

တၢ်ဖူဖုၤလီၤရဲးလၢမဲၤအဆူၣ်အချၢအဂီၢ်

ၤစသမအညးအဝံသးစူၤဆူၤကဒါက့ၤတၢ်ဟ့ၣ်တၢ်ပျဲလၢတၢ်ဆဲးလီၤဃာ်မံၤအလံာ်က့ၤလၢတၢ်ကသူဝဲဒၣ်တၢ်မၤစၢၤအတၢ်ဖံးတၢ်မၤလၢအကလီၤတခါအံၤတက့ၢ်.

ဝံသးစူၤဆူၤကဒါက့ၤတၢ်ဟ့ၣ်တၢ်ပျဲလၢတၢ်ဆဲးလီၤဃာ်မံၤအလံာ်က့ၤလၢတၢ်ကသူဝဲဒၣ်တၢ်မၤစၢၤအတၢ်ဖံးတၢ်မၤလၢအကလီၤတခါအံၤတက့ၢ်.

တၢ်ဖူန့ၢ်ဖုၤလီၤရဲးမဲကသံၣ်ဒီးမဲတၢ်ကွၢ်သမံသမိးအတၢ်မၤလၢတလိၣ်ဟ့ၣ်အပူၤတဖၣ်တၢ်ဟ့ၣ်အီၤလၢနဖိအကိၣ်န့ၣ်လီၤ. မဲအတၢ်သမံသမိးမၤကွၢ်မ့ၢ်တၢ်ကွၢ်န့ၢ်တၢ်အချၢတခါလၢနဖိအကိၣ်ပူၤလၢတၢ်ကကွၢ်အမဲဒီတခါအတၢ်အိၣ်ဆူၣ်အိၣ်ချၢန့ၣ်လီၤ.တၢ်ဖူန့ၢ်ဖုၤလီၤရဲးမဲကသံၣ်န့ၣ်မ့ၢ်တၢ်ဒီသဒါကးဘၢန့ၢ်ဝဲဒၣ်မဲတဖၣ်န့ၣ်လီၤ.

လၢတၢ်ဂ့ၢ်တၢ်ကျိၤအူညါအဂီၢ်.ဝံသးစူၤကိးဘၣ်ပုၤမဲ ၅၀၃-၅၂၁-၇၁၆၆တက့ၢ်.
503-521-7166.

တၢ်လၢနလိၣ်သ့ၣ်ညါ-

- တၢ်ဖူန့ၢ်ဖုၤလီၤရဲးမဲကသံၣ်န့ၣ်မ့ၢ်တၢ်လၢအပူၤဖျဲးဒီးအချၢတခါလၢတၢ်ကဒီသဒါမဲဒ်သိးအပူၤတအိၣ်တဂ့ၤအဂီၢ်လၢ.
- တၢ်ဖူန့ၢ်ဖုၤလီၤရဲးမဲကသံၣ်န့ၣ်တမၤဘၣ်ဒီတၢ်ဘၣ်.
- တၢ်သမံသမိးမၤကွၢ်ဒီးတၢ်ဖူန့ၢ်ဖုၤလီၤရဲးမဲကသံၣ်န့ၣ်ဘၣ်တၢ်မၤအီၤခိဖျိမဲအပူၤကွၢ်ထွဲတၢ်စဲၣ်နီၤတဖၣ်န့ၣ်လီၤ.

ဟံဃာ်တၢ်နံၤကမ့ၢ်လၢအဆူၣ်အချၢတခါတက့ၢ်

- ထူးမဲဒီးမၤကဆဲးကဆိမဲကဆူးတဖၣ်ကိးနံၤဒဲးတက့ၢ်.
- သူဘၣ်ဖုၤလီၤရဲးကသံၣ်ထူးမဲလၢအထဲသိးဒီးဟုသးတဖျါတက့ၢ်.
- ယုထၢကိၣ်ဖိနီဖိလၢအဆူၣ်အချၢလၢအဖိမ့ၢ်ဒ်သိးတၢ်သူတၢ်သၣ်ဒီးတၢ်ဒီးတၢ်လၢတဖၣ်တက့ၢ်.
- ကျဲးစၢးအိထံလၢတၢ်သူတၢ်သၣ်ထံအလီၢ်တက့ၢ်.
- ဖိသၣ်ဆံးအခါမဲလၢအဆူၣ်အချၢန့ၣ်ကမၤစၢၤဒီသဒါမဲအတၢ်ကိတၢ်ခဲဖဲဒီတၢ်ခိၣ်ပျဲၤအခါလီၤ.
- ထံၣ်လိာ်ဘၣ်နုးဒီးမဲကသံၣ်သရၣ်အစ့ၤကတၢ်တနံၣ်တဘျီတက့ၢ်.



Fluoride Varnish for Healthy Teeth

Important: 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.

