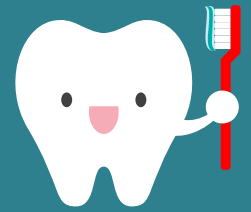


Na ha ngandamtein chiah ning



1 Zingka le zaan ah na ha i ÷aih

Flurine ai telmi hasi le a lu a hme i a brush a nemmi ha brush hmang.

Na ha le na hani nai ÷aihnak nih na ka chungah ah rawhnak a chuahtertu bacteria a zor ter.



2 Thei le tisik anhnah tam deuh in ei

A Ngandammi Thimkhawhmi: tisik an hnah, be le pe, thingthei, cawhnuk khal (cheese), yogurt, pawngmumgh asiloah thil mu



3 Din ding ah ti i thim

Timerh ti hi a ÷ha bik. Ti ah hin fluride ai tel, cu nih cun na ha kilven a bawmh.



4 Na ha kha caanhman tein i chek lengmang

Ha lei siikhan ah chek dingin kal, na ha asiloah na ka a fah hngak hlah.



Zingka le
zaan ah na
ha i ÷aih



Thei le tisik
anhnah tam
deuh in ei



Din ding
ah ti i
thim



Na ha kha
caanhman tein i
chek lengmang

Bawhte Ha

- Nu le hnuk hi bawhte caah a tha bikmi a si i thla 6 hrawng an si tiang ti le rawl caah nu le hnuk pakhat hi a za.
- Thla 6 hrawng an si in hrai nan hmanh khawh hna. Ti maw, nu le hnuk surmi asiloah hngakchia formula kha hrai in na pek khawh.
- Hnuk dur na hman ahcun, ti, nu le hnuk surmi asiloah hngakchia formula lawng a chungah na rawn lai.
- Hnuk dur hmanh buin na fa na thlim lai lo.



Hngakchia Ha

- Bawhte i an hachia hna hi an biapi tuk.
- Kum 8 hrawng an si tiang, na fa ha taih na bawmh lai.
- Na fa kha kum khat a tlin in ha lei siikhan ah piah.
- Phaisa liam hau lo, zapi ca tuahmi ha lei siikhan hna an um.



Local Health District	Phone Number
Sydney/South Western Sydney	02 9293 3333
Western Sydney	02 8890 6766
Nepean Blue Mountains	02 4734 2387 or 1300 769 221
Hunter New England/ Mid North Coast/Northern NSW	1300 651 625
Northern Sydney	1300 732 503
Central Coast	1300 789 404
South Eastern Sydney	1300 134 226
Illawarra	1300 369 651
Southern NSW/Murrumbidgee	1800 450 046
Western NSW/Far West	02 6809 8621 or 1300 552 626

Ha lei siikhan na piah le piah nolh kar ah na fa i a ha na chek lengmang lai.



Ngandammi hngakchia ha.



Atu ah ha lei appointment tuah.



Atu ah ha lei appointment tuah.



Atu bakah, rianrang in ha thlop colh a herh.

Manpek hau lo zapi ca ha lei siikhan

Ahodah zapi ca ha lei tawlrelnak ah manpek hau lo te'n ha zohkhenhnak a ngah kho:

- Medicare card a ngei mi kum 18 tang hngakchia poahpoah.
- Upa ah hi a pahnih te'n a ngeimi (1) Medicare card le (2) Centrelink Health Care Card asiloah Pensioner Concession Card.

Holh let na herh ahcun Translating and Interpreting Service (Caleh le Holhleh Riantuantu) TIS cu 13 14 50 ah chawn hna.

