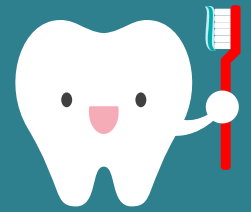


Ha cidam nang koici kep ding



1 Na ha zing leh nitakin nawt in

Fluoride-dat kihel haza nam (fluoride toothpaste) zang inla, hanawtna dawn neu leh a mul nelte zang in.

Na ha leh na hanii nawtna in na kam sung hong nawnkaisak thei bacteria lungnote kiamsak hi.



2 Singgah leh mehteh mehghah tam nek zaw in

Cidamna tawh kituak teeldingte: mehteh mehghah, be, singgah, bawngnawi khal moh, dengchin, pongmoh ahihkeh singgah tangte.



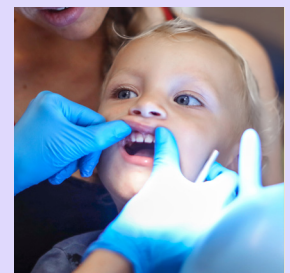
3 Tui mah dawn zaw in

Tui siang hoihpen hi. Tui lakah ha hong dal thei fluoride-dat kihel hi.



4 Pongmanin ha kisit den in

Ha bawlna zato ah pai-in kisit in. 'Na ha ahihkeh na kamsung' a nat dong ngak kei in.



Na ha zing leh nitakin nawt in



Singgah leh mehteh mehghah tam nek zaw in



Tui mah dawn zaw in



Pongmanin ha kisit den in

Naungekte' Ha

- Nawi zu in naungekte ading hoih penin, kha 6 kiim a phak dongin a kisp an leh tui tua bek ahi hi.
- Kha 6 kiim a phak ciangin tui 'hai' khat kipia thei hi. Tui, nawi tui suuk ahihkeh nawivui tui hai khat kipia thei hi.
- Nawithawl na zat leh, tui, nawi tui suuk ahihkeh nawivui tui bek thunna in.
- Nau nawithawl nekawmin lumsak kei in.



Naupangte' Ha

- Naungekte' ha thupi mahmah hi.
- Kum 8 kiim a phak ma dong na nau' ha nawtpih ding kisam hi.
- Kum khat a phak cilin na nau ha lam tawh kisai zato ah paipih in.
- Ha bawl na sum beivetlo zato tampi om hi.



Khazai Cidamna Zum (Local Health District)	Phone Nambat
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 lam tawh kisai zato ah kilak hun sungin na nau' ha pongmanin sitsak in.



A cidam naupangte' ha.



Ha kilah hun ding tumahin geel pah in.



Ha kilah hun ding tumahin geel pah in.



Tumahin manlangtak ha bawlsak in.

Sumbeilo kumpi ha bawl na zatote

Kumpi ha bawl nate kiang pan sumbeilo-in ha bawlsak thei dingte

- Medicare Card nei kum 18 nuaisiah naupang khempeuh
- (1) Medicare Card leh (2) Centrelink Health Care Card ahihkeh Pensioner Concession Card nei uhamte.

Lailat leh Kamphen Panpihna (Translating and Interpreting Service) – TIS 13 14 50 hopihin kamphen ngen in.

