

# SA Dental Service

## School Dental Service

Urutonde rw'ivyo ukurikiza wakuwe amenyo

### Uyu munsi

- Guma ushinze amenyo kuyandi kuri karya gatambara baguhaye kumara igice c'isaha
- Kuva amaraso makeya n' ibisanzwe mu masaha 12-24 ya mbere
- Bikenewe hindura ka gatambara-ubanje gukaraba. Agatambara wamaze gukoresha ukazingire mu kintu imbere yo kugata mu myanda.
- **Bamaze kugukura iryinyo umare amasaha 24 utiyugumuye mu kanwa**
- Uruhuke kandi ntukore ibigusaba kwiruka, kwoga n'ibindi vyose nk'ivyo kunonora imitsi kumara uwo munsi wose.
- Urashobora kurya no kunywa haheze isaha bagukuye iryinyo, ugerageze kudakoresha aho hakuwe iryinyo.
- Ntunywe itabi canke inzoga kumara amasaha 24
- **Witonde ntwihakenye umunwa mugihe ugitinvye.**

### Umunsi ukurikira

- Vanga agace k'ikiyiko gitoya mu kirahure c'amazi asusurutse
- Iyugumuze ayo mazi harya nyene bakuye iryinyo kumara nk'umunota umwe hanyuma ucire
- Komeza kuja uriyugumuza amazi y'umunyu kumara iminsi 3-5 igihe uhejeje gufungura n'imbere yo kuryama
- Komeza kwoza amenyo iminsi yose no gukoresha ka kagozi koza hagati y'amenyo

### Kugabanya ububabare

- Bikenewe, fata Panadol, Panadeine canke umuti w'ububabare umeze nk'uyo. Wukoreshe nk'uko vyanditse.
- **NTUFATE Aspirin canke Ibuprofen (akarorero Nurofen)** kuko bishobora gutuma ukomeza kuva amaraso

## KUVA AMARASO

- Bishitse ukava amaraso makeya
  - Iyugumure mukanwa buhoro buhoro ukoresheje amazi akanye
  - Shira agatambara kandi keza ukazinze, harya nyene hakuwe iryinyo hanyuma ugume ugashinzeko amenyo kumara igice c'isaha. Koresha intoke zisukuye
  - Uryame wiseguye
- Iyo umaze umwanya muremure uva amaraso canke ubabara
  - Mu masaha asanzwe y'akazi hamagara muganga wawe w'amenyo

## Witwaririke amenyo y'umwana wawe

- Koresha umujigiti mutoya mukwoza amenyo y'umwana wawe. Birakenewe ko ufasha abana bakiri bato.
- Oza amenyo iminsi yose mugitondo no mw'ijoro imbere yo kuryama
- Ntukoreshe umuti wo kwoza amenyo umwana atarashikana amezi 17
- Kuva kumezi 18 gushika ku myaka itanu, koresha umuti w'abana mukeya urimwo fluoride nke, ungana n'urutete rw'urushaza. Himiriza umwana kugira acire urya muti umwanya wo kuwumira
- Ku myaka 6 n'iyirenga, koresha umuti ungana urutete rw'urushaza ku muti w'abakuze urimwo fluoride
- Ahejeje kwoza amenyo, acire umuti, ntiyiyugumure
- Torera umwana wawe ivyo kurya vyiza ngira kamaro. Ntarye umwanya wose canke ngo agume anywa ibinyobwa birimwo isukari
- Amazi yo mw'ibombo n'ikinyobwa ciza cane
- Igihe biskoboka ukoreshe imiti itagiramwo isukari
- Inomero na Telefone za "School Dental Clinic" ziri mu gitabo c'ama telefone mu gice c'amenyo

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