

Qajeelfama eegoomsa kan dha'imaf godhamu yali booda

5% sodium fluoride qalama ja'amu ilkaan dha'ima keetirati arrantana dhibamee jirra. Yaalin kuni dhibdee malee ilkeedhaf jaabina fi ittisa kenna. Fayda irra achi antu argachudhaaf qajeelfama kana hordofi:

- Yeroo sa'a 4-6 tif ilkan kee hin shuwakatin ykn hin qulqulleysin.
- Yoo dandeesse hanga boru ganamaatti hin shuwakatin ykn hin qulqulleysin.
- Guyya arra kanaf nyaata laafaa nyaadhu.
- Guyya arra kanaf wan ho'aa (owwa) fi wan alkol qabu hin dhugin (fkn, dhugatii, wan afaan itti lulluqqatan, kkf).

Daa'imni kee ilkaan isaa irratti qalamni kun itti beekama. Yeroo shuwakachun ykn qulqulleysun eegalamee booda, guyyalee dhufan keeysatti qalamnin kun ilkaan irraa ni ba'a.

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