

TSHUAJ FLUORIDE, FWJ DEJ HAUS, THIAB KEV NOJ QAB HAUS HUV NTAWM LUB QHOV NCAUJ OV NQE LUS NQUAG NUG

Cov tshuaj txhuam hniav (fluoride) yog dab tsi?

Cov tshuaj fluoride txawm los ntawm av thiab tshwm sim rau cov pob zeb xyaws hauv cov av, dej thiab huab cua. Txhua yam dej muaj qee cov tshuaj fluoride.

Tau lees tias fluoride tiv thaiv kom kab txhob noj hniav. Fluoride pab tsim thiab ua lossis plooj ua kom cov hniav khov.

Kev tod cov dej xyaw tshuaj fluoride yuav pab tiv thaiv kab noj hniav yog nquag siv thiab siv cov tshuaj fluoride tsawg xwm yeem. Yuav saib xyuas kom cov hniav khov thiab ruaj, cov tshuaj fluoride yuav pab ua kom kab txhob noj hniav thiab tsim yam los plooj rau cov hniav.

Cov fwj dej haus puas muaj cov tshuaj fluoride nyob hauv?

Tej zaum cov fwj dej haus yuav muaj cov tshuaj fluoride nce raws li qhov chaw ntawm cov dej. Yeej pom muaj fluoride nyob ntawm cov dej thiab ntawm tsoomfwv cov dej tsim vim lawv yeej tso cov tshuaj fluoride xyaw nrog cov dej.

Tsoomfwv Meskas Feem Tswj Xyuas Khoom Noj thiab Tshuaj (FDA) tau tso cai pub tso cov fluoride rau hauv cov fwj dej haus thiab pub tso me ntsis rau cov dej raws li ntaum yam cuam tshuam, nrog rau nqa cov dej qhov twg los.

Cov fwj dej haus muaj daim ntawv cim lo sau hais tias raug tua tshuaj lawm, yog dej huv, raug lim, lossis raug tua tshuaj thiab lim lawm xws li sau hais tias tsis muaj lossis tsuas muaj me ntsis cov tshuaj fluoride xwb, tshwj tsis yog lawv hais kom tod fluoride xyaw ntxiv.

Cov tshuaj fluoride hauv cov fwj dej haus puas raug sau rau daim ntawv cim lo?

Lub tsev haujlwm FDA tsis hais kom cov tsev tsim ua dej haus sau cov tshuaj fluoride rau daim ntawv cim lo, tshwj tsis yog lub tsev tsim ua dej haus tau tso cov tshuaj fluoride me ntsis raws li pub ua tau. Tau sau cov tshuaj fluoride uas raug tso tod rau cov dej rau daim ntawv cim lo, yog tau tso ntxiv rau.

Yog tsis qhia cov tshuaj fluoride rau daim ntawv cim lo ntawm lub fwj dej, hu xovtooj mus nug tom lub tsev tsim ua dej haus seb muaj cov tshuaj fluoride npaum li cas.

Kuv puas tuaj yeem siv cov dej no tod mis rau menyuam mos?

Siv tau, koj tuaj yeem siv cov fwj dej haus no tod cov mis lossis tod xyaws cov mis ntawm cov menyuam mos, tab sis cov tshuaj fluoride tod xyaw cov dej yuav muaj qhov sib txawv.

Qee lub tuam txhab tsim ua dej haus yeej tsim dej haus rau cov menyuam mos thiab tsuas yog tsim dej tod xyaw cov mis ntawm cov menyuam mos xwb. Thaum daim ntawv cim lo ntawm lub fwj dej qhia tias tsuas yog siv rau cov menyuam mos xwb, cov dej no yuav tsum huv raws li cov dej huv ntawm Tsoomfwv Meskas Lub Tsev Haujlwm Tiv Thaiv Ib Puag Ncig thiab qhia tias tsis tau tua kab mob ntawm cov dej no.

Puas muaj lwm yam khoom siv uas tod cov tshuaj fluoride?

Rau txhua cov khoom hauv qab no, tham nrog koj tus kws kuaj mob menyuum yaus lossis tus kws kuaj hniav txog hom kev xaiv zoo tshaj plaws rau koj tus menyuum.

Tshuaj Fluoride Pleev Hniav

Tshuaj fluoride pleev hniav yog ib lub chaw kuaj hniav lossis ib tug kws kuaj hniav siv pleev rau ntawm cov hniav. Yuav tsum siv cov tshuaj pleev hniav tsawg kawg yog 2 zaug hauv ib lub xyoos. Tuaj yeem siv cov tshuaj fluoride pleev hniav rau cov menyuum yaus muaj hnuv nyoog 0-5 xyoos tau, siv thaum pib tuaj hniav. Yuav tau siv cov tshuaj fluoride pleev hniav txhua txhua 3-6 lub hli uas yog saib raws li feem yuav muaj kab noj hniav ntawm tus menyuum.

Tshuaj Fluoride Npuav Ntawm Qhov Ncauj

Cov menyuum yaus muaj hnuv nyoog qis dua 6 xyoo tsis txhob siv cov tshuaj fluoride npuav ntawm qhov ncauj yog tsis tau sab laj nrog ib tug kws kuaj hniav lossis lwm tus kws kuaj mob vim cov tshuaj fluorosis tso rau ntawm cov hniav tuaj yeem ua rau lub qhov ncauj o tau.

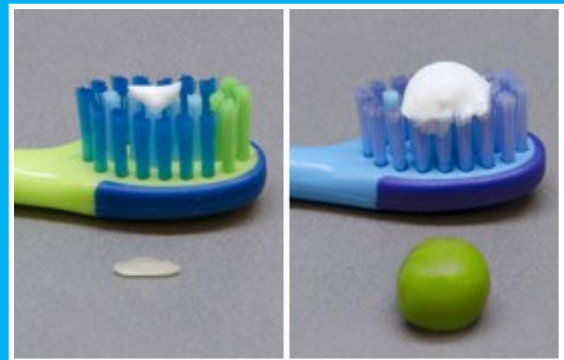
Cov tshuaj fluoride npuav ntawm qhov ncauj yog ib hom tshuaj siv tau txhua hnuv lossis txhua asthiv tau. Tsis hais cov tshuaj fluoride npuav ntawm qhov ncauj uas yuav sab nrauv lossis yuav raws li daim ntawv sau qhia yuav yeej yuav muaj pheej hmoo tsis zoo rau cov menyuum yaus.

Tshuaj Txhuam Hniav Fluoride

Tshuaj txhuam hniav fluoride muaj muag rau sab nrauv thiab muaj muag ntau dua 95 feem pua rau hauv Tebchaws Meskas.

Kuv tus menyuum yuav siv tshuaj txhuam hniav ntau npaum li cas?

- Cov menyuum yaus hnuv nyoog qis dua 3 xyoos yuav tsum siv ib qho **luaj li lub txhuv/ib qho tshuaj txhuam hniav** 2 zaug hauv ib hnuv tab sis niam txiv yuav tsum saib xyuas.
- Cov menyuum yaus hnuv nyoog 3-6 xyoo yuav tsum siv ib qho **tshuaj txhuam hniav luaj li lub noob taum** 2 zaug hauv ib hnuv tab sis niam txiv yuav tsum saib xyuas.
- Cov neeg laus yuav tsum txhuam hniav 2 zaug hauv ib hnuv.



*Hnuv Nyoog
Qis Dua 3*

3-6 Xyoo

Kuv tuaj yeem mus saib cov ntaub ntawv ntxiv rau qhov chaw twg?

Mus saib hauv Cov Chaw Tswj Xyuas Kabmob thiab Tshuaj Fluoride Tiv Thaiv lub website rau ntawm www.cdc.gov/fluoridation.

Yog xav paub cov ntaub ntawv ntsig txog cov taub lim dej lossis cov fwj dej haus pub dawb, ces mus saib hauv www.michigan.gov/flintwater lossis hu rau United Way 211.