa weyn waxaa lagula talinayaa inay xafidaan caafimaadka cirridkooda iyo ilkaha iyadoo isticmaalaya ku caddayida si joogta ah daawada ilkaha ee fluoride ka.

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Farsamada Caddayida Ilkaha

Debadooda

- Caddey adoo isticmaalaya dhaqdhaqaaq wareeg ah.
- Ku bilow hal dhinac ka dib aad dhinaca kale.

Ilkaha kore ee gudaha

- Caddey ilig kasta adoo hubinaya inaad nadiifiso ilaa hoos iyo cirridka.

Ilkaha hoose ee gudaha

- Caddey ilig kasta adoo hubinaya inaad nadiifiso hoos iyo ilaa cirridka.

Dusha meelaha calaaliska

- Si debecsan u xoq dusha meelaha wax lagu calaaliyo ilkaha kore iyo kuwa hoose aadna ilaa dhinaca kale.

Adeegyada Turjumaanka

Haddii aad u baahan tahay turjumaan si aad ula xiriirto adeegyada ama turjumaada kore, fadlan ka wac Adeega Turjumaada Afka iyo Qoraalka (TIS) 13 14 50.

Wixii ah macluumaad kale oo caafimaad oo luuqado kale ah gal www.mhcs.health.nsw.gov.au