



တၢ်ဖူန့ၢ်ဖလီၣ်ရဲးမဲကသံၣ်အဆူၣ်အချ့အဂီၢ်

ဝံသးစူးဆူကဒါက့ၢ်တၢ်ဟ့ၣ်တၢ်ပျဲလၢတၢ်ဆဲးလီၤယၢ်မံၤအလံာ်က့ၢ်လၢတၢ်ကသုဝဲဒၣ်တၢ်မၤစၢၤအတၢ်ဖံးတၢ်မၤလၢအကလီတခါအံၤတက့ၢ်.

တၢ်ဖူန့ၢ်ဖလီၣ်ရဲးမဲကသံၣ်ဒီးမဲတၢ်က့ၢ်သမံသမိးအတၢ်မၤလၢတလိာ်ဟ့ၣ်အပူၤတဖၣ်တၢ်ဟ့ၣ်အီၤလၢနဖိအကိၣ်န့ၣ်လီၤ. မဲအတၢ်သမံသမိးမၤက့ၢ်မ့ၢ်တၢ်က့ၢ်န့ၢ်တၢ်အချ့တခါလၢနဖိအကိၣ်ပူၤလၢတၢ်က့ၢ်အမဲဒိတခါအတၢ်အိၣ်ဆူၣ်အိၣ်ချ့န့ၣ်လီၤ.တၢ်ဖူန့ၢ်ဖလီၣ်ရဲးမဲကသံၣ်န့ၣ်မ့ၢ်တၢ်ဒိသဒါကးဘၢန့ၢ်ဝဲဒၣ်မဲတဖၣ်န့ၣ်လီၤ.

လၢတၢ်ဂ့ၢ်တၢ်ကျိၤဆူညါအဂီၢ်,ဝံသးစူးကိးဘၣ်ပုၤဝဲ ၅၀၃-၅၂၁-၇၁၆၆တက့ၢ်

တၢ်လၢနလိာ်သ့ၣ်ညါ-

- ☺ တၢ်ဖူန့ၢ်ဖလီၣ်ရဲးမဲကသံၣ်န့ၣ်မ့ၢ်တၢ်လၢအပူၤဖျဲးဒီးအချ့တခါလၢတၢ်ကဒိသဒါမဲဒ်သိးအပူၤတအိၣ်တဂ့ၢ်အဂီၢ်လီၤ.
- ☺ တၢ်ဖူန့ၢ်ဖလီၣ်ရဲးမဲကသံၣ်န့ၣ်တမၤဘၣ်ဒိတၢ်ဘၣ်
- ☺ တၢ်သမံသမိးမၤက့ၢ်ဒီးတၢ်ဖူန့ၢ်ဖလီၣ်ရဲးမဲကသံၣ်န့ၣ်ဘၣ်တၢ်မၤအီၤခိဖျိမဲအပူၤက့ၢ်ထွဲတၢ်စဲၣ်နီၤတဖၣ်န့ၣ်လီၤ

ပာ်ယၢ်တၢ်နံၤကမ့ၢ်လၢအဆူၣ်အချ့တခါတက့ၢ်

- ☺ ထူးမဲဒီးမၤကဆဲကဆိမဲကဆူးတဖၣ်ကိးနံၤဒဲးတက့ၢ်
- ☺ သူဘၣ်ဖလီၣ်ရဲးကသံၣ်ထူးမဲလၢအထဲသိးဒီးဟုသးတဖျၢၣ်တက့ၢ်
- ☺ ယုထၢကိၣ်ဖိနီဖိလၢအဆူၣ်အချ့လၢအဒိမ့ၢ်ဒ်သိးတၢ်လူတၢ်သၣ်ဒီးတၢ်ဒိးတၢ်လၢတဖၣ်တက့ၢ်
- ☺ ကျဲးစးအိထံလၢတၢ်လူတၢ်သၣ်ထံအလီၢ်တက့ၢ်
- ☺ ဖိသၣ်ဆံးအခါမဲလၢအဆူၣ်အချ့န့ၣ်ကမၤစၢၤဒိသဒါမဲအတၢ်ကိတၢ်ခဲဖဲဒိတုာ်ခိၣ်ပျဲအခါလီၤ
- ☺ ထံၣ်လိာ်ဘၣ်နသးဒီးမဲကသံၣ်သရၣ်အစ့ၤကတၢ်တနံၣ်တဘျီတက့ၢ်





Fluoride Varnish for Healthy Teeth

Please return a signed permission slip to use this free service.

Free fluoride varnish and dental screenings are offered at your child's school. A dental screening is a quick look inside your child's mouth to check the overall health of their teeth. Fluoride varnish is a protective coating brushed on the teeth.

For more information,
please call us at
503-521-7166.

What you need to know:

- ☺ Fluoride varnish is a safe and quick way to protect teeth from cavities
- ☺ Fluoride varnish does not hurt
- ☺ Screenings and fluoride varnish are done by dental care professionals

Keeping A Healthy Smile

- ☺ Brush and floss every day
- ☺ Use fluoride toothpaste the size of a grain of rice
- ☺ Choose healthy snacks such as fruits and vegetables
- ☺ Try drinking water over juice
- ☺ Healthy baby teeth will help prevent problems in adult teeth
- ☺ See a dentist at least once a year

