Eloñ jen 70 iiō in ekatak im iminene ear kwalok bwe fluoride ej eman ñan idaak.

Lale im Kejbarok jān Nañinmij ko (CDC) ej kwalok bwe kobaik fluoride ilo den eo ad ej juon iaan men ko emantata emōj ad komane bwe jen kōmanmanlok ejmour iumwin 100 iiō ko rejemlok.

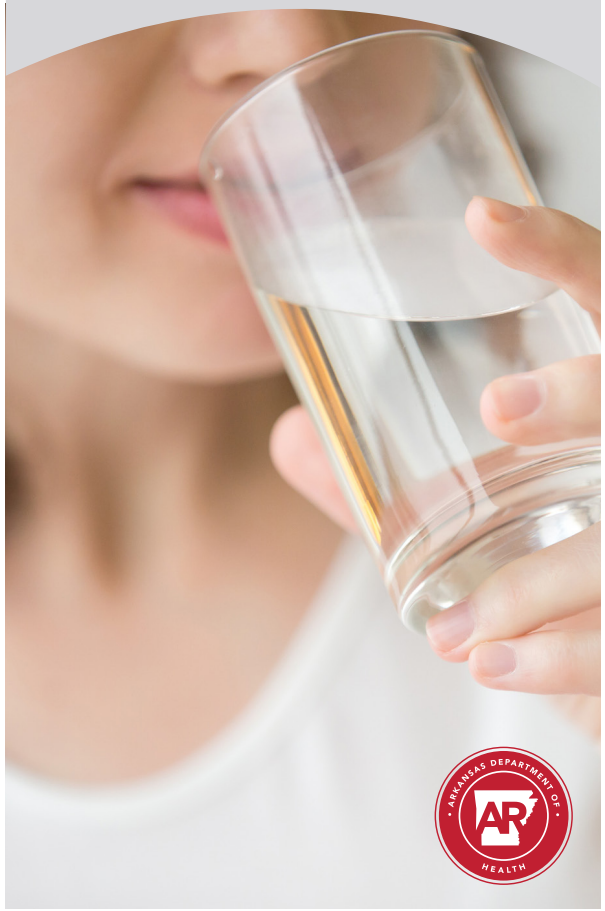
Ewi wāwin aō maroñ kejbarok jān mak?

- Etal ñan imon koman ñii 2 kottan aolep iiō. Enaj koman bwe en loe mak im jorren ko jet mokta jān aer naj nanalok.
- Kadiklok joñan juka kwoj mōña im idaak.
  - Idaak soda im juice ilo ien mōña wōt.
  - Kadiklok am mōña ikotaan ien mōña ko.
  - Idaak den aibōj jān mweo imōm.
- Jibañ ajri ro bwe ren eman aer kejbarok ñi ko ñiier.
  - En makijkij am bōklok ajri ro ñan ri-koman ñi im en jino jān 1 aer iiō.
  - Kajitok iben ri-koman ñi an ajri kin karben im fluoride wanij ko. Jortoklik eo am emaroñ kōllā menin.
  - 2 kottan ilo juon ran kin fluoride toothpaste im floss 1 kottan ilo juon ran.
  - Jab kōtlok bwe ajri eo en idaak soda ko ak juice mokta jān kiki. Juka jān den kein rej koman mak ilo ien aer kiki.

Opiij eo an Ejmour ilo Loñi
Email: adh.ooh@arkansas.gov
www.healthy.arkansas.gov

Kejbarok Ñii ko Ñiuum

Idaak Den Aibōj Jān Mweo Imōm



Ewi wawin aō idaak aibōj jān mweo imōm enaj keijmour ñii ko ñiuu?

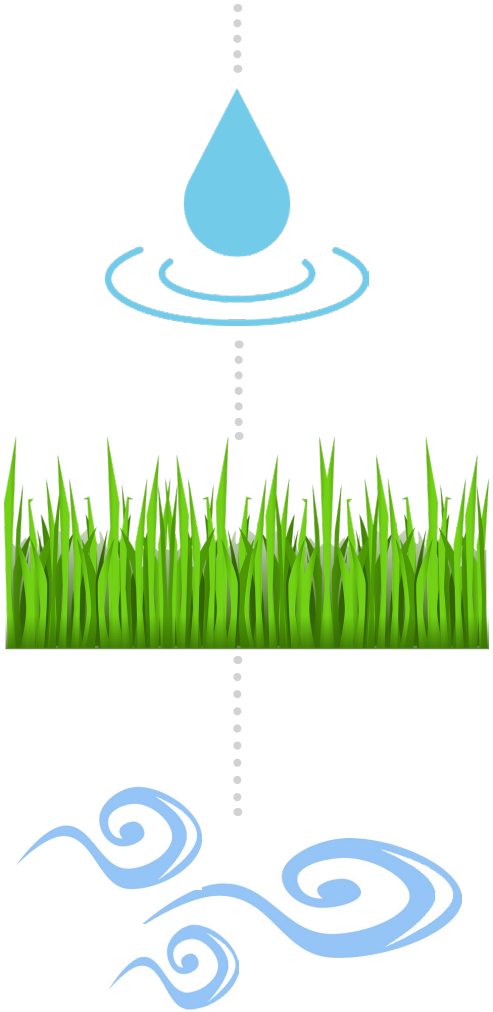
Den ko ewōr joñan eo eman in fluoride emōj an kobaiki. Enaj koman bwe en kejbarok jen an jorren ñii ko ñiuum (mak).

Kwojela ke?

Aoleb den ewōr mōttan fluoride ie.

Ta in fluoride?

Fluoride ej juon mineral. Ej loe ilo den, bwidej, im mejatoto. Eloñlok jen 70 iiō ko, emōj an fluoride kobaik ñan den ej koman bwe ñii ko ren ejmour.



Etke rej kobaik fluoride ilo den?

Fluoride ej koman bwe tulikin ñii en kajuur. Wāwin ej koman bwe en kejbarok ñii jen an mak.

Armij ro me rej jokwe ilo jukjukin bed im eloñ aer fluoride kobaik iben den:

- Rejab naj kanuij loñ mak ibier
- Rejab ekkā air tuum ñii er
- Emanlok aer mour ilo mweo, jerbal, im jikuul