

TIPS FOR A HEALTHY SMILE

1 Brush teeth twice a day with fluoride toothpaste

2 Have regular dental check-ups

3 Choose healthy, tooth friendly snacks

4 Drink water and milk

Want to know more?

0800 846 983

www.cdhb.health.nz/communitydental

Here is a big smile to thank you
FOR HELPING ME LOOK AFTER MY TEETH

From:

To:



獲得健康微笑的小竅門

1 每天用含氟牙膏刷牙**2**次

2 進行定期牙齒檢查

3 選擇健康的、不損害牙齒的小吃

4 喝水或牛奶

想知更多信息嗎？

請撥打 **0800 846 983**

或登陸

www.cdhb.health.nz/communitydental

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FOR HELPING ME LOOK AFTER MY TEETH

From:

To:



健康な笑顔のために できること

1

フッ素入りの歯磨きペーストで、
一日2回歯磨きをしましょう。

2

定期的に歯科検診を受けましょう。

3

間食は、歯や身体に良い食べ物を選びまし
ょう。

4

飲み物は、水や牛乳を飲みましょう。

もっと詳しく知りたいですか?
お問い合わせは、電話

0800 846 983 また、
ウェブサイトは、[www.cdhb.health.nz/
communitydental](http://www.cdhb.health.nz/communitydental) をご覧ください。

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To:



건강한 웃음을 위한 방법들

1 하루에 두번 불소치약을 이용하여 양 치질을 한다.

2 정기적 치과 검진을 한다.

3 치아에 건강한 식품을 선택한다.

4 물과 우유를 섭취한다.

0800 846 983

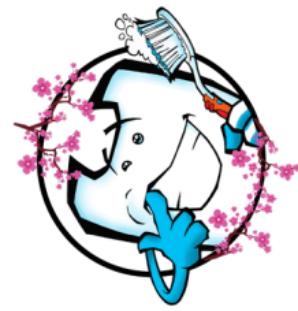
으로 연락하시거나

www.cdhb.health.nz/communitydental 을 접속
하시면 더욱 자세한 정보를 얻으
실 수 있습니다.

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From:

To:



ĒTAHI TĪWHIRI E ĀTAAHUA AI TŌ MENEMENE

1 Paraihetia ō niho ki te pēniho fluoride
kia rua ngā wā ia rā

2 Kia rite tonu tā te tākuta poka niho
tātari i ō niho

3 E kai i ngā kai timotimo pai mō ngā niho

4 Unuhia te wai māori me te miraka

Kei te pākiki tonu koe?

Ringi atu ki

0800 846 983

Tirohia rānei te whārangi ipurangi
www.cdhb.health.nz/communitydental

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FOR HELPING ME LOOK AFTER MY TEETH

From:

To:



AUALA NEI MO LE SOIFUA MALOLOINA LELEI O OU NIFO MA AULELEI ATILI AILLAU ATA.

- 1 Fufulu faalua ou nifo i le aso faaaoga le fluoride toothpaste.
- 2 Toaga e alu i le fale-fai-nifo mo le siakiina o ou nifo.
- 3 Filifili meaai lelei ma le paleni e le mamai ai ou nifo.
- 4 Toaga e inu le vai-auli ma le susu.

Mo nisi faamatalaga
vili le **0800 846 983**
Po o le asiasi ane i le
www.cdhb.health.nz/communitydental

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From:

To:



KO E NGAAHI POINI ENI KĒ·KE MUIMUI KI AI KA E MO'UI LELEI HO NIFO MO KE MALIMALI FIEFIA

1 Fufulu e nifó tu'o 2 he 'aho 'aki 'a e kilimi fulunifo 'oku 'i ai 'a e fluoride.

2 Toutou 'a'ahi ma'u pē ki ho'o Toketā nifó, kē ne sivi ho nifó.

3 Fili 'a e me'akai 'oku fakatupu mo'ui lelei ki ho nifó, kē ke kai mo sineki ia he vaha'a houa kai lalahi 'o e 'ahó.

4 Inu vai 'ata'atā pē hu'akau.

Ki ha'o to e faka'eke'eke, lomi'i 'i ho'o telefoní 'a e

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To:
From:

MGA MUNGKAHI PARA SA MALUSOG NA NGITI

1

Magsipilyo ng ngipin dalawang beses isang araw gamit ang fluoride toothpaste

2

Regular na magpatingin ng ngipin

3

Piliin ang masusustansyang meryenda na makabubuti sa ngipin

4

Uminom ng tubig at gatas

Gusto mo bang malaman ang higit pa?

0800 846 983

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Heto ang isang malaking ngiti bilang pasasalamat sa iyo

SA PAGTULONG MO SA AKIN NA PANGALAGAAN ANG MGA NGIPIN KO

Mula kay:

Para kay:

