



Notes from the School Nurses

Dental Health

(Kev Kho Hniav)



ORAL HEALTH = GOOD OVERALL HEALTH



Niamtxiv lub luag hauj lwm tseem ceeb heev los qhia tej menyuam kom paub nyiam huv uas pab tas nrho lawv lub cev rau txoj kev noj qab xis zoo. Ua kom nws yog ib txoj kev los tu lub cev zoo.

- Txhuam hniav ob zaug txhua hnuv mus li 2 feeb thiab dig hniav.
- Haus dej ntawm tus kais dej (yaug ncauj los pab thiab tiv thaiv kaus hniav)
- Mus ntsib nej tus kws kho kaus hniav txhua 6 hli kom lawv tu, kuaj thiab yees duab x-rays.
- Txwv yam muaj piam thaj-haus sodas, haus kua txiv thiab kislav tej dej haus thiab lwm yam khoom txom ncauj tsis zoo uas yuav ua rau cov kaus hniav lwj thiab tsis zoo.
- Koj tus menyuam thawj zaug mus kuaj hniav yog thaum muaj 1-xyoos.



Cov menyuam tus muaj ntawv kho mob, *medical assistance*, losis tus tsis muaj ntawv pov fwm kho hniav, *dental insurance*, kuj mus ntsib tau qhov Oral Health Partnership (OHP). OHP ntsib tau cov menyuam hauv *Green Bay School District* hnuv nyoog 1 txog 18 xyoo. Yog koj tus menyuam xav tau kev pab tu lawv cov kaus hniav, thov hu rau OHP ntawm 965-0831 mus teem caij. OHP muaj ntau qhov chaw nyob hauv ntau lub tsev kawm ntawv *Green Bay schools* yog li koj nug tau hauv koj lub tsev kawm ntawv qhov chaw ua num thiab ua kom tiav daim ntawv tso lus, *a consent form*. Daim ntawv tso lus, *consent*, yuav tso lus tau rau OHP ntsib koj tus menyuam thaum sij hawm kawm ntawv.

Cov laus tus muaj daim ntawv pov fwm kho mob, *medical assistance*, losis tus them tsis tau, *underinsured*, kuj mus kho tau tim NWTC Dental Clinic. NWTC muaj 2 qho chaw kho hniav, 2 *dental clinics*. Ib qho chaw yog tim NWTC thiab ib qhov chaw ces nyob sab hnuv tuaj hauv Green Bay zes downtown. Hu 272-9300 mus teem caij. NWTC muaj kev pab uas tus nqi tsis kim.

Txhuam koj cov kaus hniav ob zaug tauj ib hnuv ces yooj yim, yog yam zoo los nrog tiv thaiv koj cov kaus hniav thiab pab tus neeg txoj kev noj qab nyob zoo. Nws yuav pab zam tau tej teeb meem ntawm koj rau yav tom ntej thiab koj tus menyuam. Kev soj ntsuam pom tias nws muaj kev cuam tshuam li cov pos hniav (periodontal) muaj kab mob thiab ntau yam kev muaj mob nrog rau li ntshav qab zib, mob plawv thiab hlab hlwb tawg, teeb meem kev xeeb tub thiab mob hlab noob qes.

(Hmong)