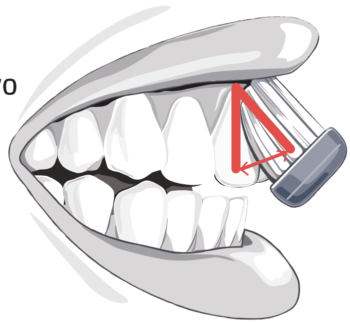
Government of Western Australia
North Metropolitan Health Service
Mental Health, Public Health and Dental Services

Ingene yo kwoza amenyo n'uburoso

Borosa kabiri ku musi ukoresheje uburoso bworoshe n'umuti w'amenyo (dentifrise) ufise fluoride. Cira, ntucishe amazi mu kanwa.

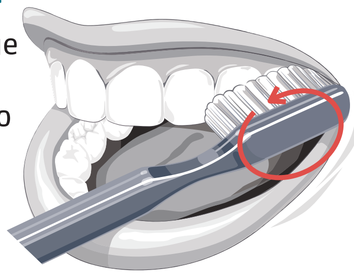
1 Angle nzinza

Tangura ufata uburoso bw'amenyo ugana kuruhande kuri angle ya degere 45 aho amenyo n'ishinyo bihurira.



2 Igikorwa kyiza

Wemeze ko udushinge tw'uburoso dukora kumenyo n'umurongo w'ishinyo Ucishe uburoso kuryinyo uzenguruka nk'umuntu ukora utuziga kugira ngo uborose hose kuburi ryinyo.



3 Imyanya yo hanze

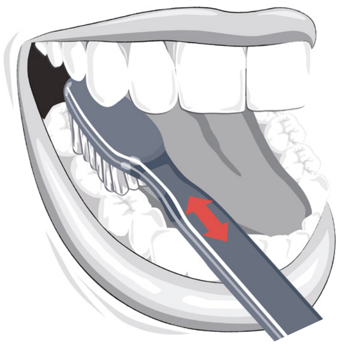
Mara hafi amasegonde 10 ku buri ryinyo mbere yo kuja kurikurikira. Subiramwo gushika amenyo yose yo hejuru n'ayo hasi akeye.

4 Imyanya y'imbere

Bandanya uzengurusa uburoso nk'ukora utuziga kwoza imyanya y'imbere y'amenyo yo hejuru n'ayo hasi.

5 Imyanya yo kurumiraho

Cishaho uburoso ugana inyuma n'imbere kwoza amenyo yo hejuru n'ayo hasi.



6 Borosa ururimi

Borosa uva inyuma ugana imbere gukura imyanda ifata, ishobora gutuma umwuka unuka nabi.

Kuzindi nkuru turagusavye uyage na muganga wawe w'amenyo

Wipfuza izindi nkuru canke gutanga iciyumviro ciwawe?

Uru rwandiko rushobora kuboneka muri formats zubundi bwoko nka braille, audio tape canke muburyo bwa elektroniki bisabwe.

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Ishusho izo arizo zose zikoreshejwe muri uru rwandiko nikubera gutanga akarorero gusa, kubera ko ziratanzwe nk'ubuyobozi muri rusange.

CONSUMER REVIEWED

HealthyWA Health information for Western Australians

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