

KI LAH MAN

Gam bel te aa ding, ha lam ki bawl na ki ngaih sut sak masa hi.

Gambel nau pang kum 18 nuai te bang mah piak kul lo.

Gambel upa te Australia tun khit zawh kha 18 ciang bang mah piak kul lo.

Kha 18 khit, a ki lak te, ah 4 vei na ciang a tam pen ki lah man \$92 bei ding hi.

Khat vei lak na leh phat mawh lah pak na te \$23 bei ding hi.

Ki lah ding a ni/hun ki ciam sa, pai thei loh na khat nei aa, nai 24 maa in, na zak sak kei leh \$10 piak kul ding.

Kam phen ding na ki sap leh, ki ngah thei. Ha saykhan nasem te, na ki lah ma ni 3 sam in gen khol kul ding hi.

Na theih nop ah om lai leh EACH saykhan te ki dong thei. **9259 4900**

Saykhan Hon Hun:

Nipi zawh ni khat ni pan ni nga ni dong zingsang nai 8:30 pan nitak nai 4:30 ciang. Nino ni (sani) zingsang nai 9 pan sun nai 12:30 ciang.

Zum hun lo phat mawh vai

Royal Dental Hospital Victoria
720 Swanston Street, Carlton

Ph: 9341 1040

Taangpi zat

Tram numbat 1, 3, 5, 6, 8, 16,
64, 67 & 72

EACH saykhan ah, a nuai teng ki lak thei

- Zato lam: Ha, An nek zia, Ki kep zia, Ci mek lam, Khe lam
- Thu kikap pih na
- Inn kuan sung cina don te leh ki cin loh na nei te huh na
- Inn kuan leh ta te huh na
- Lungsim natna nei te huh na

Ha lam

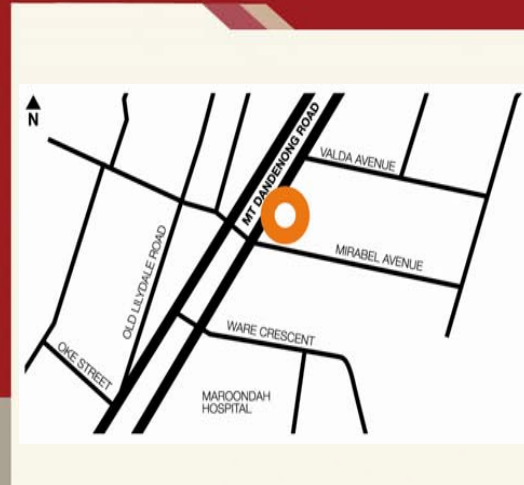
- Ha kep zia a tuam tuam
- Phat mawh lah na
- A ki bawl tawm ha te kep zia
- Ha tawh ki zom thu te theih sak na

EACH AH KOI CI PAI DING

124 Mount Dandenong Road,
Ringwood East

Bus: Ringwood meileng khawl na leh, Croydon meileng khawl na pan Bus numbat 367 ki zui thei.

Mawtaw: EACH saykhan nung ahi zong, a gei aa Mirabel Avenue ah ki khawl thei.



EACH Community Dental Health Service



124 Mount Dandenong Road
Ringwood East 3135

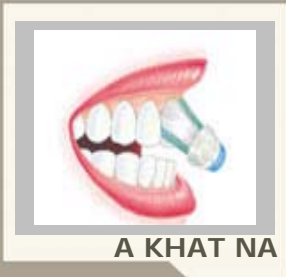
Ph: 9259 4900

Email: info@each.com.au

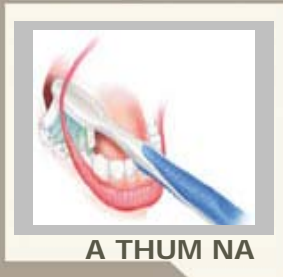
Website: www.each.com.au



HA KOI CI SIAN SAK DING



A KHAT NA



A THUM NA



A NIH NA



A LI NA

A Khat na – Ha nawtna kung ha ni tawh ki zui in phei koih in la, na ha pua lam kim kot in, dam tak in nawt in.

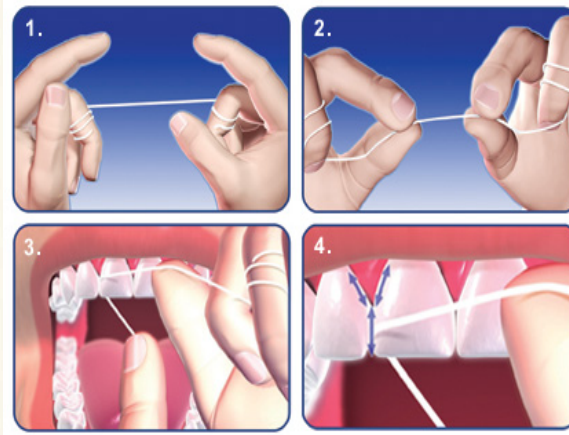
A Nih na – Na ha nawtna kung na kam a sung lam ah, a khat na bang in kim kot a nawt leu leu ding.

A Thum na – Na an hai na ha tung teng a nung, a mai nawt ding.

A Li na – A nunung pen in, na lei tung zong nawt ding- lungno te pai khiat na ding.

(A khat na pan a li na dong, a sawt pen minit 2 peuh mah nawt ding).

HA PUAH NA KHAU, ZAT DAN



1. Na khut me lang tuak ah khau mong te vial in.
2. Na khutpi leh na mekaww tawh 1cm bang ki hal in, len cip ding.
3. Khau a tung/a nuai dam tak in kai suk/to ding. Ah khau khek zel ding.

FLUORIDE HAZA TAWH NI KHAT NIH VEI – ZING AN NEK KHIT LEH ZAN NA LUP MA IN, NAWT DEN DING. HA PUAH NA KHAU NISIM IN ZANG DING. A DIAK DIAK IN, ZAN NA LUP MA IN ZAT DING MANG NGILH KEN!

A KI NGAH BAIH THEI HA NATNA TE



HA NI NATNA

Na ha nawt lai tak si luang leh, hani dam lo cih lam ki theih masak na hi.



HA LUNG NEK NA

Na ha siat na theih baih nang in, kum sim in ha siavuan tawh ki lak un. Ha nawtna (Fluoride ha za) leh ha puah na khau, ni khat nih vei – zing an nek khit leh zan na lup ma in zang den ding.



HA SIAT NA LEH, HA NI NATNA KI THEI PAK THEI LO AHIH MAN IN, EACH HA SAYKHAN AH NA KI LAH NANG A NI /HUN LA KHOL UN.

