FASHA ABANA BAWE KUGIRANGO BAGUMANE AMENYO YABO AKOMEYE ARI NTANGWARA AFISE

Abana bafise amenyo amera asa n'ayamunzwe bashobora kugira ingorane kera mubuzima, kandi barashobora kumera amenyo atagororotse.

Uraraba neza umenye yuko:

1. Uragaburira umwana wawe kuva avuka umwonsa amaberebere kugeza nko k'umwaka wambere.
2. Urazohora ujana umwana wawe kwa muganga wamenyo mugihe ashikanye umwaka.
3. Uribuka kumwogereza amenyo ukoresheje kologati w'amuti woza amenyo.
4. Ntukamenyereze umwana kumuha ngo anywe birya binyobwa vyama soda, canke ngo umuhe irya mitobe ifise amafuro canke irya mitobe ikoreshejwe amafu.
5. Uramuha irya mitobe y'ukuri ukayimuha mugikombe ntugakoreshe icupa.

Ibishushanyo biri muri aka kanyamakuru vyatanzwe nishirahamwe ryitwa Hesperian

Mugihe ukeneye insiguro zindi kuri interineti kuvyerekeye ukungu wokwamana amenyo akomeye, nyamuna genda kuraha:

www.healthyteeth.org

www.hesperian.org

• • •

Inyigisho zo muri ururwandiko zatoranijwe zivuye mubikoresho muri:

Australian Research Center for Population Oral Health

California Department of Health Services

Federal Citizen Information Center

Iyinyandiko yateguwe ifashijwe n'umutungo uvuye mu bushikiranganji bwubuzima hamwe n'ibiro biraba imibereho n'ibiro vy'impunzi zimuwe.

AHO KURONDERERA AMAKURU:
riht@uscridc.org
U.S. Committee for Refugees and Immigrants
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Telefoni: 202 • 347 • 3507
Fagisi: 202 • 347 • 7177
www.refugees.org

Kuguma ufise amenyo akomeye atagwaye

Keeping Your Teeth Healthy (Kirundi)

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS
USCRI

www.refugees.org

Protecting Refugees, Serving Immigrants, Upholding Freedom since 1911

NINGOMWA KWITEGEKANYA

Kwitegekanya ni ukuvuga guhagarika yuko amenyo atakurya no kurinda ko amenyo atabora mbere yuko bitangura. Kuvura amenyo yabunzwe canke kuyakura bakayasimbura birazimvye gose hano muri amerika. Kwirinda ubwo ubugwayi bw'amenyo nivyo vyiza kuruta kuyavura.

NIGUTE TWO RINDA UBUGWAYI IBISHINYARI CANKE AMENYO KO YOMUNGWA

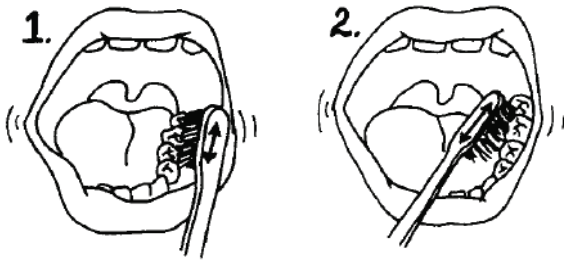
Hariho uburyo bwinshi bwo kurinda amenyo hamwe n'ibinyigishi ngo ntamungwe canke ngo akurye.

- Utegerezwa kwoza amenyo yawe gatatu ku munsi ukoresheje umuti woza amenyo kologati.
- Koresha akanyuzi canke ugure karya kanyuzi kabigenewe "floss" kugira ngo ukure ivyokurya bisigara hagati y'amenyo iyo ugiye kwoza mukanywa.
- Uragenda kuraba muganga wawe wamenyo kabiri mu mwaka kugira ngo muganga yoze amenyo yawe neza.
- Uraheza ugafungura ivyokurya bitarimwo isukari.
- Ugahora uranywa amazi menshi kumunsi.
- Nimba uhejeje kunywa arya masoda ugaca wihutira gukaraba mukanywa n'amazi ukiyugunyura cane.
- Urahora ugura uburoso bwo kwoza amenyo nyuma y'amezi atatu buri gihe.

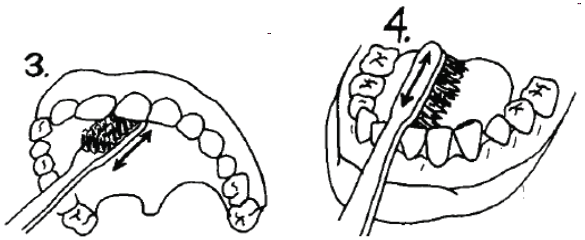
KUGENDA KURABA UMUGANGA AVURA AMENYO

Urafata neza amenyo yawe. Mukugenda kuraba urya muganga avura amenyo kugira ngo yoze amenyo yawe kabiri mu mwaka nivyo bitazimvye aho kugenda kwa mugaganga avura amenyo kugira ngo ayakure canke aya simbuze ayandi. Mu ntara ubamwo urashobora kuronka umuganga araba amenyo y'umwana kubuntu ari ntaco urishe. Urabaza urya mukozi ashinzwe umuryango wawe.

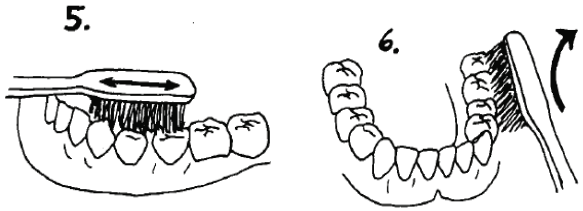
IGISHA UMURYANGO WAWE KWOZA NEZA AMENYO AKORESHEJE UBUROSO



Ntukibagire kwoza arya menyo.



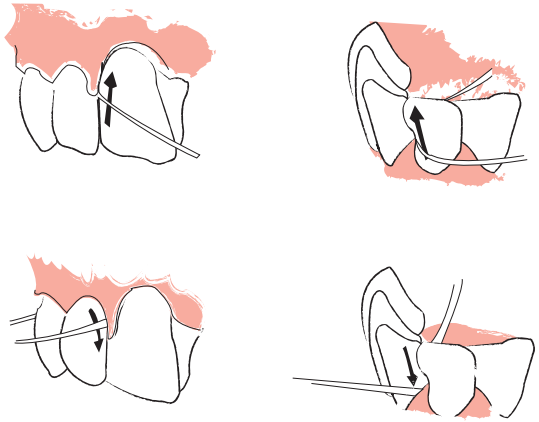
Uroza inyuma no hejuru mumenyo y'imbere.



Uroza nibinyigishi

URASHOBORA NO KWIGISHA ABANA BAWE INGENE BO KORESHA KAKANYUZI MUGUKURA INDYA HAGATI Y'AMENYO

Kwoza amenyo ukoresheje karya kanyuzi biratuma ibishinyari bidafatwa n'ingwara. Iyo wogeje amenyo ukoresheje akanyuzi ubwambere ibishinyari vyawe birashobora kuva amaraso kubera bidakomeye. Bandanya ugume ukoresha ako kanyuzi kugira ngo ibishinyari vyawe bimenyere bikomere. Gukoresha ibintu bisongoye canke turya duti uvuna kumukubuzo birashobora gukomeretsa ibinyigishi canke bigatuma witera ubugwayi ibinyigishi bikazamwo amashira canke iyindi ngwara.



Urunyuzi rwo kwoza amenyo

Umuti wokwoza amenyo kologati

Amazi agurishwa yo kwoza mu kanywa ngo ntihanuke