

m MINNESOTA

Waaxda Caafimaadka ee Minnesota
Waaxda Adeegyada Aadanaha ee Minnesota

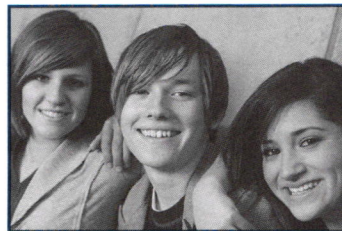
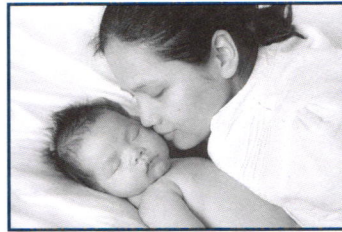
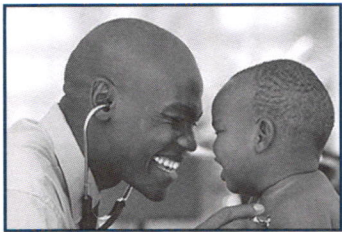
**Child and Teen
Checkups**



Child and Teen Checkups- C&TC (Baarista Caruurta iyo Dhalinyarada): Daryeel Caafimaad – Dhalasho illaa da'da 20 jirka

Booqashada Baarista Caruurta iyo Dhalinyarada waxaa ka mid ah:

- Macluumaadka ku saabsan caafimaadka wanaagsan ee jirka iyo maskaxda
- Waqti aad ku waydiiso su'aalo oo aad hesho jawaabaha ku saabsan caafimaadka ilmahaaga, dabeecadda iyo korriinka ilmahaaga
- Waqti aad ku falanqayso fikradaha, dareenka iyo xiriirka
- In aad samayso baadhitaan dhamaystiran tin iyo cidhib
- Tallaalada
- Baarista maqalka
- Baarista araga
- Baadhitaanka shaybaarka
- Baadhitaanka koritaanka iyo koboca



- Daawooyinka ka hortagga bololka (Fluoride varnish treatments) ee loogu talagalay da'aha qaarkood
- U gudbinta dhakhtarka ilkaha

U isticmaal baadhitaanadan caafimaad Head Start, WIC, iskuulka, daryeelka caruurta, xerada (kaam) iyo cayaaraha jirdhiska.

Hubso inaad ballantaada usoo qaadato foomamka u baahan in la dhammaystiro.

Imisa jeer ayaan cunugayga geeyaa baaris caafimaad?

Inta jeer ee ilmaha baaritaan caafimaad lagu sameeyo waxay ku xidhantahay

da'da ilmaha. Baaritaannada ayaa lagugula talinayaa in aad samayso marka ilmuhu yahay da'ahan:

- Inta u dhaxaysa dhalashada iyo 1 bil
- Markuu yahay 2, 4, 6, 9, 12, 15, 18, 24 iyo 30 bilood
- Sanad kasta laga bilaabo 3 sano ilaa 20 sano
- Marar badan haddii loo baahdo

Goorma ayaan geeyaa ilmahayga baaritaanka ilkaha?

Baaritaannada caafimaadka ilkuhu waa inay la bilowdaan iliga koowaad oo ayna ka danbaynin marka ilmuhu gaadho da'da 12 bilood.

