

Adeegyada Caafimaadka Dadweynaha ee Aagga Dhexe

Caafimaadka Dadweynuhu waxaa uu bixiyaa adeegyo iyo agabyo kor u qaada caafimaadka kana hortagaya faafidda cudurrada ee bulshooyinkeenna. Adeegyadayadu waxay ka bilaawdaan dhalmada ka hor waxayna sii wadaan inta aad nooshahay. Adeegyada waxaa lagu bixiyaa guryaha, dugsiyada, bulshada iyo Xafiiska Caafimaadka Dadweynaha ee Dartmouth. **Dhammaan adeegyadu waa bilaash, turjubaanna waa diyaar.**

Nagala soo xidhiidh:

 902-481-5800

 [www.nshealth.ca/
Public-Health](http://www.nshealth.ca/Public-Health)



Adeegyada Iskuulada

Barnaamijka Fluoride Varnish

Fluoride waa badbaado, macdan dabiici ah oo ka caawisa inay ilkaha ka dhigaan kuwo xoog badan kana ilaaliya godadka. Caafimaadka Dadweynuhu wuxuu bixiyaa barnaamijka Fluoride Varnish ee bilaashka ah ee dugsiyada hoose qaarkood si looga caawiyo ka hortagga suuska iligga ee carruurta. Barnaamijka, Nadiifiyaha Ilkaha wuxuu ka saarayaa fluoride ilkaha ardayda. Haddii ilmahaagu dhigto dugsi leh barnaamijkan, macalinkoodu wuxuu ku siin doonaa macluumaad dheeraad ah.

 902-481-5800 ext. 4  www.nshealth.ca/PHOralHealth

Barnaamijka Talaalka Dugsiga

Caafimaadka Dadweynuhu wuxuu kala shaqeeyaa dugsiyada si ay u siiyaan tallaalo bilaash ah, oo joogto ah ardayda Fasalka 7 inta lagu jiro sannad dugsiyeedka. Haddii ardaygu seego tallaalkooda, waxay weli ku heli karaan bilaash ilaa ay ka gaarayaan 19 jir iyagoo wacaya Caafimaadka Dadweynaha si ay ballan u qabsadaan.

 902-481-4956  www.nshealth.ca/school-immunization-program

Xarumaha Caafimaadka Dhalinyarada

Xarumaha Caafimaadka Dhallinyarada (YHC) waa goobo ammaan ah, soo dhawayn iyo taageero leh halkaas oo ardaydu ay ka heli karaan taageerada shakhsi ahaaneed iyagoo u maraya wada hadal qarsoodi ah oo lala yeesho Isku-duwaha Xarunta Caafimaadka Dhallinyarada (YHCC). YHCC waxaa laga yaabaa inay bixiso taageerada caafimaadka dhimirka, maareynta niyad kaca ama welwelka iyo la qabsigooda, waxayna ka caawisaa ardayda inay helaan taageerooyinka iyo adeegyada kale ee dugsiya, bulshada ama nidaamka caafimaadka, haddii loo baahdo.

YHCC waxay kaloo la shaqaysaa dhalinyarada iyo hogaamiyayaasha kale ee dugsiga si ay u taageeraan bay'ada dugsiga caafimaadka qaba oo ay u abuuraan fursado fayoobid, sida naadiyada iyo dhacdooyinka dugsiga.

YHC's waxay ku yaalaan dhammaan dugsiyada sare iyo qaar ka mid ah dugsiyada sare. U tag YHC dugsigaaga si aad wax badan u barato.

 902-481-5800  www.nshealth.ca/health-promoting-schools

Adeegyada Caafimaadka Dadweynaha ee Aagga Dhexe

Dhammaan adeegyadu waa bilaash, turjubaanna waa diyaar.



Adeegyada Guryaha iyo Bulshada

Sanadaha Hore

Markaad ku xidhanto barnaamijka Sanadaha Hore, Kalkaaliyaha Caafimaadka Dadwaynaha ayaa kala shaqayn doona qoyskaaga si ay u bixiyaan taageero sida ugu fiican u dabooli doonta baahiyahaaga. Tan waxa ku jiri kara taageeridda korriinka caafimaadka qaba iyo korriinka ilmahaaga, taageerada naasnuujinta/ quudinta dhallaanka, taageerada caafimaadka dhimirka ama ku xidhidhiyaha caafimaadka iyo adeegyada bulshada kale.



902-481-4967



www.nshealth.ca/Pregnancy-Supports | www.nshealth.ca/Parenting-Supports

Rugaha Talaalka Carruurta

Caafimaadka Dadweynuhu wuxuu bixiyaa Rugaha Talaalka Carruurnimada ee xafiiskayaga Dartmouth toddobaadkii hal mar. Waxaan bixinaa tallaalo bilaash ah, caadi ah oo loogu talagalay carruurta aan haysan daryeel bixiye aasaasiga ah.



902-481-4956



www.nshealth.ca/public-health-immunization-clinics

Gawaarida Qalabeysan ee Caafimaadka Bulshada

Adeeggan guurguura wuxuu u socdaalaa bulshooyinka si uu u bixiyo tallaalo, baaritaan, iyo socdaal daryeel caafimaad. Waxay inta badan la shaqeeyaan ururada sida YMCA iyo maktabadaha maxalliga ah si ay u bixiyaan rugaha caafimaadka meelaha la yaqaan oo u dhow guriga.



www.nshealth.ca/PHMU

Kahortagga iyo Xakamaynta Cudurada la isqaadsiyo

Marka la ogaado cudur faafa, Caafimaadka Dadweynuhu wuxuu la shaqeeyaa shakhsiyaadka iyo la-hawlgalayaasha si loo yareeyo ku faafitaanka bulshada, oo ay ku jiraan xannaanooyinka, dugsiyada iyo goobaha shaqada. Caafimaadka Dadweynuhu waxaa laga yaabaa inay aqoonsato dadka soo gaadhay, la xidhiidh si ay u siiyaan tilmaamo una diyaariyaan baadhitaan iyo dawooyin.



902-481-5824 (please leave a message)



www.nshealth.ca/infectious-diseases

La xidhiidh caafimaadka Bulshada ee Aagga Dhexe:



902-481-5800



www.nshealth.ca/Public-Health