

Hnor ningcang

✓ A nemmi le alu lei a hmemi haa hnornak kha hmang

✓ Fluoride haasi kha hmang
✓ Nikhat ah voihnih hnor

✓ Haasi kha chuahter sihmanhsehlaw ti he tlength hlah

Zingka le ihnak kal hlaan zaan ah hnor.



A nemmi haahnornak ah pe tia a simi fluoride haasi kha hmang.



A pum phun hmangin haa a lenglei kha hnor. Khat lei kam in thawk law kaa i khatlei kam ah hnor dih.



Haani a tanglei thianh dingah haa pakhat cio i a chunglei kha hnor.



Haa a cunglei in a tanglei ah nem tein hnor. Khat lei kam in thawk law kaa i khatlei kam ah hnor dih.

Hri in thianh ningcang

Na haahnornak nih a phak khawh lonak thianh dingah ah hri hmang. Nem tein cunglei le tanglei ah dawhnak hmangin haa karlak ah hri kha cawlter.



Kaa ti in tlenghnak tuah ka hau maw?

Na haa lei thloptu nih an fial ahcun kaa ti in tlenghnak voikhat lawng tuah.

Pehtlaih

NSW Zapi ca Haa lei Riantuanpiaknak nih Medicare zohkhenhnak he kum 18 tang ngakchia dihlak caah manlo in haa lei zohkhenh a pek.

Australia acozah thilman thumhpiaknak kat aa tlaih i NSW ah khua a sami upa pawl nih NSW Zapi ca Haa lei Riantuanpiaknak hmangin manlo in haa lei zohkhenhnak an ngah kho fawn lai.

NSW Zapi ca Haa lei Riantuanpiaknak kongah thawngthanhmi tamdeuh hmuh dingah

1800 679 336 ah chawn asilole hika ah zoh

<https://www.health.nsw.gov.au/oralhealth/Pages/info-patients.aspx>



Na haa kha zingka le zan ah hnor



Thingthei le anghringso tamdeuh ei



Din awk caah ti kha thim



Punghmaan in haa lei cheknak ngei