

# Ilka Caanoodka

# Miyay yihiin muhiim?

Caafimaadka afka dhalashada ilaa 5 sano

Ilka caanood caafimaad qabaan waxaa ay muhim u yihiin cunidda, qossolka, hadalka iyo in ay meel caafimaad leh u sii celiyaan ilkaha dambe.

**La caadaysto daryeelka ilkaha wuxuu hor istaagaa ilkaha oo xumaadaan wuxuuna horumariyaa caafimaad guud ee wanaagsan**

## Dhalashada ila 3 sannadood

- Maro nadiif ah ku sifee dhallaanka cirridkiisa iyo ilkihiisa cuntada kaddib.
- Marka ugu horraysa ee ilko soo baxaan, cadayee ilkaha dhallaanka ugu yaraan laba jeer maalintii, adigoo isticmaalaya caday yar ee jilicsan iyo biyo ( maya saabuunta likaha )
- Bishii mar, kor u fayd dibinta sare ee ilmaha kana baar wax xumaad ah. Ka eeg hore iyo dusha afarta ilkood ee hore. Haddii aad ku aragto baro cad ama midabka kafeega ah, dhallaanka u gee dhakhtarka ilkaha. Markuu dhallaankaaga gaaro fadhi, wax ku cabsii koobka tababarka.
- Weligaa ha marin ilka qaboojiyaha dhiin macaan ama macaaneeye.
- Jeermiska dhaliyaan daloolka ilkaha qof qof ayaa la isugu gudbiyaa.
- Weligaa ha gelin afkaaga ilka qaboojiyaha hana u oggolaan in lala isticmaalo.
- Haddii dhalaankaagu ku seexo dhalada, isticmaal biyo keliya.
- Ilmaha saan qaadka ah waa in ay joojiyaan isticmaalka dhalada markay da'dooda u dhaxayso 18 bilood iyo laba sannadood.
- Marka uu gaaro laba sanndood bilow in dhallaankaaga aad ugu geysa dhakhtarka si joogto ah.

## 3 ilaa 5 sano

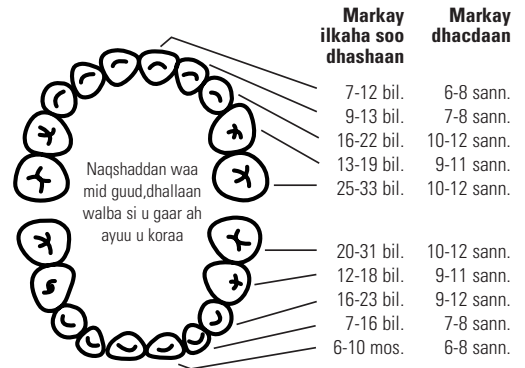
- Marka uu saddex jirsado, bilow in aad ugu cadaydid saabuunta fluoride. Carruurta saanqaadka ah ma cadayaysan karaan, markaa waa inaad adiga u samaysid. Hubi in aad dhallaanka afkiisa ka biyo raacisid saabuunta ilkaha, hana u oggolaan in uu laqo ama uu cuno saabuunta ilkaha.
- U cadayee laba jeer maalintii, siiba seexashada ka hor.
- Isticmaal cadayga carruurta loogu talagalay, dhogortiiisu ay jilicsan tahay.
- Mari dushiisa in yar oo saabuunta ilkaha ah ee la eg kabriid madaxiis. Hubi in aad cadayayso meelaha aan la gaari karin ee gowsaha dambe.
- Marka uu saddex jirsado, bilow in aad ilkahiisa dunta ( floss ) ku sifayso



## Cunid wanaagsan la caadaysto waxaa ay dhalisaa ilko caafimaad leh.

In la cuno cunno caafimaad , nuxur leh waxaa ay u fiican tahay ilkaha, cirridka iyo caafimaadka guud. Tan waxay waliba u sii muhim tahay ilmahaaga soo korayaan.

- Cuntada fudud uga dhig khudrad fiican, jiis, caano iyo karaaker.
- Ubadda biyaha ayaa ugu wanaagsan in uu ku harraad baxo inta u dhaxaysa waqtiyada cuntada.
- Ku ekee dhiinka khudradda ( juuska ) waqtiga cuntada.
- Ka yaree nacnaca, macmacaanka iyo cabitaanka sonkorta ku jirto
- Kaddib markuu dhallaankaaga cuno nacnac ama macmacaan ama cunnada dhegdhegga ah, cadayee ilkahiisa.



Macluumaad dheeraad ah kala xiriir:  
 1-800-268-1154 – Toronto 416-314-5518  
 ATS 1-800-387-5559  
[www.gov.on.ca/health](http://www.gov.on.ca/health)  
 ama qaybta caafimaadka ee xaafaddaada

For information in English, contact:  
 INFO line 1-800-268-1154 – Toronto 416-314-5518  
 TTY 1-800-387-5559  
[www.gov.on.ca/health](http://www.gov.on.ca/health)  
 or your local public health unit.

Ku saalaysan qalab ay soo saartay Magaalada Ottawa,  
 Waaxda Adeegyada Dadwaynah People Services Department