

RIKOD BLONG BRASEM TUT BLONG MI



...mí save brasem tut evrí taem

Gudfala Tut Skul



- ✓ Brasem Gud
- ✓ Kakae Gud
- ✓ Dring Gud



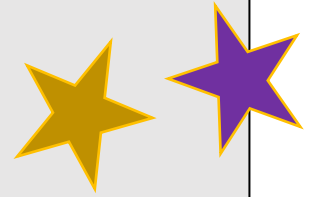
An initiative of the Vanuatu Ministry of Health, Directorate of Public Health, **Integrated Oral Health, Eye Care and ENT Unit**, conducted in partnership with PCV Health (www.pcvhealth.org)
Presbyterian Church of Vanuatu Health Program





Dia papa mo mama,

Welkam lo Gudfala Tut Skul Projek



Emi impoten blong pikinini I lanem blong brasem tut evri dei taem hemi smol (yang) yet. Emia emi gudfala taem blong mekem fasin blong brasem tut ikam wan nomal fasin long laef blong pikinini. Sapos pikinini ino stap brasem tut oltaem mo taem I kasem 15 yia bai I faenem I had blong tingbaot blong brasem tut evri dei taem hemi bigwan.

“Gudfala tut skul projek” ikam blong helpem pikinini blong yu I lanem ol impoten samting long saed long helt blong maot mo hao blong blokem tut ino save roten. Helt blong maot i impoten semak long generel helt. Roten tut I save kontribiut iko long ol nara sik olsem sik blong hat, strok, sik suka mo pikinini I bunbun. Hemia emi trifala impoten mesej blong gat gudfala helti maot:



1. **BRASEM GUD** – Emi impoten blong brasem tut long 2 minit wetem wan tutpeis we igat fluoride, 2 taem long wan dei. Taem yu usum tutpeis blong brasem tut emi tekemaot ol bebet we I mekem tut I roten mo fluoride I mekem ol tut I strong. Ol gams oli helti taem yu stap bras oltaem. Sapos yu no stap brasem ol gams blong yu bai blad i kamaot oltaem. Ol tut oli muvmuv mo bai save foldaon. Sik blong gam emi mekem maot I smel nogud.



2. **KAKAE GUD** – Kivim helti kakae long pikinini blong yu mo no kivim tumas swit kakae olsem loli, jokolet, biskit mo cake. Kakae we ikat plante suka long em I save kivim tu ol nara sik long bodi so I gud yu kivim wan wan taem nomo.



3. **DRING GUD** – Wota emi nambawan. Emi impoten blong dring enaf wota blong mekem maot ino drae No dring ol dring we I swit olsem Frut Jus, Pepsi, Coca cola mo Breaka. Plante long ol dring ia I gat tumas suka long em. Pepsi mo Coca Cola I gat acid tu long em we I mekem tut I ko sopsop.



Yu save kivim ol presen blong ol swit kakae long ol pikinini blong yu? *Ansa hemi “Yes”* be ino minim se evridei yu kivim olgeta swit samting blong kakae. Traem blong no kivim swit kakae bitwin ol mein taem blong kakae. Sapos pikinini hemi hangre afta long ol mein taem blong kakae, enkarejem olgeta blong oli kakae ol helti kakae olsem ol fres frut. U no mas kivim any swit o sof drings bitwin ol mein taem blong kakae

Tinkabaot se ol pikinini oli lanem samting long ol papa mo mama blong olgeta. Sapos yu stap brasem tut blong yu long hao bai pikinini blong yu tu I folem sem fasin blong brasem tut oltaem mo famli blong yu I save kam “Gudfala Tut Famli”.

DIRECTORATE OF PUBLIC HEALTH, Integrated Oral Health, Eye Care and ENT Unit,



Fasin blong usum buk ia:

Remaendem pikinini blong yu blong brasem tut tu taem long wan dei. Taem pikinini blong yu I brasem tut long hao bai yu putum wan ‘✓’ insaed long box long dei we I brasem tut.

Fasin blong usum buk ia:
 Taem pikinini blong yu i brasem tut long
 haos bai yu putum wan '✓' insaed long box
 long dei we i brasem tut.



August 2019

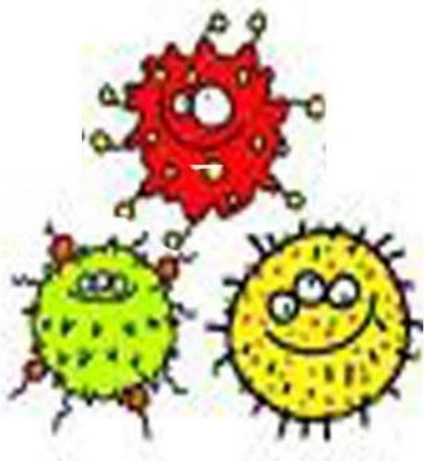
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

STORI BLONG ROTEN TUT



September 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



BEBET hem i stap insaet long maot oltaem. Hem i save kakae suga mo i sitsit lo hem. Sapos yu no brasem tut blong yu, bai plante bebet i kakae lo ol suka ia moa bae i save sitsit plante. Sitsit blo ol bebet ia nao I mekem tut blong yu i nogud.



October 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



RABIS KAKAE emi ol kakae olsem bisket, kek, jam o hani, swit juing gam, loli, jokolet, mo dring olsem lemonad, Coca Cola, o narafala jus we i gat plante suga long hem. Ol bebet we oli stap insaed long maot oli laekem ol rabis kakae ia tumas.



November 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
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25	26	27	28	29	30	



TAEM – sapos yu no brasem tut tu o mo taem long wan dei mo kakae tumas rabis kakae plante taem, ol tut blong yu bai i roten hariap. I orait blong kakae rabis kakae samtaem nomo, olsem tu o tri taem long wan wik be I nogud tumas blong kakae tu o mo taem long wan dei.



December 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

GUDFALA TUT



- **Brasem gud** – yu brasem tut wetem tutpeist we i gat fluraed long hem evritaem tu o mo taem long wan dei.
- **Kakae gud** – yu jusem helti kakae olsem lokal frut, pinat etc. Yu no kakae tumas swit kakae plante taem.
- **Dring gud** – dring plante wota. Yu no dring lemonad, Coca Cola, o nara jus we i gat plante suga long hem.





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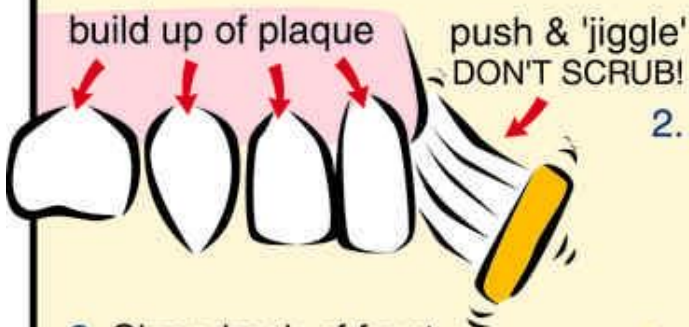


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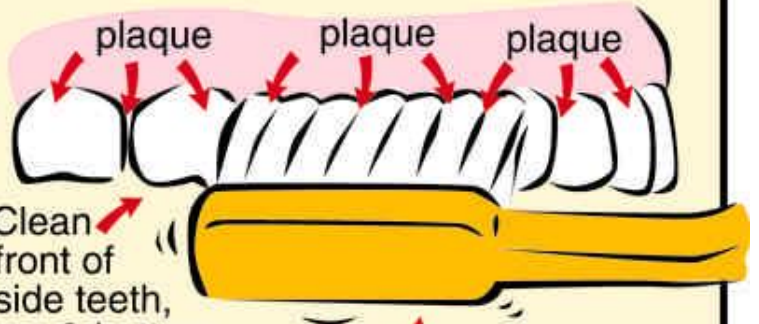


Toothbrushing action: Use short 'jiggle' strokes up and down, side to side. It is important to clean UNDER THE GUMS where plaque can accumulate.

1. Clean front of front teeth top & bottom



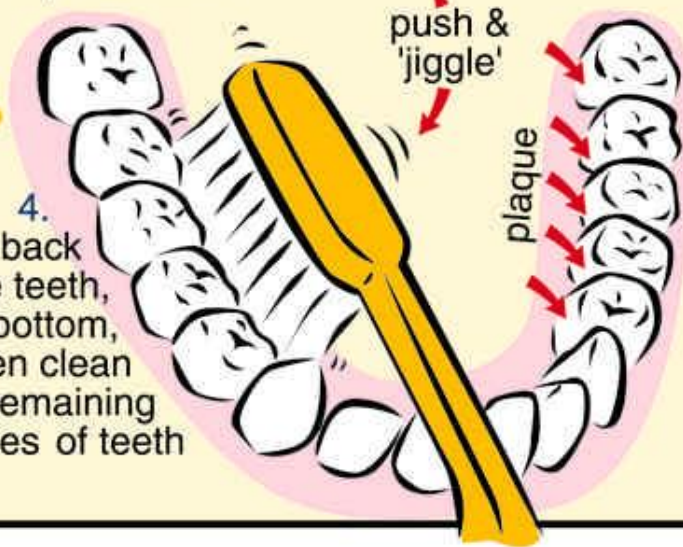
2. Clean front of side teeth, top & bottom



3. Clean back of front teeth, top & bottom



4. Clean back of side teeth, top & bottom, then clean remaining surfaces of teeth



Gudfala Tut Skul Projek

Vanuatu Ministry of Health

Directorate of Public Health, Integrated Oral Health, Eye Care and ENT Unit



Gudfala
Tut
Skul

