



# Wakhtiga ilmaha iyo ilkaha dadka waaweyn

*Xaashidan xaqiiqada waxa ay bixinaysaa hagitaan guud oo ku saabsan qiyaasta da'da ee ilmaha (dhalaaya) iyo dadka waaweyn (joogta ah) ee laga yaabo inay ilkaha kasoo muuqdaan afka.*

Xusuusnow in ilmo kastaa uu shakhsi yahay oo laga yaabo inuu ka dhaqso badan yahay ama ka gaabiyo soo bixista ilkuha marka loo eego shaxdan. Haddii aad ka walaacsan tahay soo bixista ilkaha oo gaabis ah, waqtiyada dillaaca ama ilkuhu u muuqdaan kuwo aanan isku xig xigin, la tasho dhakhtarka ilkaha. Carruurta inta badan waxay u dhameystirmaan dhammaan ilkahooda dhallaanka markay 3 sano gaaraan.

Gowsaha qaangaarka ee ugu horreeya waxay qarxaan qiyaastii lix ilaa toddoba sano jir. Ilkahaani waxay ka soo baxaan gowsaha labaad ee ilmaha gadaashooda (meesha u dambeysa ee afka, kor iyo hoos, dhinac kasta).

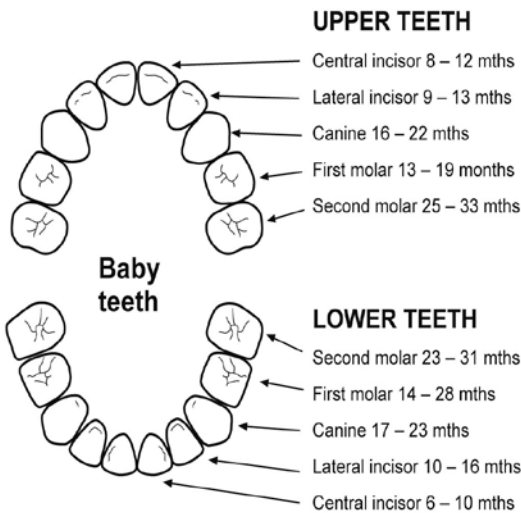
Ilkaha qaangaarka badanaa waxay u muuqdaan kuwo midab madow marka loo eego ilkaha ilmaha.

**Wixii macluumaad dheeraad ah**

- La xidhiidh dhakhtarkaaga ilkaha
- Booqo [www.health.qld.gov.au/oralhealth](http://www.health.qld.gov.au/oralhealth)
- Wac 13 HEALTH (13 43 25 84) si aad u hesho talo caafimaad oo qarsoodi ah 24 saacadood maalintii, todobada maalmood ee usbuuca
- limayl ugu dir [oral\\_health@health.qld.gov.au](mailto:oral_health@health.qld.gov.au)

© The State of Queensland, Queensland Health, 2024.

## Dilaaca ilkaha ilmaha



## Dilaaca ilkaha dadka waaweyn

