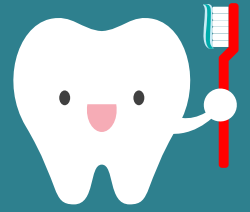


# Ni gute wabungabunga ubuzima bw'amenyo



## 1 Oza amenyo yawe mugitondo na nijoro

Koresha **umuti wa menyo ufite fluoride** n'uburoso bwa menyo bufite agatwe gato n'udushinge twa plastiki dutoduto.

Ukwoza amenyo n'ishinya birafasha kugabanya bagiteri (microbes) zishobora guzana ingorane mu kanwa kawe.



## 2 Rya imbuto n'imboga nyishi

**Amahitomo Atunga amagara meza:** imboga, ibishyimbo n'ibisa nabyo, imbuto, foromaje, yuguru (yaourt), umugati cyangwa ubunyobwa n'ibisa nabwo.



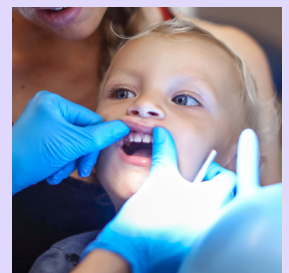
## 3 Hitamo amazi nka icyo kunywa

**Amazi ya kuri robine niyo meza kuruta.** Irafite fluoride, irafasha kurinda amenyo yawe.



## 4 Genda usuzumwe amenyo buri gihe

Genda kwa muganga wa menyo kugirango ayasuzume, ntukarindire kugeza aho amenyo ababara cyangwa mukanwa hababara.



Oza amenyo yawe mugitondo na nijoro



Rya imbuto n'imboga nyishi



Hitamo amazi nka icyo kunywa



Genda usuzumwe amenyo buri gihe

## Amenyo y'Abana Bato

- Amashereka niyo ya mbere ku bana bato kandi niyo biryo na icyo kunywa bakeneye gusa kugeza bujuje amezi 6.
- Barashobora guhabwa "igikombe" bageze ku mezi 6. Urashobora kubaha amazi, amashereka yakamwe cyangwa amata y'ifu y'abana mu gikombe.
- Niba ukoresha icupa, shiramo gusa amazi, amashereka akamwe cyangwa amata y'ifu y'abana bato.
- Ntukashire umwana wawe ku buriri n'icupa.



## Amenyo y'Abana

- Amenyo ya mbere y'umwana afite akamaro
- Ugomba gufasha umwana wawe kwoza amenyo kugeza yujuje imyaka 8.
- Jana umwana wawe kwa muganga wa menyo amaze kuzuzwa umwaka umwe.
- Hariho amavuriro ya leta ya menyo aho utazishura amafaranga.



Akarere Kawe k'Ubuzima	Inomero ya Terefone
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

Suzuma amenyo y'umwana wawe buri gihe hagati y'ibihe yabonye na muganga wamenyo.



Amenyo y'abana afite amagara meza.



Saba isango ubu.



Saba isango ubu.



Genda uvurwe amenyo ubu.

## Amavuriro ya leta y'amenyo y'ubuntu

Ninde wemerewe kuvurwa amenyo kubuntu mu mavuriro ya Leta y'amenyo?

- Abana bose bari muni y'imyaka 18 bafite ikarita ya Medicare.
- Abakuru bafite amakarita yombi (1) Ikarita ya Medicare na (2) Ikarita ya Centrelink bita Health Care Card cyangwa Pensioner Concession Card.

**Hamagara Serivisi Isobanura ikana Hindura TIS igihe ukeneye umusemuzi kuri 13 14 50**

