

**Vim li cas koj yuav tau mus ntsib  
TUS KWS KHO KAUS HNIIV?**

- Txhua tus menyuam tsim nyog muaj ib lub neej noj qab haus huv thaum pib!
- Txoj kev mus kuaj kaus hniav yog ib yam uas tseem ceeb heev ntawm txoj kev noj qab haus huv!
- Cov teeb meem ntawm cov kaus hniav yeej pib tau thaum ntxov - ntxov npaum li thaum thawj tug kaus hniav pib tshwm. Nws yooj yim los tiv thaiv kab mob ntawm cov kaus hniav dua yuav los kho cov teeb meem!
- 1 ntawm 4 tug menyuam uas tseem kawm ntawv qib qis muaj kaus hniav lwj!



Kuv Tus Kws Kho  
Kaus Hniav Lub Npe: \_\_\_\_\_

Kuv Tus Kws Kho Kaus  
Hniav Tus Xovtooj #: \_\_\_\_\_

Kuv Tus Kws Kho Kaus  
Hniav Qhov Chaw Nyob: \_\_\_\_\_

**Yog tias koj xav tau kev PaB los  
nrhiav iB tug kws kho kaus hniav  
uas kam txais Denti-cal, hu rau  
Denti-cal Tus xovtooj Rau cov Neeq  
Txais cov Kev PaB ntawm:  
1-800-322-6384**

**Yog tias koj nyob hauv LUB  
cheeb Nroog Los Angeles lossis  
Sacramento thiaB koj muaj teeb  
meem nrog koj qhov kev npaj PaB  
them nqi kho kaus hniav thov hu,  
The Department of Managed Health  
care (LUB Tuam Tsev Haujlwm  
SaiB xyuas cov Kev Kho MoB Uas  
Raug Tswj xyuas) ntawm:  
1-888-466-2219**

**Yog tias koj nyob hauv LUB  
cheeb Nroog Los Angeles lossis  
Sacramento thiaB koj tsis paub tias  
koj nyob qhov kev npaj PaB them  
nqi kho kaus hniav twg lossis xav  
hloov koj qhov kev npaj PaB them  
nqi kho kaus hniav thov hu rau  
Health care options ntawm:  
1-800-430-4263**



**TXOJ KEV NOJ QAB  
HAUS HUV NTAWM  
COV KAUS HNIIV  
PIB NROG KOJ TUS MENYUAM  
THAWJ TUG KAUS HNIIV**

Department of  
Health Care Services 

## Kuv Tus Menyuum Yuav Tau Mus Ntsib Tus Kws Kho Kaus Hniav Thaum Twg?

### HnuB nyoog 0-1 xyoos



#### Thaum twg?

Koj yuav tau teem caij rau koj tus Menyuum thawj lub sijhawm mus kuaj hniav thaum nws thawj tug kaus hniav pib tshwm lossis thaum txog nws thawj lub hnuB nyoog, nyob ntawm seb qhov twg tshwm sim ua ntej. Saib nraum qab ntawm daim ntawv faj tawm ntawm no kom txais tau kev pab los nrhiav ib tug kws kho kaus hniav hauv koj qhov kev npaj pab them nqi kho kaus hniav.

#### Vim Li cas?

Cov kab pib noj tau kaus hniav thaum thawj tug kaus hniav pib tshwm, li ntawd nws tseem ceeb kom koj tus menyuum mus rau nws thawj lub sijhawm teem kuaj kaus hniav sai li sai tau. Thaum neb mus rau thawj lub sijhawm teem mus ntsib nug seb koj yuav txhuan koj tus menyuum cov kaus hniav li cas, thiab tham nrog koj tus kws kho mob txog cov tshuaj pleev kom kaus hniav khov thiab koj yuav ua li cas kom koj tiv thaiv tau cov kab noj kaus hniav.

### HnuB nyoog 2+ xyoos

#### Thaum twg?

Txhua rau lub hlis, lossis raws li koj tus menyuum tus kws kho kaus hniav pom zoo.

#### Vim Li cas?

Txog lub sijhawm cov menyuum nyob qib kindergarten, 50% twb muaj teeb meem nrog kaus hniav lawm. Cov kev niaj zaus mus kuaj kaus hniav yuav pab txhom thaum kab pib noj kaus hniav thiab pab nres kom kab tsis txhob noj kaus hniav tshiab.



## COV NIAM TXIV YUAV PAß TAU LI CAS?

### HnuB nyoog 0-1 xyoos

#### Koj Yuav Paß Tau Li cas?

Yog tias koj muab mis rau koj tus mosliab noj thaum hmo ntuj, muab dej hauv lub raj mis xwb - tsis txhob muab mis, mis tov, kua txiv hmab txiv ntoo, lossis tej yam dej haus qab zib. Maj mam so koj tus mosliab cov pos hniav nrog ib txoj phuum ntuxuav muag txog txij thawj tug kaus hniav pib tshwm - ces hloov mus siv ib tug pas txhuam hniav uas mos mos.

### HnuB nyoog 1-2 xyoos

#### Koj Yuav Paß Tau Li cas?

Txhuam koj tus mosliab cov kaus hniav thaum sawv ntsov thiab ua ntej lawv yuav mus pw nrog ib teev tshuaj txhuam hniav uas muaj cov tshuaj pab kom kaus hniav khov. Saib kom zoo seb koj puas pom tej yam uas qhia tias kab yuav pib noj (xim dawb-kasfes ntawm cov kaus hniav lossis ntawm cov pos hniav). Nug kom koj tus kws kho mob pleev cov tshuaj kom kaus hniav khov rau koj tus menyuum cov kaus hniav thaum koj mus kuaj mob rau tus menyuum kom noj qab nyob zoo. Tamsim no koj tus menyuum yuav tsum pib haus dej ntawm lub khob, tsis txhob siv lub raj mis lawm. Koj tsuas muab mis lossis kua txiv hmab txiv ntoo thaum noj mov nkaus xwb ces muab dej rau nws lwm cov sijhawm hauv nruab nrab.

### HnuB nyoog 3-4 xyoo

#### Koj Yuav Paß Tau Li cas?

Ib sij txhuam txhuam koj tus menyuum cov kaus hniav txhua sawv ntsov thiab ua ntej lawv yuav mus pw nrog ib teev tshuaj txhuam hniav uas muaj cov tshuaj pab kom kaus hniav khov loj li lub noob taum mog. Cov menyuum yaus uas yau 7-8 xyoo tsis tau paub txhuam kom zoo yog tias lawv tsis tau koj txoj kev pab, tiamsis cia rau lawv xyaum tom qab koj txhuam rau nws tag. Tswj cov dej qab zib (dej qab zib soda, cov mis uas muab tov kom qab txawv thiab cov kua txiv hmab txiv ntoo) thiab cov khoom noj uas qab zib txhua hnuB.

### Txhua Lub HnuB nyoog

#### Koj Yuav Paß Tau Li cas?

Koj, uas yog nws niam nws txiv yuav pab tau los tiv thaiv nws ntawm cov kab noj kaus hniav. Nug kom koj tus kws kho mob pleev cov tshuaj kom kaus hniav khov rau koj tus menyuum cov kaus hniav thaum koj mus kuaj mob rau tus menyuum kom noj qab nyob zoo. Tsis txhob siv lwm tus neeg tus pas txhuam hniav. Tsis txhob ntshai los nug lus. Koj tus kws kho mob thiab tus kws kho kaus hniav nyob ntawd los pab koj.

### Cov tswv yim ntau zog uas yuav Paß tau koj

- ✓ Xaiv cov khoom noj ua si uas noj qab haus huv zog. Tsis txhob muab cov khoom noj ua si uas qaub qaub (muaj cov kua qaub, uas yuav yaig tus kaus hniav), nplaum nplaum lossis yuav tau zom ntev (cov ntawd yuav tso piam thaj nyob rau ntawm cov kaus hniav rau ib lub sijhawm ntev).
- ✓ Xyaum ua tej yam zoo thaum ntsov. Thaum tus menyuum tseem ntxais ntiv tes thiab noj lub txiv mis tom qab nws muaj ob xyoos qhov ntawd yuav ua rau nws cov kaus hniav tsis muaj chaw txaus thaum kaus hniav tshwm, kaus hniav tuaj tsis ncaj lossis lub qhov ncauj kaw tsis haum.
- ✓ Pab tus menyuum uas tseem me txhuam hniav thaum hmo ntuj. Lub sijhawm no tseem ceeb tshaj plaws los txhuam hniav vim tias lawv cov kaus hniav muaj feem siab zog los raug kab noj thiab khub hniav.
- ✓ Txoj kev zoo tshaj plaws los qhia ib tug menyuum tias nws tseem ceeb heev los tu xyuas lub qhov ncauj yog los ua ib tug qauv zoo. Siv cov hlua daws tej yam daig kaus hniav ib zaug ib hnuB.