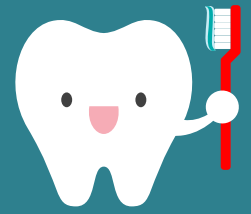


Ziangtin na ha harhdam in na umter ding



1 Zing le zan na ha ðuah fai aw

Fluoride ha rawtnak si le ha rawtnak fung a lu te mi le a hmul nemte hmang aw.

Na ha le na hani na rawtfainak in ka sung ih natnak thlen theitu nat hrikpawl tampi a that thei a si.



2 Hanghnah hangrak le thei rah ei tam aw

Harhdamnak hrang Tulmi: hanghnah hang rah, pe phunphun, thing theirah, hnawi ih tuah mi, yokat, sang lole nat.



3 Ti hi in dingin hril ringring aw

Tidai hi harhdamnak ih ðha bik a si. Cumi ah, na ha a lo kilhim saktu ding fluoride a tel.



4 Hmamhmanten Ha cek-upnak nei aw

Na ha lole ka a nat tiang hngak loin ha cek dingin ha sii inn feh ðheu aw.



Zing le zan
na ha ðuah
fai aw



Hanghnah
hangrak le thei
rah ei tam aw



Ti hi in
dingin hril
ringring aw



Hmamhmanten
Ha cek-upnak
nei aw

Nautei' Ha

- Naute thla 6 tiang hrangih tha bimi cu an nu le ih hnawiti a si cui tlunah an hrang in ding le ei ding rawl ih an tul mi a si.
- Thla 6 a kim hrawngah 'no' khat nan pe thei. Tidai, hnawi, naute pek dingih tuah mi no khat in nan pe thei.
- Thawl na hmang asile, a sungah tidai, hnawi lole naute hrangih tuah mi rawl lawng ret aw.
- Naute cu thawl thawn ihkhun ah umter hlah.



Nauhakpawl ih Ha

- Naute ha keuh hmaisai bik pawl khi an thupi zet.
- Nauhak kum 8 an kim hlan cu an ha rawt na bawm a tul.
- An suah cam hmaisai bik ah ha sikhan ah felpi aw.
- Tangka cem liam tul lo zatlang ha tuamhlawmnak sikhan an um.



Ram Then Harhdamnak	Fawn 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

Nauhak ha sikhan na fehpi hlanah hmanhman ten cek sak aw.



Nauhakpawl ih ha harhdamnak.



Tuah ha sibawi thawn tawng dingin tikcu bikhaih aw.



Tuah ha sibawi thawn tawng dingin tikcu bikhaih aw.



Tuah poi hruak ha tuamhlawmnak la aw.

Man loih ha tuamhlawmnak zatlang sikhan

Zo pawl in mizapi hrang ha tuamhlawmnak sikhan feh thei:

- Medicare Card thawn kum 18 hnuai nauhak zate.
- Pitling (1) Medicare Card le (2) Centrelink Health Care Card lole Pensioner Concession Card neitu pawl.

Tawnglettu le simfiangtu TIS kha tawnglet sak dingin 13 14 50 ah ko aw

