

Ku Cadaysiga Miiska

Talaabada 1: Soo uruurso Agabka

- Weel lagu shubay biyo laga soo shubay mashiinka biyaha ama siinka cunto diyaarinta, **maaha mid laga soo shubay siinka farxalka**
- Gacmo gashiga macalinka gacanta ku haya buraashka cadayga
- Caday ku haboon ilmaha ee ilmo kasta oo magaciisa lagu qoray gacanka
- Daawada cadeyga oo leh fluoride
- Koobabka mar-isticmaalka ah ee warqada ka samaysan ama kuwo caaga ah, midkasta
- Tuwaalada waraaqaha



Talaabada 2: Diyaari oo Kahortag Jeermisyada

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- Macalinka ayaa nadiifinaaya, sifeynaaya, kadibna **daawada jeermiska marinaaya** miisaska kahor inta aan cadayida la samayn (arag qoraalka hoose).
- Carrurta iyo macalimiinta **ayaa farxalanaaya kahor inta aysan cadayan.**
- Macalinka ayaa marinaaya dhibcaha da'da ku haboon ee daawada cadeyga geesah koob kasta.
- Macalinka ayaa siinaaya ilmo kasta koob ay ku jirto daawada cadeyga iyo tiish.
- Macalinka ayaa gashanaaya gacmo gashi kahor inta uusan inta uusan soo qaban buraashka ilmo kasta oo saaran rako qalalan.

Fiiro gaar ah: Haddii aad toos u cadayayso ilkaha kadib cuntada, miisku uma baahna in lagu sifeeyo jeermis dile ilmuhuna uma baahna inay dib u farxashaan kahor inta aysan cadayashada bilaabin.

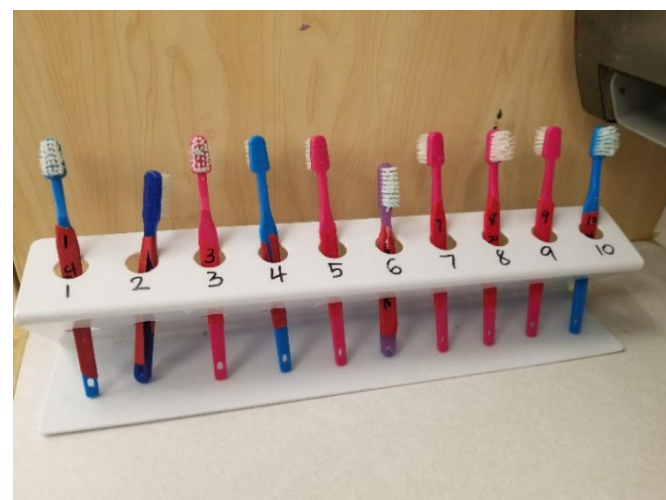
Talaabada 3: U cadaya Ilkaha Koox ahaan

- Ilmaha ayaa cadayga kusoo qaadaaya dhibcaha daawada cadayga ee ku jira koobka.
- Ilmaha ayaa cadayanaaya ayagoo adeegsanaaya dhaqdhaqaaqa wareegga ah – gudaha, banaanka, iyo meelaha wax lagu qaniino. Dib u xasuusi ilmaha inay cadayaan carabkooda. Macalinka ayaa adeegsan kara wakhti sheeg ama ku heesi kara hees si uu u dhiiri geliyo **cadayashada 2 daqiiqo.**
- Imaha ayaa ku tufaaya wax kasta oo kasoo hara daawada cadeyga koobka. Looma baahna luqluqasho. Tan ayaa u sahlaya in fluoride ku jirta daawada cadeyga ay kusii jirto ilmaha ayna siiso difaaca dheeriga ah ee ka dhanka ah bakteeriyada.
- Ilmaha ayaa adeegsan kara tiish si ay u sifeeyaan wajigooda haddii loo baahdo.

Tilmaanta: In macalinku fariisto miiska uuna ilkaha la cadaydo ilmaha ayaa ah qaab wayn oo lagu tusmayn karo shaqadaan.

Talaabada 4: Nadiifi oo Xaree Buraashyada Cadayga

- Ilmo kasta wuxuu siiyaa cadaygiisa macalinka uuna tuurayaa koobka iyo tiishka.
- Ilmaha **ayaa farxalanaaya kadib marka ay cadaydaan.**
- Asagoo adeegsanaaya biyaha weelka, macalinka ayaa ku dhaqaaya cadayg kasta siinka farxalka. **Marna ha u adeegsan biyaha siinka farxalka si aad ugu dhaqdo cadayga.**
- Macalinka ayaa buraashka dhigaaya booska ilmaha ee rakada qalalan (Eeg tilmaanta hoose).
- Macalinka ayaa nadiifinaaya, sifeynaaya, kadibna **daawada jeermiska marinaaya** miisaska kadibna farxalanaaya.



Fiiro gaar ah: Xaree cadayada ayagoo kor u taagan rakada qalalan oo leh godadka ugu yaraan 2 inji kala fog si buraashyadu aysan isku taaban inta ay qalalayaan. Labada caday iyo godadka rakada qalalan waa in lagu asteeyaa lambar si buraashyada cadayga markasta loo geliyo god isku mid ah. Badel buraashyada cadayga 3-4 bilood kasta, ama kahor haddii loo baahdo.