

YUAV UA LI CAS COV MENYUAM YAUS THIAJ LI YUAV TSIS RAUG ASTHMA?

Tsis muaj ib yam dabtsi yuav pab kom txhob raug asthma. Tej yam koj yuav pab tau koj tus menyuam kom txhob raug asthma, tshwj xeeb ntawm thawj lub xyoo uas yug tau los, yog:

- Tsis txhob haus luam yeeb hauv tsev!
- Tu vaj tse kom huv
- Tsis txhob pub miv thiab dev los hauv koj tus menyuam chav pw.
- Pub leejniam mis rau noj kom ntev li ntev tau.

Leejniam cov kua mis zoo dua cov mis qhuav uas tov, thiab yuav pab ncuu kom ntev tsis txhob mob lossis kom txhob raug kab mob asthma.

MUAJ KEV PAB TAU MOB ASTHMA THIAB TSWJ TAU TUS MOB

Yog koj xav hais tias koj tus menyuam muaj mob asthma, thov ntsib koj tus kws kho mob. Koj tswj tau kev mob asthma yog koj tsis txhob ua tej yam uas yooj yim raug tus kab mob asthma thiab noj tej tshuaj kom raws li koj tus kws kho mob qhia. Tsuas noj cov tshuaj uas koj tus kws kho mob muab rau koj xwb.

Yog xav paub ntxiv hauv Internet txog asthma, thov xyuas:

www.cdc.gov/asthma

www.lungusa.com

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Cov lus qhia ntawm no yog muab los ntawm cov ntaub ntawv sau nyob rau hauv:

*Qhov Chaw Ceev Kab Mob
(Centers for Disease Control)*

*Koomhawv Saib Kev Mob Ntsws
(The American Lung Association)*

*Hoobkas Saib Kev Noj Qab Nyob Zoo
Ntawm Cov Neeg Txawv Tebchaws
(The Office of Minority Health)*

*Koomhawv Ntawm Cov Khws Kho Mob
(The American Academy of Family Physicians)*

*Hoobkas Saib Kev Noj Qab Nyob Zoo
Ntawm Lub Xeev New York
(New York State Department of Health)*

*Daim ntawv qhia no tsim thiab tshwm nyiaj pab los
ntawm Department of Health and Human Services
Office of Refugee Resettlement.*

KEV TIVTAUJ:

riht@uscridc.org

**U.S. Committee for Refugees and
Immigrants**

**1717 Massachusetts Ave., NW
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www.refugees.org



Asthma Yog Dabtsi?

What is Asthma?

(Hmong)



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Upholding Freedom since 1911*

ASTHMA YOG DABTSI?

Asthma yog ib tus kab mob uas ua kom ua tsis taus pa zoo. Muaj ib co leeg nyob rau hauv peb lub cev uas xa cua mus rau lub ntsws. Tus kab mob asthma yog ua rau cov leeg no o, ua kom ua tsis taus pa. Tsis muaj ib yam dabtsi yuav kho tau asthma, tabsis muaj tshuaj pab kom tus mob yau mus thiab tej thaum pab tau kom tsis txhob raug tus mob.

TUS KAB MOB ASTHMA TXAWV DUA LI UA DAUS NO (COLDS), TAU KHAUB THUAS (THE FLU), MOB NTSWS (BRONCHITIS), THIAB MOB NTSWS UAS YOG MUAJ HNOOS QEEV (PNEUMONIA)

Asthma tsis yog raug los ntawm kab mob uas txawj kis thiab yuav kis tsis tau ntawm ib tug neeg mus rau lwm tus. Tsis muaj ib yam dabtsi yuav kho tau asthma, tabsis muaj tshuaj pab kom tsis txhob raug, lossis pab thaum lub sijhawm uas tus kab mob asthma huam tuaj.

YAM DABTSI THIAJ UA RAU KOM MOB ASTHMA?

Tej yam uas yuav ua rau kom mob Asthma nyias kuj txawm lawm nyias. Feem ntau yam uas yuav ua rau mob asthma yog:

- plua tshauv,
- cov hmoov ntawm tej paj xyob paj ntoos,
- tsiaj tej plaub,
- kablaum,
- khaub thuas,
- tej cua tsis zoo uas yog los ntawm kev haus luamyeeb, thiab pa tsheb,

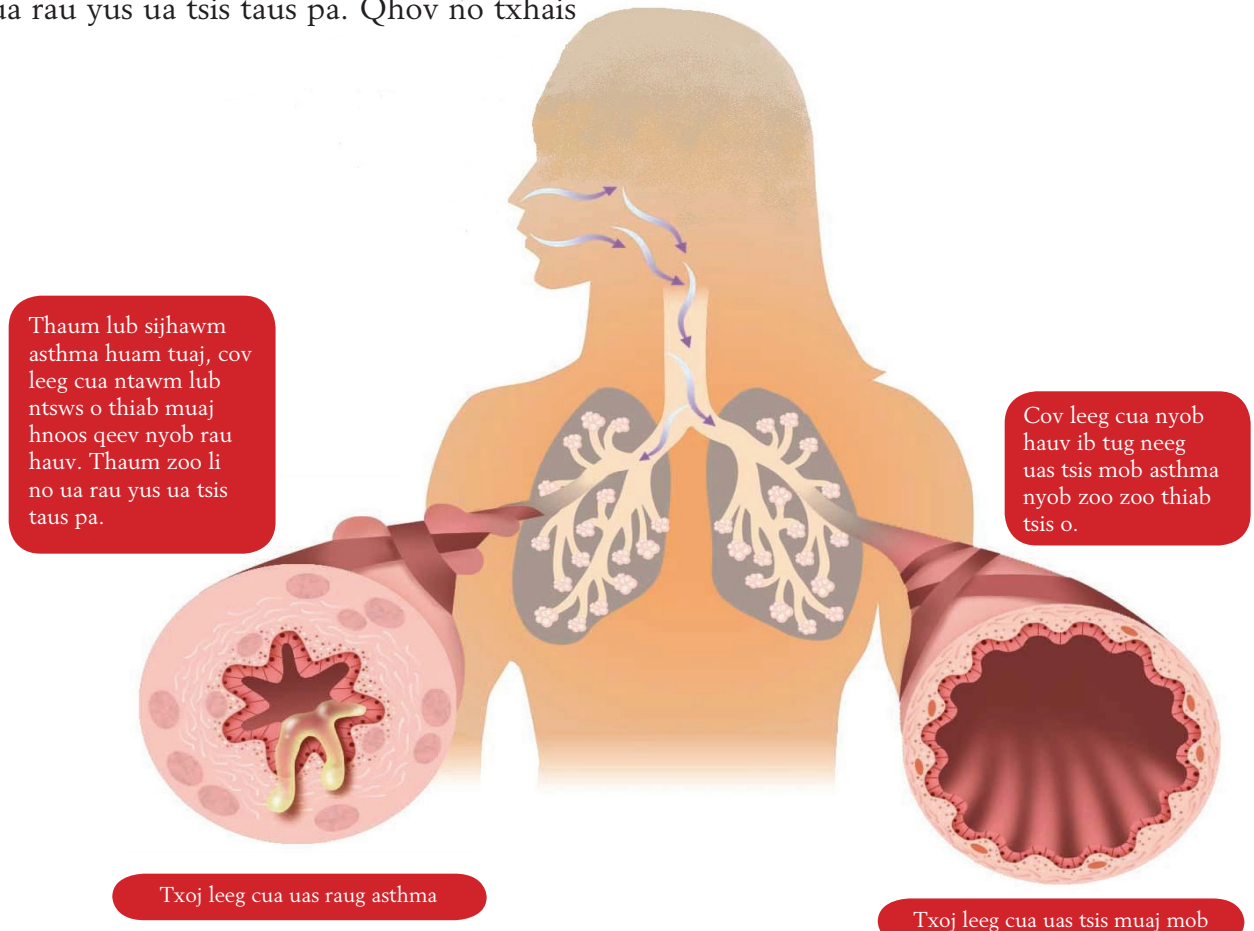
- tshuaj ntxuav ub no thiab tej tshuaj tsw qab
- kabmob,
- huab cua no thiab cua hlob, thiab
- Ua heev lossis sib zog ua evxawsxais (qhov no txhais tsis tau hais tias cov neeg uas mob asthma ua tsis tau evxawsxais).

hais tias yog huam. Yog koj tus menyuam muaj cov teebmeem li nram no ces tej zaum yog nws muaj asthma:

- ua pa nrov nrov hnoos qeev,
- ua pa luv luv,
- hauv siab nruj nruj, lossis
- hnoos thaum yav tsaus ntuj lossis sawv ntxov.

YAM TSHWM SIM QHIA HAIS TIAS YOG ASTHMA

Tej lub sijhawm Asthma cia li huam sai sai ua rau yus ua tsis taus pa. Qhov no txhais



qab rog mayonnaise, ntsev, khoom kib, ka lee, sherbet, thiab dej qab zib uas koj tsev neeg noj thiab haus.

- Sim tsis txhob noj tej yam khoom uas muaj muaj roj xws li khoom qab zib pastries, cov ncuav biscuits, lossis cov ncuav muffins.

Lwm txoj kev ua kom ib pluas mov zoo noj dua rau lub cev:

- Noj cov nplej uas luag tau muab puab los ua nplev thiab ceral xws li cov nplej xim av uas luag tsis tau muab tshuaj los zawv xim tawm thiab cov mov xim av.
- Noj cov txiv hmab txiv ntoo thiab zaub uas nyuam qhuav de tshiab tshiab.
- Yuav cov txiv hmab txiv htoo uas ua ib daig me me thiab tsuas haus cov dej txiv hma txiv ntoo mentsis xwb.
- Thaum koj ua khoom noj txhob siv cov rog, cov roj, lossis cov roj qab rog butter ntau ntau.
- Siv cov roj zaub uas txuag txuag, txhob siv cov roj ua kua, cov roj shortening, cov roj qab rog butter, thiab cov roj qab rog margerine.
- Sim ci hauv qhov cub, ci ze qhov taws, muab txhiab, muab cub, lossis muab ci, kom tsis txhob muab kib.

TIV TAUJ TAU NTAWM:

riht@uscridc.org

Tebchaws Asmesliskas Lub Koos
Haum Pab Cov Neeg Tawg Rog
Thiab Cov Neeg Tsiv Teb Tsaw Chaw
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Tus Xovtooj: 202 • 347 • 3507
Tus xa ntauv fax: 202 • 347 • 7177
www.refugees.org

- Siv cov nqaij uas tsis tshua muaj rog (nqaij qaib, nqaij nyuj ntshiv, lossis nqaij qaib ntxhw)
- Siv cov mis, cheese, thiab yogurt uas tsis muaj rog, lossis cov uas yog 1% xwb.

Kom paub ntxiv txog txoj kev pham pham thaum tseem yau mus saib hauv tshuab hlwb hlau hauv Internet:

American Heart Association
www.americanheart.org

The Centers for Disease Control
and Prevention
www.cdc.gov

The U.S. Department of Agriculture
www.usda.gov

American Diabetes Association
www.diabetes.org

Medline Plus
www.medlineplus.gov

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Cov lus qhia tseem ceeb no yog muab los ntawm ib cov ntauv uas tau raug sau los ntawm:

The U.S. Department of Agriculture

*The Centers for Disease Control
and Prevention (CDC)*

*Georgia State University, Department of
Geography and Anthropology*

American Heart Association

American Obesity Association

*Phau ntauv qhia no tau tsim los ntawm
ib cov nyiaj ntawm lub Koos Haum the
Department of Health and Human Services
Office of Refugee Resettlement*



Pham (Rog) thaum yau (Childhood Obesity) (Hmong)



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Txoj kev pham yog thaum ib tug neeg muaj rog ntau dhau heev lawm. Kev pham ntawm cov menyuam thiab cov hluas yog ib qho teebmeem loj heev. Kev pham muaj cuab kav ua rau ib tug neeg muaj mob mus tag ib sim neej. Kev pham thaum yau muaj cuab kav ua rau ib tug neeg muaj ntshav siab, ua kom leeg paj hlwb tu (mob stroke), los yog ua kom lub plawv nres.

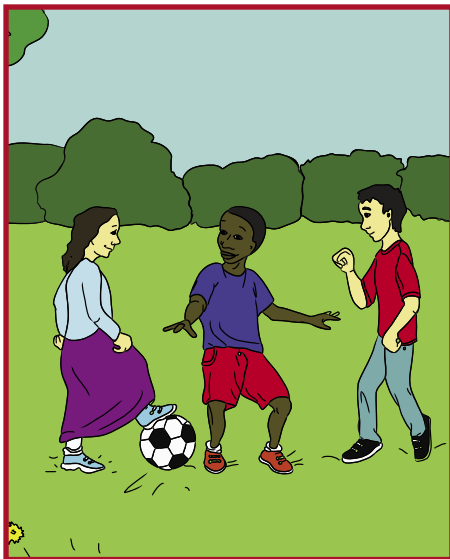
YOG VIM LI CAS COV MENYUAM THIAJ LI PHAM LOSSIS ROG THAUM YAU?

Tej yam uas ua kom cov menyuam pham yog:

- Khiav thiab dhia exercise tsis txaus
- Pheej nyob dawb (xws li pheej saib TV xwb)
- Pheej noj tej yam khoom uas tsis zoo rau lub cev
- Tej niam thiab txiv pheej yuam cov menyuam kom noj mov ntau dhau lawm

KOJ YUAV PAB TAU KOJ TUS MENYUAM KOM NWS TSIS TXHOB PHAM PHAM LI CAS?

Qhia koj tus menyuam txog txoj kev noj tej yam uas zoo rau lub cev thiab qhia kom nws mus khiav thiab dhia exercise thaum nws tseem hluas. Muab txoj kev noj tej yam zoo rau lub cev thiab txoj kev khiav thiab dhia exercise los



ua ib qho tseem ceeb nyob rau hauv koj tsev neeg. Tej txog kev uas yuav pab txhawb nqa lub tswv yim kom noj zoo mov rau lub cev, kev coj lub neej kom txhob nyob dawb, muaj raws li nram qab no.

Nyob rau tej qho chaws uas yuav tsis ua kom kom nyob dawb xwb:

- Nrhiav ib lub sijhawm rau koj tsev neeg kom sawvdaws los sib koom khiav thiab ua si ua ke, xws li mus taug kev, ncaws npas ua ke (los yog pov lub football), lossis mus seev cev ua ke.
- Cia koj cov menyuam mus dhia thiab ua si.
- Koom nrog lwm tsev neeg lossis lwm pab pawg ncaws npas, txawb npas hauv pob tawb, lossis ua si tag.
- Txib kom sawvdaws hauv koj tsev neeg nyias muaj nyias haujlwm xws li cheb tsev lossis txiav nyom.
- Txhawb kom koj tus menyuam sim ua si ib yam sport tshiab pem tsev kawm ntawv lossis hauv koj lub zej zog.
- Hais kom koj tsev neeg tsis txhob saib TV heev heev.
- Ua ib tug qauv zoo rau koj cov menyuam thaum koj kho koj lub neej kom nws pom tias koj yeej ua tej yam li no thiab kom koj thiaj li tsis nyob dawb.

Tsuas yuav cov khoom noj uas zoo rau lub cev los rau hauv lub tsev xwb:

- Tsuas ua tej pluag zoo noj kom muaj txiv hmab txiv ntoo, zaub, thiab nplej.
- Npaj pluas mov ua ke. Tej menyuam yeej zoo siab pab thiab kawm txog txoj kev ua zaub mov uas zoo noj rau hauv lub cev.
- Nrhiav tej sijhawm los noj hmo ua ke.
- Hais kom koj cov menyuam maj mam noj kom lawv lub plab thiaj li muaj sijhawm paub tias nws tsau lawm.
- Tsis txhob ua lwm yam thaum nej tabtom noj mov, xws li saib TV.



- Txhob noj tej yam uas muaj calorie ntau ntau, lossis muaj muaj roj lossis qab qab zib heev xws li qhaub noom, dej qab zib, lossis chips.
- Tsis txhob yuam kom koj cov menyuam noj yog tias nws tsis tshaib plab. Yog tias koj tus menyuam pheej tsis kam noj mov, ces coj nws mus xyuas ib tug kws kho mob.
- Tsis txhob mus noj pem khw ua mov noj tshaj ib zaug ib vas nthiv.
- Tsis txhob muab khoom noj los ua ib yam rau txim lossis ib yam khoom plig rau koj cov menyuam.
- Tsuas muab khoom qab zib mentsis xwb, tsis txhob niaj hnuv muab.

Noj tej yam khoom ua zoo rau lub cev:

- Noj ntau yam khoom uas muaj txiv hmab txiv ntoo thiab zaub.
- Sim tsis txhob noj lossis noj kom tsawg dua ntawm cov khoom li nram no: chips, cookies, khoom qab zib, qhaub noom, roj qab rog butter, roj qab rog margarine, roj

so ntswg thaum koj hnoos thiab txham vim qhov no yuav pab tau kom koj thiaj li tsis mus kis rau lwm tus.

Vim tias tus aws no yog kis los ntawm ib yam uas hu tias virus, cov tshuaj tua kab mob yuav pab tsis tau. Txhua xyoo yog tias koj mus txhaj koob tshuaj tiv thaiv mob aws no (pib txhaj tau thaum lub kaum hli ntuj) yuav pab tau kom koj tsis txhob kis tus aws. Peb toobkas kom cov neeg raws li nram no mus txhaj koob tshuaj no:

- Cov neeg uas muaj 65 xyoo rov saud,
- Cov neeg uas nyob pem tsev laus,
- Cov neeg uas muaj rau lub hlis thiab cov uas rov saud uas muaj mob xws li asthmas (ua tsis tshua taus pa) lossis mob lwm yam xws li HIV lossis mob plawv, thiab
- Cov neeg uas nyob nrog cov neeg muaj mob thiab cov neeg laus.

Kom nrhiav tau ib lub chaw txhaj tshuaj tiv thaiv mob aws thov mus saib:

www.flucliniclocator.org

Kom paub ntxiv txog kev mob khaub thusa thiab mob aws hauv vas (Internet), mus saib:

The U.S. Food and Drug Administration
www.fda.gov

American Lung Association
www.lungusa.org

The Nemours Foundation's Center for Children's Health Media
www.kidshealth.org

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Cov lus qhia tseem ceeb no yog muab los ntawm ib cov ntauv uas tau raug sau los ntawm:

The U.S. Food and Drug Administration

The American Lung Association

The Nemours Foundation's Center for Children's Health Media

TIV TAUJ TAU NTAWM:

riht@uscridc.org

Tebchaws Asmesliskas Lub Koos
Haum Pab Cov Neeg Tawg Rog
Thiab Cov Neeg Tsiv Teb Tsaw Chaw
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www.refugees.org

Phau ntauv qhia no tau tsim los ntawm ib cov nyiaj ntawm lub Koos Haum the Department of Health and Human Services Office of Refugee Resettlement.



Mob Khaub Thusa Thiab Mob Aws (Cold and Flu) (Hmong)



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MOB KHAUB THUAS

MOB KHAUB THUAS YOG DAB TSI?

Mob khaub thuas yog kiv los ntawm ib cov kab mob hu ua viruses uas nyob rau ntawm huab cua thiab ntawm cov neeg uas mob khaub thuas. Mob khaub thuas feem ntau tshwm sim thaum lub caij ntuj no.

MOB KHAUB THUAS YOG MOB LI CAS?

Thaum nyuam qhuav pib mob khaub thuas, nws yuav pib khaus mentsis rau ntawm caj pas. Cov neeg uas mob khaub thuas feem ntau nyuaj rau lawv ua pa, txhaws txhaws ntswg, hnoos hnoos, txham, thiab los los ntswg.

LEEJ TWG THIAJ LI MOB KHAUB THUAS THIAB NWS YUAV MOB HOV NTEV?

Mob khaub tsawg tsawg li thiaj li yuav mob tshaj ob lus vas nthiv thiab feem ntau nws yeej tsis mob luaj twg. Cov laus feem ntau mob ob zaug tauj ib lub xyoos. Cov menyuam yaus muaj cuab kav mob txog li ntawm yim zaug tauj ib lub xyoos.

KUV YUAV UA LI CAS KUV THIAJ LI UA KOM KUV TUS KHAUB THUAS PLOJ?

Qhov uas koj ua los pab thaum koj mob khaub thuas ces yog pw ntau ntau thiab haus kua ntau ntau. Tej tshuaj uas koj mus yuav pem tej khw muaj cuab kav pab kom koj tus mob ntaug mentsis tiamsis tus khaub thuas nws yeej txawj ploj nws txawm tias koj tsis siv tshuaj. Tsis txhob siv tshuaj tua kab mob thaum koj mob khaub thuas. Cov tshuaj tua kab mob yuav pab tsis tau kom koj tus khaub thuas ploj mus. Khaub yog kis los ntawm ib cov hu ua viruses thiab cov tshuaj tua kab mob tsuas tua cov bacteria xwb, tsis tua viruses.

KUV YUAV UA LI CAS THIAJ LI PAB TAU KUV TUS MENYUAM UAS MOB KHAUB THUAS?

Ib tug menyuam uas mob khaub thuas yuav tsum pw kom ntau thiab haus kua kom ntau. Yog tias koj muab tshuaj yuav pem khw rau koj tus menyuam, koj yuav tsum nyeem cov ntawv qhia siv thiab ua raws nraim li cov ntawv hais.

KUV YUAV UA LI CAS KOM KUV THIAJ LI TSIIS MOB KHAUB THUAS?

Txoj kev zoo tshaj ces yog kom koj ntxuav koj txhais tes kom ntau thiab caiv tsis txhob kov koj ob lub qhov muag, qhov ntswg, thiab qhov ncauj. Txhob nyob ze cov neeg uas mob khaub thuas vim tias khaub tuas kis thaum lwm tus uas mob hnoos thiab txham. Siv ib daim ntau sov ntswg thaum koj hnoos thiab thaum ko txham vim tias qhov no yuav pab tau kom koj tsis txhob kis rau lwm tus. Tsis txhob sib koom siv tib lub khov, tib rab riam, thiab tib rab diav rawg nrog lwm tus uas mob khaub thuas. Siv tshuaj ntxhuav tsev los tua cov kab mob ntawm rooj, tes qhov rooj, thiab lub xovtooj.

MOB AWS (INFLUENZA)

MOB AWS YOG DAB TSI?

Tus mob aws yog ib yam kev mob uas kis los ntawm ib co hu ua viruses.

Thaum ib tug mob aws nws mob xws li ib tug uas mob khaub thuas tiamsis mob loj dua, thiab muaj cuab kav kub ib ce, mob ib ce, thiab ua rau nws sab sab

hev. Mob aws feem ntau yeej tsis mob tshaj ob lub vasthiv.

KUV YUAV UA LI CAS KUV THIAJ LI UA KOM KUV TUS AWS PLOJ MUS?

Qhov uas koj ua tau kom pab tshaj thaum koj mob aws ces yog pw ntau ntau thiab haus kua ntau ntau. Nws muaj cov tshuaj uas koj yuav tau pem khw uas yuav pab kom tus mob yuav ntaug mentsis.

KUV YUAV UA LI CAS THIAJ LI PAB TAU KUV TUS MENYUAM UAS MOB AWS?

Ib tug menyuam uas mob aws yuav tsum pw kom ntau ntau thiab haus kua kom ntau ntau. Cov menyuam uas mob xws li mob aws yuav tsum mus ntsib ib tug kws kho mob yog tias muaj cov neeg hauv koj ib zej zog uas mob aws thiab.

KUV YUAV UA LI CAS KOM KUV THIAJ LI TSIIS MOB AWS?

Ntxuav koj ob txhais tes thiab tsis txhob nyob nrog cov neeg uas mob aws. Siv ib daim ntau



- Ua npaws thiab no no
- Mob hauv siab
- Ua tsis taus pa zoo
- Lwm yam mob ntxiv yog mob tobhau, tsis qab los noj mov, thiab nkees heev.

Muaj ib txhia mob muaj hnoos qeev (pneumonia) ces txhaj cov tshuaj kom txhob muaj hnoos qeev (pneumonia vaccine) xwb yeej pab tau kom zoo lawm. Koob tshuaj txhaj kom txhob muaj hnoos qeev no tsuas txhaj ib zaug xwb, thiab tsis yog yuav txhaj txhua xyoo li koob uas txhaj kom txhob tau khaub thuas (flu vaccine). Yog koj xav hais tias tej zaum koj muaj hnoos qeev, thov ntsib koj tus kws kho mob sai.

YUAV KOM TXHOB MOB NTSWS, TAU KHAUB THUAS, THIAB NTSWS TXHOB MUAJ HNOOS QEEV...

- Ntxuav koj txais tes txhua lub sijhawm
- Yuav tau mus txhaj tshuaj
- Tsis txhob kov cov neeg uas tau khaub thuas
- Tsis txhob mus ua haujlwm thiab mus kawm ntawv yog koj tau khaub thuas es thiaj li tsis kis mob rau lwm tus
- Muab daim ntaub so ntswg los npog koj lub qhov ntswg thiab qhov ncauj thaum koj hnoos lossis txham
- Noj txiv hmab thiab zaub, thiab so kom txaus txaus
- Ntxuav koj txais tes ua ntej yuav kov koj lub qhov muag, qhov ntswg, thiab qhov ncauj
- Tsis txhob pub koj lub tsev muaj plua tshauv

Yog xav paub ntxiv hauv Internet txog mob ntsws, khaub thuas, thiab muaj hnoos qeev, thov xyuas:

www.lungusa.org
 www.cdc.gov
 www.kidshealth.org



Cov lus qhia ntawm no yog muab los ntawm cov ntaub ntawv sau nyob rau hauv:

*Qhov Chaw Ceev Kab Mob
 (Centers for Disease Control)*

The American Lung Association

The Iowa Department of Public Health

San Antonio Community Hospital.

New York State Department of Health

The Nemours Foundation

Daim ntawv qhia no tsim thiab tshwm nyiaj pab los ntawm Department of Health and Human Services Office of Refugee Resettlement.

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 www.refugees.org



Cov Kab Mob Uas Tim Lub Ntsws

Mob Ntsws, Raug Khaub Thuas thiab Lub Ntsws Muaj Hnoov Qeev

Common Respiratory Illnesses (Hmong)



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VIM LI CAS KUV THIAJ LI YUAV TSUM TXHAWJ TXOG COV KAB MOB UAS YOG TIM LUB NTSWS?

Nyob rau hauv lub tebchaws United States, cov kab mob uas yog tim lub ntsws mob rau lub caij ntuj no. Cov kab mob no tej zaum kuj ua rau koj mob hanyav. Ib txhia cov kab mob no kuj txov tau menyuam yaus thiab cov laus laus txoj sia.

MOB NTSWS YOG LI CAS?

Mob ntsws yog muaj hnoos qeev nyob rau txoj hlab pas mus rau tom lub ntsws, thiab ua rau tus neeg ua tsis taus pa zoo.

Tej yam qhia hais tias mob ntsws yog:

- Hnoos tau hnoos qeev
- Mob tobhau
- Ua npaws
- Ua tsis taus pa zoo
- No no

Mob ntsws “huam sai” (“Acute bronchitis”) yog mob thaum tau khaub thuas hanyav lossis mob cov kab mob uas tim rau lub ntsws. Qhov kab mob uas yog huam sai li no haus dej kom ntau thiab so txaus txaus xwb ces yuav zoo mus. Tsis muaj tshuaj txhaj kom qhov kev mob ntsws li no zoo tu qab lossis tsis txhob mob li. Tsuas muaj tshuaj pab kom tus neeg uas mob ntsws zoo thiab nyob taus xwb. Yog qhov uas mob ntsws no mob ntev tshaj li peb lub hlis thiab ntev tshaj li 2 xyoos lawm ces yog hu tau hais tias “mob ntsws ntev” (“chronic bronchitis”). Mob ntsws ntev yog raug los ntawm haus luam yeeb lossis ua haujlwm nyob rau tej thaj tsam uas muaj plua tshauv. Tib txog kev uas yuav pab tau kom zoo ces tsis txhob haus luam

yeeb thiab tsis txhob ua haujlwm nyob rau tej chaw uas muaj plua tshauv xwb.

Yog koj xav hais tias koj mob ntsws thov mus ntsib koj tus kws kho mob kom pab kho koj thiab muab tswv yim.

KHAUB THUAS YOG LI CAS?

Khaub thuas lossis “flu” yog mob los ntawm ib co kab mob uas mob rau lub qhov ntswg, caj pas thiab lub ntsws. Tej yam qhia hais tias tau khaub thuas yog:

- ua npaws kub heev,
- mob tobhau,
- nkees nkees heev,
- hnoos tsis muaj hnoos qeev,
- mob caj pas,
- los ntswg lossis txhaws ntswg
- xeev siab, ntuav, lossis raws plab,
- mob leeg, thiab
- mob ib ce.



Khaub thuas yog kis ntawm ib tug neeg mus rau lwm tus los ntawm qhov hnoos thiab txham. Muaj ib txhia neeg raug khaub thuas hanyav heev thiab qee zaum kuj tau tas sim neej thiab. Cov neeg zoo li no yog:

- menyuam mos hnuv nyoog muaj hlis mus rau xyoo,
- cov pojniam uas xeeb tub,
- cov neeg uas muaj hnuv nyoog 50 xyoo thiab laus dua no,
- cov neeg uas mob HIV/AIDS, hawb pob ua tsis taus pa, mob ntsws, mob raum lossis mob plawv.

Qhov zoo tshaj kom tsis txhob tau khaub thuas yog mus txhaj tshuaj. Feem ntau cov tau khaub thuas yog tau rau lub Kaumobhliis thiab lub Ibhlis, yog li zoo yuav tau txhaj tshuaj nyob rau lub Kaumhli lossis Kaumibhlis.

Cov menyuam mos uas muaj rau hli lossis yau dua tseem mos hwv tsis zoo txhaj tshuaj, yog li ntawd leejniam thiab tsevneeg txhua tus yuav tsum mus txhaj tshuaj thiaj kis tsis tau kab mob rau tus menyuam mos. Yog koj xav hais tias koj tau khaub thuas thov mus ntsib koj tus kws kho mob kom sai.

LUB NTSWS MUAJ HNOOS QEEV YOG LI CAS?

Lub ntsws muaj hnoos qeev kuj zoo sib thooj li tau khaub thuas thiab, tabsis yog lub ntsws muaj mob lawm. Qhov mob ntsws li no kuj txov tau menyuam mos, cov laus laus, cov mob HIV/AIDS, thiab cov uas mob hanyav txoj sia.

Tej yam qhia hais tias ntsws muaj hnoos qeev yog:

- Hnoos tau hnoos qeev

PAB KOJ COV MENYUAM TU LAWV COV HNIIV KOM ZOO

Menyuam muaj hniav kab noj yuav muaj teebmeem rau yav tom ntej, thiab tej zaum yuav muaj hniav uas tuaj tsis ncaj.

Nco ntsoov:

1. Pub leejniam mis rau koj tus menyuam mos noj ntawm thawj lub xyoos.
2. Coj koj tus menyuam mus ntsib kws kho hniav thaum nws muaj hnuv nyoog ib xyoos.
3. Muab tshuaj txhuam hniav maj mam txhuam koj tus menyuam cov hniav.
4. Tsis txhob pub koj tus menyuam haus pesxij, kua txiv hmab uas npau npua, lossis lwm yam kua txiv hmab qhuav uas muab tov.
5. Tsuas muab cov kua txiv hmab 100% tseem tov dej rau hauv lub khob rau koj tus menyuam haus xwb—tsis yog tso rau hauv lub taub mis.

Cov duab nyob hauv daim ntawv qhia no yog muab los ntawm The Hesperian Foundation

Yog koj xav paub ntxiv hauv Internet txog kev pab koj cov hniav koj zoo, thov xyuas:

www.healthyteeth.org

www.hesperian.org

• • •

*Cov lus qhia ntawm no yog muab los ntawm
cov ntaub ntawv sau nyob rau hauv:*

*Australian Research Center for
Population Oral Health*

California Department of Health Services

Federal Citizen Information Center

*Daim ntawv qhia no tsim thiab tshwm nyiaj pab
los ntawm Department of Health and Human
Services Office of Refugee Resettlement.*

KEY TIVTAUJ:

riht@uscridc.org

**U.S. Committee for Refugees and
Immigrants**

**1717 Massachusetts Ave., NW
Suite 200**

Washington, DC 20036

Xovtooj: 202 • 347 • 3507

Fax: 202 • 347 • 7177

www.refugees.org



**Tu Kom Koj Cov
Hniav Zoo**
**Keeping Your Teeth Healthy
(Hmong)**



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

CEEV KOM ZOO TSEEM CEEB HEEV

Ceev kom zoo yog ua kom tsis txhob mob hniav thiab kab txhob noj hniav ua ntej yuav mob. Kho hniav kab noj lossis txua hniav tshiab siv nyiaj ntau heev nyob rau hauv lub tebchaws US. Yog li ceev kom tsis txhob mob zoo dua li mob es koj mus kho.

KEV YUAV PAB CEEV KOM TSIIS TXHOB MOB POS HNIIV THIAB HNIIV KAB NOJ.

Muaj ntau yam kev qhia koj ceev kom koj cov hniav thiab pos hniav tsis txhob raug kab noj thiab txhob mob.

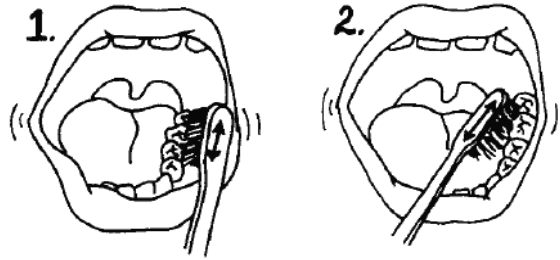
- Muab tshuaj txhuam hniav txhuam koj cov hniav ib hnuv peb zaug.
- Siv cov hlua dig hniav uas yog “floss” lossis hlua los dig tej zaub mov uas daig koj cov hniav.
- Mus ntsib kws kho hniav kom nws ntxuav koj cov hniav ib xyoos ob zaug.
- Noj cov zaub mov kom txhob muaj qab zis.
- Haus dej kom ntau.
- Muab dej yang koj lub qhov ncauj thaum koj haus pesxij tas.
- Yuav tus txhuam hniav tshiab txhua txhua peb lub hlis.

MUS NTSIB TUS KWS KHO HNIIV

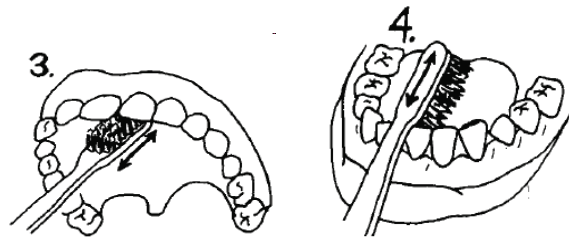
Tu koj cov hniav kom zoo. Mus ntsib kws kho hniav kom lawv ntxuav koj cov hniav ob zaug ib xyoos yuav tsis kim npaum li lawv kho lossis hloov dua koj cov hniav. Kho hniav rau menyuam yaus tej zaum yuav muaj kho dawb nyob rau hauv koj

lub xeev. Nug koj tus caseworker kom nws qhia tej yam kev pab rau koj.

QHIA KOJ TSEVNEEG TXHUAM HNIIV KOM YOG



Nco ntsoov txhuam koj cov hniav nram qab



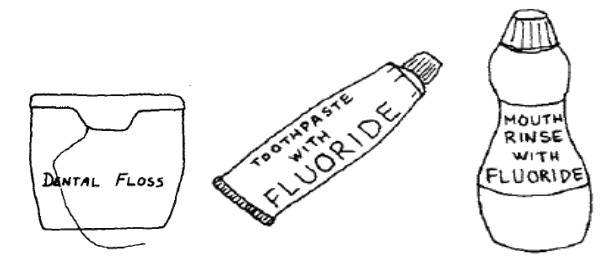
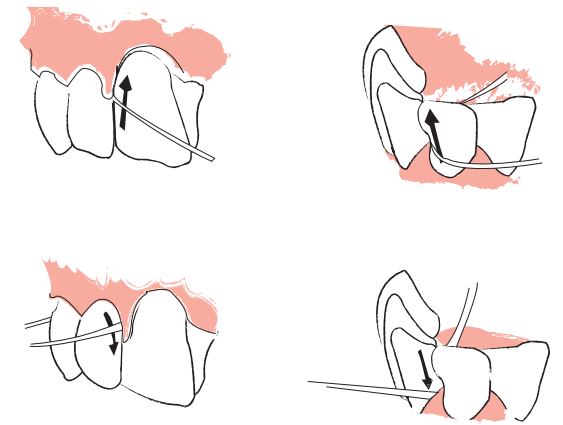
Txhuam cov hniav sab hauv thiab sab nrauv



Txhuam koj cov pos hniav thiab

KOJ QHIA TAU RAU KOJ COV MENYUAM MUAB HLUA LOS DIG HNIIV KOM YOG

Muab hlua dig koj cov hniav yuav pab kom koj cov pos hniav txhob puas. Thawj zaug uas koj siv hlua dig hniav yuav ua rau koj cov pos hniav los ntshav rau qhov cov pos hniav tseem tsis tau swm. Yog koj pheej dig ntxiv mus yuav ua rau koj cov pos hniav swm thiab tawv tuaj. Tej yam khoom ntse ntse thiab pas dig hniav yuav ua rau koj cov pos hniav mob lossis ua paug. Si cov tshuaj yang qhov ncauj yuav tua tau cov kab mob hauv koj lub qhov ncauj uas ua rau koj ua pa tsw phem.



Hlua Dig Hniav

Tshuaj txhuam hniav

Tshuaj yang ncauj

Keu khiav thiab dhia exercise tseem ceeb heev rau txoj kev tswj thiab tiv thaiv kom txhob mob ntshav qab zib. Peb toobkas kom sawvdaws (pojnim thiab txiv neeg, laus thiab hluas) khiav thiab dhia exercise peb hnuv rau ntawm txhua lub vasthiv, tsawg nkaus los kom txog 30 feeb. Koj yuav pab tau kom koj tsis txhob nyob dawb los ntawm txoj kev ncaus npas (lossis txawb football), txawb npas hauv pobtaw, ntaus npas, dhia hlua, thiab nce taw ntaiv lossis mus taug kev nrog koj tsev neeg.

Yog tias koj mob ntshav qab zib yuav tau:

- Noj koj cov tshuaj raws li tus kws kho mob hais
- Kuaj koj cov ntshav qab zib raws li hais
- Coj ib daim ntawv ID uas qhia koj lub npe, chaw nyob, qhia tias koj mob dab tsi, thiab koj cov npe tshuaj
- Hnav khaub ncaus uas zoo hnav thiab rau khau uas kom haum zoo
- Haus dej kom txaus
- Khiav thiab dhia exercise raws li hais
- Nqa cov qhaub noom qab zib uas tawv tawv, cov kua txiv hmab txiv ntoo, raisins, lossis lwm yam khoom noj uas qab zib thiab noj thaum lub sijhawm uas koj cov ntshav qab zib qiv dhau heev lawm

TIV TAUJ TAU NTAWM:

riht@uscridc.org

**Tebchaws Asmesliskas Lub Koos
Haum Pab Cov Neeg Tawg Rog
Thiab Cov Neeg Tsiv Teb Tsaw Chaw
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Tus Xovtooj: 202 • 347 • 3507
Tus xa ntawv fax: 202 • 347 • 7177
www.refugees.org**

Kom paub ntxiv txog ntshav qab zib nyob rau hauv vas (web) thov mus saib:

American Heart Association
www.aha.org

The Centers for Disease Control
and Prevention
www.cdc.gov

The U.S. Department of Agriculture
www.usda.gov

American Diabetes Association
www.diabetes.org

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*Cov lus qhia tseem ceeb no yog muab los ntawm
ib cov ntawv uas tau raug sau los ntawm:*

American Heart Association

American Diabetes Association

*The Centers for Disease Control
and Prevention (CDC)*

*Georgia State University, Department of
Geography and Anthropology*

The U.S. Department of Agriculture (USDA)

*Phau ntawv qhia no tau tsim los ntawm
ib cov nyiaj ntawm lub Koom Haum the
Department of Health and Human Services
Office of Refugee Resettlement*



**Ntshav Qab Zib
Yog Dab Tsi?
(What is Diabetes?)
(Hmong)**



www.refugees.org
*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

Ntshav qab zib yog ib yam kev mob nkeeg hauv lub cev thaum lub cev tsim tsis tau cov Insulin kom txaus. Insulin yog ib yam tshuaj uas koj lub cev tsim kom thiaj li siv tau lub zog ntawm cov zaub mov los ua haujlwm hauv koj lub cev. Ntshav qab zib ua tau kom ib tug neeg cov ntshav qab qab zib, qhov no muaj cuab kav ua mob rau lub plawv, lub hlwb, ob lub raum, cov hlab ntsha, thiab cov kaus hniav. Mob ntshav qab zib ua tau kom tsis pom kev, kom qhov chaw mos tsis ua haujlwm, lossis ua tau kom tuag.

PEB YAM KEV MOB NTSHAV QAB ZIB

Yam 1 ntshav qab zib feem coob mob ntawm cov menyuam yaus thiab cov hluas. Thaum xub thawj nws hu ua ntshav qab zib rau cov hluas.

Yam 2 ntshav qab zib yog yam uas tshwm sim ntau tshaj. Feem ntau yog mob rau hauv cov laus, tiamsis tsis ntev tas los no, kuj nrhiav tau tias tej co menyuam mob yam no thiab. Niaj hnuv niam no cov menyuam mob yam no thiab vim tias muaj cov menyuam coob leej uas pham pham, hynav dhau lawm, thiab nyob dawb tsis ua dab tsi li.

Tej co pojniam uas muaj menyuam mob yam ntshav qab zim hu ua Gestational diabetes.

TSWJ NTSHAV QAB ZIB LI CAS?

Tseem tsis tau muaj ib yam tshuaj twg uas yuav kho tau ntshav qab zib, tiamsis yog ua raws li nram qab no, nws yuav pab tswj:

- Noj zaub mov kom zoo rau lub cev
- Khiav thiab dhia exercise
- Txhuv tsis txhob haus luam yeeb
- Tshuaj (yog tias toobkas)

Lus pab qhia kom noj zaub mov kom zoo rau lub cev:

- Txhua hnuv noj ntau yam khoom uas muaj cov vitamins thiab minerals uas koj lub cev toobkas kom thiaj li yuav nyob zoo.

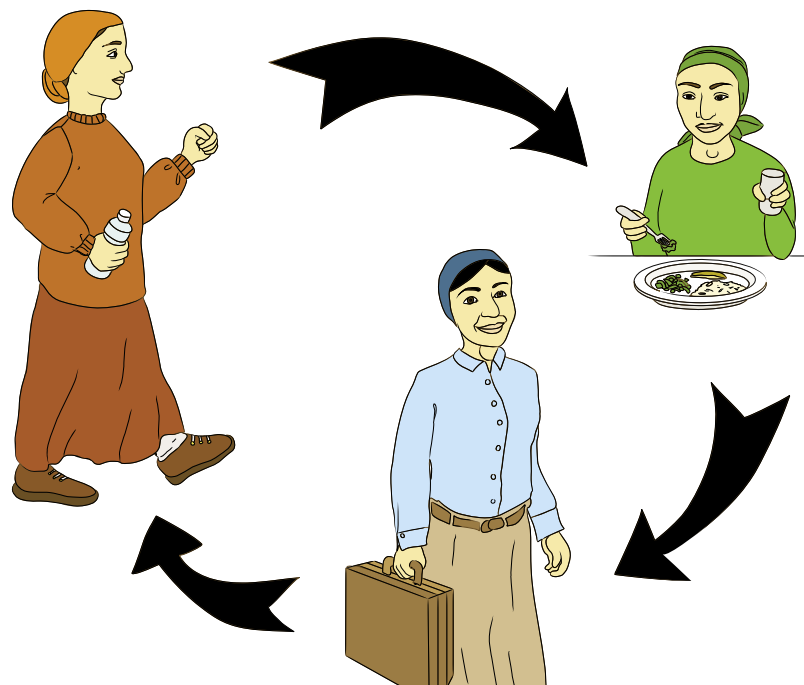
- Noj chips, cookies, khoom qab zib, qhaub noom, roj qab rog butter, roj qab rog margarine, roj qab rog mayonnaise, ntsev, khoom kib, ka lee, sherbet, thiab dej qab zib kom tsawg dua.
- Noj kom tsawg dua cov khoom uas kib thiab cov uas muaj starch roj (ncuav pastries, ncuav biscuits, thiab ncuav muffins).

LWM TXOJ KEV UA KOM IB PLUS MOV ZOO NOJ DUA RAU LUB CEV:

- Noj cov nplej uas luag tau muab puab los ua nplev thiab cereal xws li cov nplej xim av uas luag tsis tau muab tshuaj los zawv xim tawm thiab cov mov xim av.
- Noj cov txiv hmab txiv ntoo thiab zaub uas nyuam qhuav de tshiab tshiab.
- Yuav cov txiv hmab txiv htoo uas ua ib daig me me thiab tsuas haus cov dej txiv hma txiv ntoo mentsis xwb.

- Thaum koj ua khoom noj txhob siv cov roj, cov roj, lossis cov roj qab rog butter ntau ntau.
- Siv cov roj zaub uas txuag txuag, txhob siv cov roj ua kua, cov roj shortening, cov roj qab rog butter, thiab cov roj qab rog margarine.
- Sim ci hauv qhov cub, ci ze qhov taws, muab txhiab, muab cub, lossis muab ci, kom tsis txhob muab kib.
- Siv cov nqaij uas tsis tshua muaj roj (nqaij qaib, nqaij nyug ntshiv, lossis nqaij qaib ntxhw)
- Siv cov mis, cheese, thiab yogurt (uas tsis muaj roj), lossis cov uas yog 1% xwb.

Koj tsev neeg thiab koj cov phoojywg pab tau kom koj tswj tau koj tus ntshav qab zib los ntawm txoj kev uas lawv pab kom koj khiav thiab dhia exercise thiab kom koj xaiv cov khoom uas zoo noj rau koj lub cev.



**COV NEEG MESKAS NTO NPE UAS
XIAMOQBQHAB**

Franklin Roosevelt, *U.S. tus nom President*
Xiamoobqhab Ntawm Sab Nqaij Tawv

Marlee Matlin, *Actress*
Tsis hnov lus

Terrance Parkin, *Olympic Swimmer*
Tsis hnov lus

Jim Abbott, *Professional Baseball Player*
Raug txiav tes lossis taw

Magic Johnson, *Retired NBA Player*
Mob HIV

Ray Charles, *Musician*
Tsis pom kev

Chris Burke, *Actor*
Neeg ruam

**Yog koj xav paub ntxiv hauv
Internet txog kev pab cov neeg
xiamoobqhab, thov xyuas:**

www.disabilityinfo.gov

• • •

*Cov lus qhia ntawm no yog muab los ntawm
cov ntaub ntauv sau nyob rau hauv:*

U.S. Department of Commerce

Economics and Statistics Administration

U.S. Census Bureau

*The National Women's Health
Information Center*

*U.S. Department of Health
and Human Services*

*Hoobkas uas hais txog Pojniam Kev Noj
Qab Nyob (Office on Women's Health)*

*Daim ntauv qhia no tsim thiab tshwm nyiaj
pab los ntawm Department of Health and
Human Services Office of Refugee Resettlement.*

KEV TIVTAUJ:

riht@uscridc.org

**U.S. Committee for Refugees and
Immigrants**

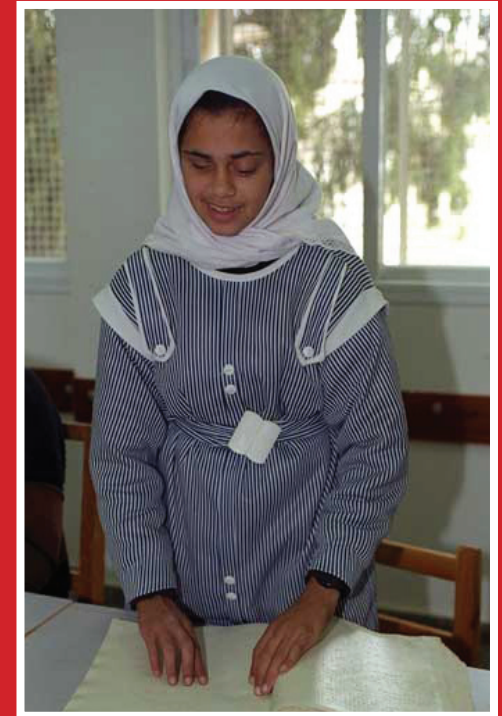
**1717 Massachusetts Ave., NW
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Washington, DC 20036

Xovtooj: 202 • 347 • 3507

Fax: 202 • 347 • 7177

www.refugees.org



**Ua Neej Xiamoobqhab
Nyob Hauv Tebchaws
United States
Living with Disabilities
in the United States
(Hmong)**



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

YAM DABTSI QHIA HAIS TIAS YOG XIAMOQBHAB?

Cov neeg xiamoobqhab muaj tej yam ntawm lawv sab nqaij tawv lossis lub hlwb ua rau lawv nyuaj ua tej yam. Tej yam teeb meem li no ua rau tus neeg ua tsis tau tej yam li no:

- kev kawm,
- hnov lus,
- hais lus,
- ua pa,
- mus kev,
- pom kev, thiab
- pab nws tus kheej.

UA NEEJ XIAMOQBHAB NYOB HAUV TEBCHAWS UNITED STATES

Muaj ntau yam zoo uas ua neej nyob hauv tebchaws United States. Muaj ib yam zoo tshaj yog neeg Meskas ntseeg hais tias cov neeg uas xiamoobqhab yuav ua tau ntau yam thiab ua tau haujlwm, tiamsis yuav tsum tau kev pab.

Muaj ntau tshaj li 50 lab neeg uas xiamoobqhab nyob rau lub tebchaws United States. Muaj ib nrab ntawm cov neeg uas xiamoobqhab no yeej ua haujlwm.

Tej zaum cov neeg Meskas yuav saib cov neeg uas xiamoobqhab txawv dua li cov neeg uas nyob rau nej lub tebchaws. Daim ntawv no yuav pab koj totaub txog kev pab cov neeg xiamoobqhab nyob rau lub tebchaws United States.

Nyob rau lub tebchaws United States, cov neeg uas xiamoobqhab ua tau tej yam li no:

- mus kawm ntawv,
- sib yuav lossis dhau los ua niam ua txiv,
- mus ua haujlwm,
- tsav tsheb,
- ua kis las, thiab
- dhau los ua cov neeg uas txawj dua (professional).

Hauv tebchaws United States muaj kevcai tshwj thiab pab cov neeg xiamoobqhab nyob muaj kev kaj siab thiab ua lub neej puv npo.

COV MENYUAM UAS XIAMOQBHAB

Muaj ib txhia menyuam yug tau los yeej xiamoobqhab, lossis nyob nyob mam li xeeb tuaj. Feem ntau yeej tsis yog tim leejtwg. Tej zaum koj yeej swm tu menyuam ntawm koj tus kheej, tiamsis hauv lub tebchaws United States, yeej muaj kev pab rau koj. Yeej tsis ua li cas yog koj thov kev pab thiab tau txais kev pab.

Cov menyuam uas xiamoobqhab yeej mus kawm ntawv tau rau lub tsev kawm ntawv uas nyob ze ib ncig thiab yuav tau txais qhov kev pab hu ua “special education”. Cov kws qhia ntawv thiab cov neeg hauv lub tsev kawm ntawv mam li tawm tswvyim nrhiav kev qhia kom raws li cov menyuam uas xiamoobqhab.

COV KEV PAB

Muaj tej pab neeg uas yuav tau ntiav thiab tej koom haum uas qhia cov neeg xiamoobqhab:

- kawm nyeem ntawv, lossis siv tus pas nrig,
- kawm kom lawv txawj pab lawv tus kheej,

- kawm kom ua tau haujlwm tshiab, thiab nrhiav haujlwm,
- kawm mus ncig hauv lub zos lossis mus siv lub tsev txhab nyiaj (bank),
- kawm ua zaub mov rau lawv tus kheej, thiab
- kawm kom paub siv lub rooj zaum uas laub neeg (wheelchair).

Cov uas tu cov neeg xiamoobqhab yuav tau nrog lawv tus caseworker tham seb muaj kev pab dabtsi uas nyob ze ntawm lawv thiab seb yuav siv li cas.

TU COV NEEG XIAMOQBHAB

Tej zaum yuav nyuab heev tu cov neeg uas xiamoobqhab. Nyob hauv tebchaws United States, muaj ntau yam kev qhia pub rau tus neeg uas yuav los mus tu ib tug neeg hauv tsev neeg uas yog xiamoobqhab. Muaj ib txhia neeg uas xiamoobqhab nyob nrog lawv tsev neeg, lossis nyob rau hauv cov tsev uas tshwj xeeb. Nug koj tus caseworker txog tej kev qhia pub rau cov tsev neeg uas muaj neeg xiamoobqhab.

Cov tibneeg tu neeg yuav tsum tau saib lawv tus kheej. Ntawm no yog tej yam kev qhia koj saib koj tus kheej:

- nrhiav sijhawm ua evxawsxais,
- kawm txog kev pab uas muaj nyob ib ncig ntawm koj,
- kev thov thiab txaus siab rau tej kev pab uas tau txais,
- noj zaub mov kom zoo,
- so kom txaus,
- nrhiav kev pab kom haum rau yus,
- nrhiav sijhawm los nyob, thiab
- nrhiav sijhawm rau koj tus kheej.

KUV YUAV UA LI CAS YOG MUAJ KEV UA NRUJ UA TSIV HAUV TSEV?

Yog ib tug neeg hauv koj lub tsev ua rau koj lossis koj cov menyuam raug mob, nws yog ib qho tseem ceeb heev uas koj yuav tau nrhiav kev pab:

1. Nrog tej tug neeg uas koj ntseeg siab tham: koj tus phoojywg, cov neeg nyob ze ib ncig ntawm koj, koj tsev neeg, lossis koj tus caseworker.
2. Hu xovtooj rau 911 yog ntxim yuav astablais rau koj. Tub ceev xwm yuav tuaj tom koj lub tsev thiab pab tiv thaiv koj thiab koj cov menyuam.
3. Yog koj hais tsis tau lus Askiv, hu xovtooj rau National Domestic Violence Hotline: 1-800-799-7233. Tus xovtooj yog hu dawb xwb tsis tau them nyiaj. Qhia rau tus txais xovtooj seb koj hais yam lus twg. Tus uas txhais lus mam li qhia rau koj seb koj yuav tau ua li cas thiab qhia koj nrhiav kev pab hauv lub nroog uas koj nyob.

Hu xovtooj rau Kev Ua Nruj Ua Tsviv Hauv Tsev Tus Xovtooj (Domestic Violence Hotlines) mas yuav muab koj cov lus ceev kom zoo TSIS PUB QHIA RAU LEEJTWG. Koj tsis tas yuav qhia koj lub npe. Tus uas txais xovtooj yuav tsis qhia leejtwg txog qhov uas koj hu mus.

Yog xav tau kev qhia ntxiv hauv Internet txog kev ua nruj ua tsiv hauv lub vaj lub tsev ntawm cov neeg tawg rog (refugee communities), thov xyuas:

www.endabuse.org

www.atask.org

www.apiahf.org/apidvinstitute

www.tapestri.org

www.mosaicservices.org

www.hotpeachpages.net



Qhov web sites saum toj no muaj qhia ua ntau yam lus uas cov neeg tawg rog hais.

Daim ntauv qhia no tsim thiab tshwm nyiaj pab los ntauv Office of Refugee Resettlement, Department of Health and Human Services.

KEV TIVTAUJ:

riht@uscridc.org

U.S. Committee for Refugees and Immigrants

1717 Massachusetts Ave., NW
Suite 200

Washington, DC 20036

Xovtooj: 202 • 347 • 3507

Fax: 202 • 347 • 7177

www.refugees.org



Kev ua nruj ua tsiv hauv Tsev Violence in the Home (Hmong)



www.refugees.org

Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911

KEV UA NRUIJ UA TSIV HAVU TSEV YOG LI CAS?

Kev ua nruij ua tsiv havu lub vaj lub tsev yog txhais hais tias kev ntaus lwm tus lossis kev tsim. Kev ua nruij ua tsiv yog thaum ib tug neeg pheej ua tej yam kom lwm tus raug mob lossis ua kom ntshai. Kev ua nruij ua tsiv yog ua kom lwm tus lub cev raug mob, ua kom mob siab, lossis kom nws ua tej yam uas nws tsis nyiam lossis tsis xav ua. Kev ua nruij ua tsiv kuj txhais tau ntxiv hais tias ua kom lwm tus xav hais tias nws tsis txawj ntse lossis tsis muaj zog, lossis tsis muaj cuab kav txiav txim siab rau nws tus kheej.

LEEJTWG THIAJ YOG TUS UAS RAUG KEV UA NRUIJ UA TSIV?

Txhua tus yuav raug los kuj tsis paub xws li cov: neeg laus, menyuam yaus, thiab cov laus laus. Nyob rau cov tsev neeg, feem ntau pojniam, menyuam, thiab cov laus laus yog cov uas raug mob.

MENYUAM YAUS

Cov menyuam yaus uas pom ua nruij ua tsiv havu lub vaj lub tsev ua rau lawv ntshai thiab tsis kaj siab. Ntau zaus, lawv ntseeg hais tias yog tim lawv tus yam ntxwv es thiaj muaj tej kev nruij kev tsiv ntawd. Nws tsis yog ib yam zoo rau cov menyuam nyob rau havu ib lub tsev uas muaj kev nruij kev tsiv. Cov menyuam uas pom kev nruij kev tsiv havu tsev feem coob yeej muaj teebmeem nyob rau tom tsev kawm ntawv, pib siv tshuaj thiab haus dej haus cawv thiab tej zaum yuav dhau los ua ib tug neeg ua nruij ua tsiv.

KOJ PUAS YOG IB TUG UAS RAUG KEV NRUIJ KEV TSIV?

Koj yeej raug kev nruij kev tsiv yog leejtwg havu koj lub vaj lub tsev:

- muab koj thawb, npuaj lossis xuas nrig ntaus koj,
- heev yuav tua lossis ua kom koj raug mob,
- heev hais tias yuav coj koj cov menyuam khiav mus,
- thuum thiab ua saib tsis taus koj txhua lub sijhawm,
- tsis kam cia koj mus saib koj tsev neeg thiab koj tej phoojywg,
- yuam kom koj nrog nws pw ua niamtxiv,
- tsis pub koj mus ua haujlwm kom koj tau nyiaj,
- tsis xav pub koj kawm lus Askiv lossis kawm tsav tsheb,
- heev hais tias nws yuav xa koj rov qab mus rau koj lub tebchaws, thiab
- txeeb koj cov ntaub ntawv nyob tebchaws no (immigration documents).

YOG KEV TXHAUM CAI

Kev ua nruij ua tsiv havu lub vaj lub tsev yuav tsum tsis txhob muab zais cia. Kev ntaus lossis yuam ua phem ua qias rau ib tug neeg havu tsev yog txhaum txojcai havu lub tebchaws United States. Tub ceevxwm thiab tej tsev hais plaub tiv thaiv txhua tus uas raug kev ua nruij ua tsiv havu tsev. Muaj kev tiv thaiv tshwj xeeb rau menyuam, pojniam, thiab cov laus laus. Tus neeg uas ua nruij ua tsiv havu tsev yuav raug ntes.

TSIS YOG KOJ UA TXHAUM

Yog koj raug kev ua nruij ua tsiv, tsis txhais hais tias koj tsis yog ib tug zoo pojniam lossis zoo niam. Tus neeg uas ua nruij ua tsiv rau koj yog nws xav tswj koj lub neej.

TSIS YOG KOJ IB LEEG XWB

Yog leejtwg havu koj tsev neeg ua nruij ua tsiv rau koj, koj yuav tsum paub hais tias tsis yog koj ib leeg xwb. Muaj ntau tshaj li ob lab tus pojniam raug kev ua nruij ua tsiv los ntawm lawv tus txiv thiab hluas nraug txhua xyoo.

Yog koj paub leejtwg raug kev ua nruij ua tsiv, qhia lawv paub hais tias muaj kev pab:

- 911 Pab Xwm Ceev: tub ceevxwm thiab tsheb thauj neeg mob.
- Chaw Nyob Pab Rau Cov Raug Kev Nruj Kev Tsiv: muaj kev thaj yeeb thiab nyob dawb pub rau cov pojniam thiab cov menyuam.
- Txojcai Tiv Thaiv Ib Ntus: Tus Txhia Txim Rau Tsevneeg (Family Court Judge) muaj peev xwm cais tus neeg uas ua nruij ua tsiv tawm havu nws lub tsev mus thiab kom txav deb ntawm nws tus pojniam thiab cov menyuam.
- Pab Tswvyim Txog Txojcai: cov uas tsis tau nyiaj hlis ntau muaj peev xwm tau kev pab dawb los ntawm kws hais plaub txog txojcai xws li, txojcai uas tiv thaiv, kev txeeb tau menyuam yog muaj teebmeem, them nqi rau menyuam, lossis sib nrauj.

YOG TIAS KOJ SIV LUB HOOB KHO MOB

CEEV (ER):

- 1) Nqa koj tus kws kho mob lub npe thiab nws tus xovtooj nrog koj mus rau pem lub ER.
- 2) Qhia tus nais maum thiab tus kws kho mob hauv lub ER tias koj noj yam tshuaj (ntsiav tshuaj) twg
- 3) Qhia tus nais maum thiab tus kws kho mob hauv lub ER tias koj muaj mob yam twg los lawm.

Mus Pem Lub Hoob Kho Mob Ceev (ER)

Yog Tias Koj:

- Xab lauv
- Dam txha
- Hnoos lossis ntuav ntshav
- Cia li mob ib yam heev heev
- Caus yaumntawm koj lub ntsej muag, ob txhais ceg, lossis ob txhais ncaj npab
- Raug kuv hnyiab loj loj heev
- Tsoo koj lub taub hau
- Muaj ib tug mos ab uas raug mob

Tsis Txhob Mus Pem Lub Hoob Kho Mob Ceev (ER) Yog Tias Koj:

- Mob pobntseg
- Mob khaub thuas, hnoos hnoos, lossis mob aws
- Raug kub hnyiab me ntsis xwb (tsis mob ceev)
- Ua sav rau koj cov pob txha xwb
- Mus txhaj tshuaj tiv thaiv kab mob
- Mus txhaj tshuaj tiv thaiv mob aws
- Mob caj pas

Yog tias muaj teeb meem ceev
thiab loj hu 911:



*Phau ntawv qhia no tau tsim los ntawm
ib cov nyiaj ntawm lub Koos Haum the
Department of Health and Human Services
Office of Refugee Resettlement*

TIV TAUJ TAU NTAWM:

riht@uscridc.org

Tebchaws Asmesliskas Lub Koos

Haum Pab Cov Neeg Tawg Rog

Thiab Cov Neeg Tziv Teb Tsaw Chaw

1717 Massachusetts Ave., NW

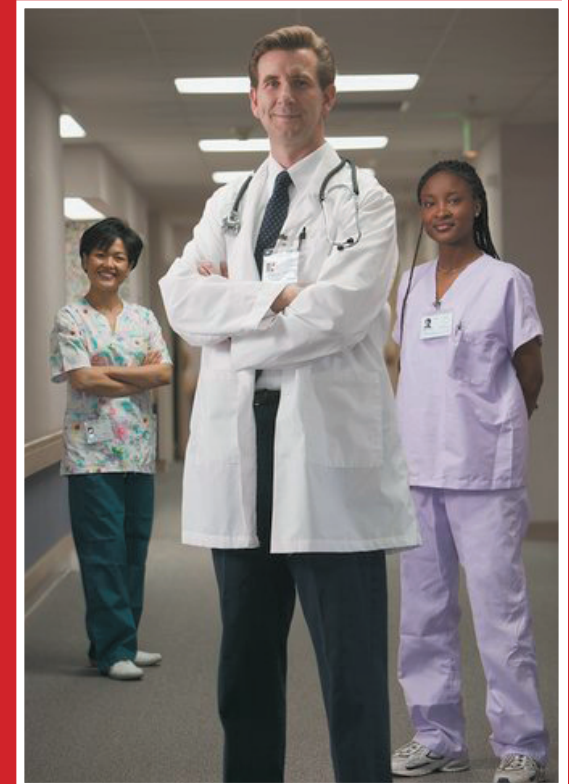
Suite 200

Washington, DC 20036

Tus Xovtooj: 202 • 347 • 3507

Tus xa ntawv fax: 202 • 347 • 7177

www.refugees.org



**Keu Kho Mob Hauv
Tebchaws Asmesliskas
(Medical Care in the
United States)**

(Hmong)



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

KEV KHO MOB HAUV TEBCHAWS ASMESLISKAS

Nyob rau hauv tebchaws Asmesliskas, nws muaj ntau txoj kev mus kho mob, ntawm no yog cov kev uas neeg feem coob siv:

- Mus ntsib tus kws kho mob hauv nws lub chaw kuaj mob
- Hoob kuaj mob ceev hu ua Urgent care (tej thaum kuj hu tias hoob kho mob uas cia li mus xwb tsis tas yuav teem caij)
- Hoob Kho Mob Ceev hu ua Emergency Rooms (ER)

KUV UA LI CAS THIAJ LI TEEM TAU CAIJ MUS NTSIB TUS KWS KHO MOB HAUV NWS LUB HOOB KUAJ MOB?

Mus ntsib hauv hoob kuaj mob hu ua (office visit) yog thaum koj teem caij nyoog mus ntsib koj tus kws kho mob hauv nws lub hoob kuaj mob. Teem caij rau tej yam li:

- Mob khaub thuas, hnoos hnoos, lossis mob aws
- Mob pobntseg
- Mus txhaj tshuaj kom tsis txhob khauv khauv ntsej muag thaum caij ntuj nplooj zeeg
- Mus txhaj tshuaj tiv thaiv kab mob
- Txhua xyoo mus kuaj ib ce

THAUM TWG KUV THIAJ LI SIV HOOB KUAJ MOB CEEV HU UA URGENT CARE?

Hoob kuaj mob ceev (urgent care clinics) lossis hoob kuaj mob uas cia li mus xwb (walk-in clinics) zoo tib yam nkaus li koj tus kws kho mob lub hoob kuaj mob, tiamsis koj tsis tas yuav teem caij mus ntsib. Thaum koj mus, koj yuav tsis ntsib koj tus kws kho mob, tiamsis koj yuav ntsib tus kws kho mob uas tab tam ua haujlwm pem lub tsev kuaj mob ceev ntawd. Cov hoob

kuaj mob ceev (urgent care clinics) feem ntau nyob ze cov tsev kho mob loj thiab cov tsev muag khoom loj (mall), thiab feem ntau lawv qhib thaum ntxov ntxov mus txog thaum lig lig heev lawm. Koj yuav tau siv cov hoob kuaj mob ceev no thaum koj muaj mob me lossis thaum koj raug mob li nram no:

- Mob pobntseg
- Koj raug kub hnyiab mentsis lossis yog tias koj tiv tshav ntev dhau lawm es koj cov nqaij liab ploog
- Mob khaub thuas, hnoos hnoos, lossis mob aws
- Thaum koj kub ib ce mentsis
- Mus kuaj ib ce rau tsev kawm ntawv lossis rau tsev haujlwm
- Mus txhaj tshuaj kom tsis txhob khauv khauv ntsej muag thaum caij ntuj nplooj zeeg



THAUM TWG KUV THIAJ LI SIV HOOB KHO MOB CEEV (ER) ?

Hoob kho mob ceev (Emergency Rooms), lossis ERs, nyob rau hauv cov tsev kho mob loj. Lawv yeej qhib 24 teev txhua hnub ntawm ib lub vasthiv. Cov hoob kho mob ceev ER no kim dua qhov uas koj mus ntsib koj tus kws kho mob, thiab qhov uas koj mus siv lub hoob kuaj mob ceev. Yog tias koj tus mob tsis luaj twg, feem ntau koj yuav tau tos ntev ntev. Tsuas siv hoob kho mob ceev ER no yog tias koj mob loj li nram no:

- Mob hauv siab, ntsej muag, ncaj npab, lossis ko taw caus caus yaum lossis yog tias cia li nyuaj nyuaj rau koj hais lus.
- Kub ib ce thiab koj ncaj dab nruj nruj, koj cia li tem toob tsis paub qab hau lawm, lossis yog tias nyuaj rau koj ua pa
- Koj ua pa ntiav ntiav (pheej yuav tsum ntxeem kom thiaj li ua tau pa)
- Koj haus los noj tshuaj lom
- Koj cia li xab lauv.
- Hnoos lossis ntuav ntshav
- Tej yam uas nyob nyob cia li tshwm sim hauv koj lub cev thiab ua mob loj loj heev

tus kws kho mob seb lawv puas txais koj hom pabkasphais ua ntej koj mus ntsib lawv. Yog koj muaj pabkasphais kho mob yuav tsum nqa koj daim khoj pabkasphais nrog koj txhua lub sijhawm.

VIM LI CAS KUV THIAJ YUAV TAU MUAJ PABKASPHAIS KHO MOB?

Kev kho mob hauv tebchaws United States mas kim heev. Yog koj yuav tsum tau mus tom tsev kho mob koj yuav tau them tag nrho cov nqi kho mob yog koj tsis muaj pabkasphais. Muaj pabkasphais yuav pab tau koj them ib co nqi kho mob. Muaj pabkasphais kho mob yuav pab tiv thaiv tau koj sab nyiaj txiag.

YUAV UA LI CAS KUV THIAJ YUAV MUAJ PABKASPHAIS RAU KUV COV MENYUAM?

Muaj ib txhia chaw ua haujlwm npaj muaj pabkasphais rau lawv cov neeg ua haujlwm thiab lawv tsev neeg. Feem ntau tseemfwm hauv lub xeev muaj pabkasphais kho mob rau cov menyuam uas tsev neeg tsis tau nyiaj ntau. Nug koj tus caseworker txog tseemfwm cov pabkasphais nyob hauv koj lub xeev.

YUAV UA LI CAS YOG KUV THEM TSIS TAUS PABKASPHAIS KHO MOB?

Tej zaum koj yuav tau pabkasphais kho mob hauv koj qhov chaw ua haujlwm, lossis tom koj tus pojniam tus txiv qhov chaw ua haujlwm. Muaj ib txhia chaw ua haujlwm yeej them tagnrho lossis ib nrab ntawm tus nqi pabkasphais txhua lub hlis. Nws tseem ceeb heev uas koj yuav tau xav seb txoj haujlwm koj ua puas muaj kev pab rau pabkasphais. Muaj qhov kev pab rau pabkasphais yog tseem ceeb thiab yuav tiv thaiv tau koj tsev neeg thaum muaj xwm ceev. Nug koj tus caseworker txog kev yuav pabkasphais lossis lwm hom pabkasphais kho mob.

Yog xav paub ntxiv hauv Internet txog Medicaid, thov xyuas:

www.cms.hhs.gov/home/medicaid

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Cov lus qhia ntawm no yog muab los ntawm cov ntaub ntawv sau nyob rau hauv:

Centers for Medicare and Medicaid Services

Administration for Children and Families

U.S. Dept. for Health and Human Services

Daim ntawv qhia no tsim thiab tshwm nyiaj pab los ntawm Department of Health and Human Services Office of Refugee Resettlement.

KEV TIVTAUJ:

riht@uscrdc.org

U.S. Committee for Refugees and Immigrants

1717 Massachusetts Ave., NW

Suite 200

Washington, DC 20036

Xovtooj: 202 • 347 • 3507

Fax: 202 • 347 • 7177

www.refugees.org



Medicaid thiab Pabkasphais Kho Mob

Medicaid and Health Insurance

(Hmong)



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MEDICAID THIAB PABKASPHAIS KHO MOB

Kev kho mob hauv tebchaws United States tsis yog kho dawb, thiab yuav kim heev. Cov neeg tawg rog muaj peev xwm tau txais kev pab kho mob uas yog “Medicaid” thiab “Refugee Medical Assistance”. Lwm cov tibneeg thiab tsevneeg yuav pabkasphais kho mob ntawm lawv qhov chaw ua haujlwm, lossis mus nrhiav yuav lwm qhov. Daim ntawv no yuav pab qhia rau cov neeg tawg rog kom paub siv Refugee Medical assistance, Medicaid, thiab pabkasphais kho mob los them lawv tej nqi kho mob.

MEDICAID YOG DABTSI?

Medicaid yog ib qhov kev pab cov neeg uas tau nyiaj tsawg them ib txhia lossis tag nrho lawv cov nqi kho mob. Cov tsev neeg tawg rog uas muaj menyuam muaj peev xwm tau txais Medicaid thaum lawv tuaj rau tebchaws United States. Txhua lub xeev nyias muaj nyias txojcai uas qhia hais tias tus twg thiaj yuav tsum tau txais Medicaid thiab yuav tau

txais ntev npaum li cas. Thov nug koj tus caseworker txog Medicaid txojcai hauv koj lub xeev. Yog koj tau txais Medicaid koj yuav tsum muaj daim khoj Medicaid uas sau tus nab npawb rau.

MUAJ TSAWG HOM MEDICAID?

Muaj ntau hom Medicaid uas nyias muaj nyias cov kws kho mob nyob ntau qhov chaw. Nco ntsoov xaiv hom uas muaj tus kws kho mob ua haujlwm nyob ze ntawm koj. Tej zaum koj yuav tau txais ntaub ntawv uas qhia txog lwm hom. Nco ntsoov xaiv hom uas zoo rau koj, lossis nug koj tus caseworker kom nws pab koj.

LEEJTWG THIAJ YUAV PAB TAU KUV KOM TAU TXAIS MEDICAID?

Koj tus caseworker tom lub Hoobkas Human Services (Department of Human Services) mam pab koj ua ntaub ntawv thov Medicaid nyob rau thawj lub hlis uas koj nyuam qhuav tuaj txog rau lub tebchaws United States. Koj yuav tau txais ib daim khoj uas xa tuaj thiab koj muaj cai siv tau thaum koj mus tom tej tsev kho mob.

YOG KUV TSIS TAU TXAIS MEDICAID NO YUAV UA CAS?

Cov neeg tawg rog muaj peev xwm tau txais Medicaid 7 lub xyoo yog lawv raug kev pom zoo yuav tsum tau txais nyob hauv lawv lub xeev. Cov neeg tawg rog uas tsis muaj menyuam thiab ua haujlwm tau nyiaj ntau tej zaum yuav tsis tau txais Medicaid. Cov neeg tawg rog uas tsis tau txais Medicaid tej zaum yuav tau txais Refugee Medical Assistance ntawm thawj 8 lub hlis tom qab lawv nyuam qhuav tuaj txog hauv tebchaws United States. *Refugee Medical Assistance* muaj pab rau cov neeg tawg rog, Asylees, tuaj nram Cuban/Haitian tuaj, thiab cov tuaj sib pauv lagluam.

YOG TAU MEDICAID, KUV YUAV MUS KUAJ MOB QHOV TWG?

Muaj ib txhia tsev kho mob, thiab kws kho mob hauv tebchaws Asmeslivkas txais Medicaid tabsis ib txhia tsis kam txais. Nco ntsoov hu mus rau tus kws kho mob seb lawv puas txais koj hom Medicaid ua ntej tso koj mam teem sijhawm mus ntsib lawv.

MEDICAID YUAV PAB NTEV LI CAS MAM LI TAS?

Tom qab thawj yim lub hlis uas tuaj txog hauv tebchaws United States, cov neeg tawg rog yuav tsis tau txais Refugee Medical Assistance lawm, tiamsis tej zaum tseem yuav tau txais Medicaid. Nws tseem ceeb heev uas cov tsev neeg tawg rog yuav tsum txhaj tshuaj kom tag rau ntawm thawj yim lub hlis uas tseem yog txhaj dawb xwb. Thaum Medicaid tsis pab lawm, yog muaj pabkasphais kho mob yuav pab tau cov tsev neeg them tej nqi kho mob.

PABKASPHAIS KHO MOB YOG DABTSI?

Pabkasphais kho mob yog ib qho kev pab ib tug neeg cov nqi kho mob. Tus neeg ntawd xav them tus nqi pabkasphais txhua hli mus rau qhov chaw pabkasphais los tau lossis kom lawv rho tus nqi pabkasphais tawm ntawm nws cov nyiaj ua haujlwm los tau. Yog tus neeg ntawd muaj mob qhov chaw pabkasphais yuav pab them tus nqi ko mob ib txhia. Muaj tej lub tsev kho mob tsis kam txais tej hom pabkasphais. Thov nug koj

pab lub cev ua haujlwm. Tiamsis yog ib tug neeg muaj cov roj khov no ntau heev dhau lawm, nws yuav ua rau tus neeg ntawv muaj mob plawv, thiab ua tau kom nws lub plawv nres.

Ntshav siab yog ib qho loj uas muaj cuab kav ua kom ib tug neeg mob plawv. Yog thaum koj muaj cov roj khov no ntau dhau nyob rau hauv koj cov ntshav, nws mus leem rau koj cov hlab ntsha. Ntev mus, cov roj kho no tawv tuaj thiab ua kom cov qhov hauv koj cov hlab ntsha me tuaj. Qhov no ua tau kom koj lub plawv nres.

TEJ YAM UAS QHIA TIAS KOJ MUAJ COV ROJ KHOV SIAB:

Roj khov siab feem ntau yeej tsis ua kom muaj tej yam rau yus pom li, vim li ntawd nws yog ib qho nyuaj rau yus paub yog tias yus tsis mus kuaj ntshav. Cov neeg uas muaj 40 xyoo rov saud yuav tau mus kuaj ntawm lawv tus kws kho mob seb lawv cov roj khov siab li cas.

TIV THAIV KOM TXHOB MOB PLAWV:

Kev mob plawv yog ib yam uas yus tiv thaiv tau! Yog koj pauv tej yam uas koj noj thiab pib dhia thiab khiav exercise, koj muaj cuab tiv thaiv kom tsis txhob mob plawv.

- Siv koj lub cev ua tej yam—dhia thiab khiav exercise (txawm tias koj taug kev xwb los yeej zoo), tsawg kawg nkaus los kom yog 30 feeb 3 zaug tauj ib lub vasthiv.
- Caiv tsis txhob haus luam yeeb thiab tsis txhob nyob nrog cov neeg uas haus luam yeeb.
- Tsis txhob txhawj txhawj
- Txhob haus cawv lossis beer
- Tsis txhob cia koj tus kheej rog rog
- Noj txiv hmab txiv ntoo thiab zaub kom ntau.

Kom paub ntxiv txog kev mob plawv hauv vas (Internet) thov mus saib:

American Heart Association
www.americanheart.org

National Stroke Association
www.stroke.org

The Centers for Disease Control and Prevention
www.cdc.gov

U.S. Department of Agriculture
www.usda.gov

•••

Cov lus qhia tseem ceeb no yog muab los ntawm ib cov ntauv uas tau raug sau los ntawm:

The Centers for Disease Control and Prevention (CDC)

U.S. Department of Agriculture (USDA)

American Heart Association

National Stroke Association

Phau ntauv qhia no tau tsim los ntawm ib cov nyiaj ntawm lub Koos Haum the Department of Health and Human Services Office of Refugee Resettlement.



Mob Plawv (Heart Disease) (Hmong)



www.refugees.org

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TIV TAUJ TAU NTAWM:

riht@uscridc.org

Tebchaws Asmesliskas Lub Koos

Haum Pab Cov Neeg Tawg Rog

Thiab Cov Neeg Tsiv Teb Tsaw Chaw

1717 Massachusetts Ave., NW

Suite 200

Washington, DC 20036

Tus Xovtooj: 202 • 347 • 3507

Tus xa ntauvv fax: 202 • 347 • 7177

www.refugees.org

MOB PLAWV YOG DAB TSI?

Mob plawv yog thaum koj cov ntshav uas muaj pa thiab muaj as-ham mus tsis txog koj lub plawv. Qhov no muaj cuab kav yuav ua rau kom koj lub plawv nres, koj hlab ntsha hauv koj lub paj hlwb tu, lossis ua tau kom koj tag txoj sia.

PLAWV NRES YOG DAB TSI?

Lub plawv ua haujlwm 24 teev tauj ib hnuv, nws pab kom cov ntshav uas muaj pa thiab as-ham zoo mus kom thoob lub cev. Ntshav nkag ntawm cov hlab ntsha mus rau ntawm lub plawv. Thaum tibneeg noj tej khoom uas tsis zoo rau lawv lub cev thiab tsis khiav thiab dhia ua exercise, ib co rog cia li leem rau ntawm cov hlab ntsha. Cov rog ua leem ntawm no muaj cuab kav puas thiab ua rau kom cov ntshav los khov rau ntawd. Qhov no tsis zoo rau lub plawv vim tias thaum cov ntshav kho rau ntawd lawm, cov ntshav uas nkag mus rau ntawm lub siab tsawg zuj zus, thiab qhov no yuav ua tau kom lub plawv nres.

TEJ YAM UAS QHIAS TIAS LUB PLAWV YUAV NRES:

- Mob nruab nrab ntawm lub hauv siab thiab mob tshaj li ob peb feeb thiab nws txawj xam thiab rov mob dua
- Mob rau ib lossis ob txhais tes, nrab qaum, caj dab, puab tsaig, lossis hauv plab.
- Ua pa ntiav ntiav (nyuaj rau koj ua pa, thiab pheej txog txog siav), tej thaum mob hauv siab nrog thiab, tej thaum kuj tsis hnov mob hauv siab nrog
- nyob cia li tawm hwv txias txias, zoo li koj yuav ntuav, lossis zoo li koj yuav xab lauv

Pojniam mob tib yam li txiv neej, tiamsis pojniam feem coob mob li saum no dua txiv neej xws li, ua pa ntiav ntiav, zoo li yuav ntuav, thiab mob nrab qaum thiab puab tsaig.

YOG TIAS KOJ LUB PLAWV YUAV NRES KOJ YUAV TSUM UA DAB TSI?

Mus nrhiav ib lub xovtooj thiab hu 911 tamsim

ntawd. Tsis txhob tos. Nrhiav ib txoj kev mus rau pem lub tsev kho mob loj tamsim ntawd. Yog tias koj lub plawv yuav nres, tsis txhob tsav koj tus kheej mus rau pem lub tsev kho mob loj.

HLAB NTSHA HAUV PAJ HLWB TU (STROKE) YOG DAB TSI?

Hlab ntsha hauv paj hlwb tu thaum ib txog hlab ntsha uas nqa pa thiab as-ham rau lub paj hlwb cia li tawg lossis muaj ntshav khov los lwm yam ua rau koj ntshav mus tsis tau. Thaum muaj li no lawm, ib sab ntawm koj lub paj hlwb yuav txais tsis tau cov pa thiab cov as-ham uas koj lub paj hlwb toob kas. Qhov no hu ua stroke. Thaum cov pa mus tsis tau rau saum koj lub paj hlwb, cov pajhlwb pib tuag sai sai. Qhov no hais tias koj lub paj hlwb raug puas lawm. Thaum ib sab ntawm koj lub paj hlwb tuag lawm, ces tej yam uas sab ntawd tswj yuav tsis ua haujlwm lawm thiab.

HLAB NTSHA HAUV PAJ HLWB TU YUAV UA MOB LI NO:

- Cia li caus caus yaum rau koj lub ntsej muag, ob txhais ncaj npab lossis ob txhais taw, thiab feem ntau rau ntawm ib sab ntawm koj lub cev xwb.
- Ua rau koj nyuaj hais lus thiab to taub.
- Ua rau koj nyuaj pom kev ntawm ib lossis ob sab qhov muag.
- Ua rau koj nyuaj mus kev, qhov muag daj, sawv tsis tau ntseg lossis siv tsis tshua tau koj lub cev lawm.
- Nyob nyob cia li mob mob taub hau uas yeej tsis pom tias yog tim dab tsi

KOJ YUAV UA DAB TSI YOG TIAS KOJ XAV TIAS KOJ HLAB NTSHA HAUV PAJ HLWB TU LAWV?

Mus nrhiav ib lub xovtooj thiab hu 911 tamsim ntawd. Tsis txhob tos. Nrhiav ib txoj kev mus rau pem lub tsev kho mob loj tamsim ntawd. Yog tias koj hlab ntsha hauv paj hlwb tawg

lawm tsis txhob tsav koj tus kheej mus rau pem lub tsev kho mob loj. Cim tias seb thaum koj pib mob hlab ntshav hauv paj hlwb tawg ntawd yog thaum twg. Cov tshuaj uas kho hlab ntsha hauv paj hlwb tu muaj cuab kav pab tau kom nws tsis txhob mob ntev ntev.

MOB NTSHAV SIAB

MOB NTSHAV SIAB YOG DAB TSI?

Txhua zaum thaum lub plawv dhia, nws xa cov ntshav mus rau ntawm cov hlab ntsha. Qhov ntsuas ntshav siab ntsuas tias cov ntsha thawb rau ntawm cov hlab ntsha muaj zog npaum li cas. Ntshav siab yog thaum nws thawb sib zog dhau lawm, txhais tias koj lub plawv ua haujlwm nyuaj dhau lawm. Koj yuav tsis paub tias koj lub plawv ua haujlwm nyuaj dhau lawm, tiamsis qhov ntshav siab no yog ib txoj kev mob uas yuav muaj cuab kav txo ib tug neeg txoj sia. Yog koj tsis noj tshuaj pab, ntshav siab muaj cuab kav tsim teeb meem li nram no:

- Ua rau plawv nres
- Ua rau raum tuag
- Ua rau plawv pib nres
- Ua rau hlab ntsha hauv paj hlwb tu
- Ua tau kom koj ob lub qhov muag tsis pom zoo lossis ua kom tsis pom kev lawm

YOG MUAJ LI NO TXHAIS TIAS KOJ MUAJ NTSHAV SIAB:

Yeej tsis muaj ib yam uas yuav qhia tias koj yuav muaj ntshav siab. Vim li no, lawv thiaj li muab nws tis npe uas “tus uas tua ntsiag to.” Koj pab tau kom ntshav tsis txhob siab siab los ntawm txoj kev uas koj noj tej khoom uas zoo rau koj lub cev thiab kom koj khiav thiab dhia exercise. Mus kuaj seb koj ntshav siab li cas kom koj thiaj li paub seb koj puas yuav muaj ntshav siab.

ROJ KHOV (CHOLESTROL) YOG DAB TSI?

Roj khov (cholesterol) yog ib yam uas muag muag thiab zoo li nqaij rog uas nyob rau hauv cov ntshav. Ib tug neeg yeej yuav tsum muaj ib cov roj khov no kom thiaj li tsum tau cov “cells” los

SIV KOOB TXHAJ UAS KOM ZOO DUA YOG DAB TSI?

Siv koob txhaj uas kom zoo dua yog siv cov koob uas huv lossis cov koob uas tshiab kom thiaj li tsis muaj lwm cov ntshav nyob ntawd, siv cov koob no los txhaj tshuaj tsis zoo, txhaj tshuaj kho mob, thiab tho qhov hauv lub cev, thiab khij lub cev. TSIS TXHOB koom siv cov koob uas twb siv dua lawm. Tej co zos muaj ib cov koos haum uas muab koob tshiab los pauv cov koob qub.

YOG TIAS KOJ TWB MOB KAS CEES (HIV) LAWM, KOJ YUAV PAB TAU KOM KOJ TSIS TXHOB KIS RAU LWM TUS LI NTAWM NO:

- Tsis txhob pub koj cov mis rau menyuam noj.
- Thaum koj muaj menyuam mus saib tus kws kho mob kom lawv muab tshuaj los pab.
- Ua ntej koj nrog ib tug neeg pw ua ke, qhia nws tias koj mob HIV lawm. Siv tej yam uas pab (xws li hnab yas looj thiab cov daim yas thaiv).
- Tsis txhob koom siv koob los tho cev, los txhaj, lossis los khij cev.

TIV TAUJ TAU NTAWM:

riht@uscrdc.org

Tebchaws Asmesliskas Lub Koos
Haum Pab Cov Neeg Tawg Rog
Thiab Cov Neeg Tshiv Teb Tsaw Chaw
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Tus Xovtooj: 202 • 347 • 3507
Tus xa ntawv fax: 202 • 347 • 7177
www.refugees.org

KAWM SIV TXIV NEEJ COV HNAB YAS LOOJ!

- Xuas koj cov ntiv tes qhib pob hnab yas looj TSIS TXHOB SIV KOJ COV KAUS HNIIV.
- Ntsiab ib qes ntawm lub hnab yas looj kom tsis txhob cia pa nyob rau hauv.
- Hlauv lub hnab yas looj mus thoob tus txiv neej rab qau TAWV. Yog tias koj hlauv tsis tau lub hnab yas looj, muab nws pov tseg thiab siv ib lub hnab yas looj tshiab.
- Tom qab neb pw ua ke tag, tuav lub hnab yas looj ntawm qab thiab muab hle.
- Muab lub hnab yas looj ntawd povtseg thiab ntxuav rab qau.
- TSIS TXHOB ROV QAB SIV LUB HNAB YAS LOOJ QUB.
- Xyaum siv ua ntej koj yuav tau siv tiag tiag.

Kom paub ntxiv txog tej kev pab kho HIV/AIDS uas nyob rau hauv koj lub zej zog, thov hu 1-800-342-2437.

Kom paub ntxiv txog HIV nyob rau hauv vas (web), thov mus saib:

www.cdc.gov

www.hivpositive.com

www.thebody.com

...

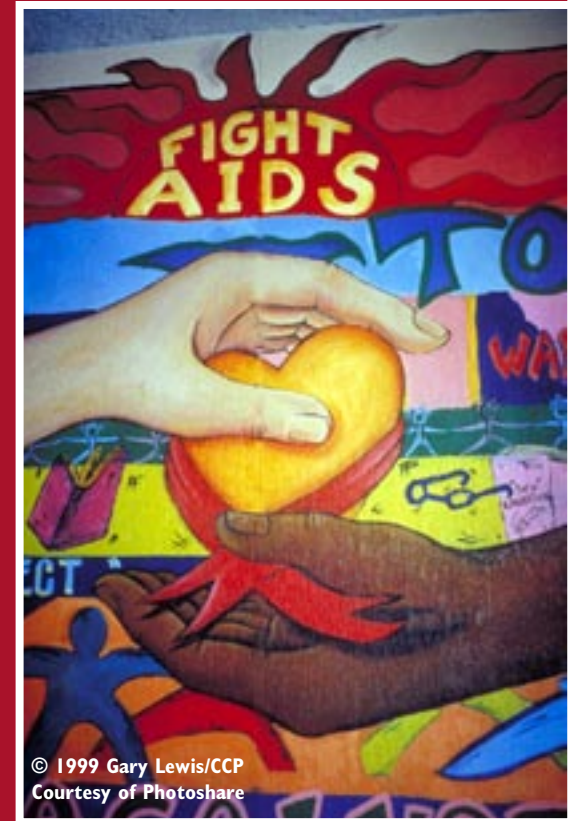
Cov lus qhia tseem ceeb no yog muab los ntawm ib cov ntawv uas tau raug sau los ntawm:

The National Minority AIDS Council

The Centers for Disease Control and Prevention (CDC)

Body Health Resources Corporation

Phau ntawv qhia no tau tsim los ntawm ib cov nyiaj ntawm lub Koos Haum the Department of Health and Human Services Office of Refugee Resettlement



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Courtesy of Photoshare

HIV Yog Dab Tsi?
(What is HIV?)
(Hmong)



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MENTSIS TXOG KEV MOB KAS CEES

(HIV /AIDS)

HIV—Human Immune Deficiency Virus (HIV) yog ib hom mob virus uas ua tau kom mob kas cees (AIDS (Acquired Immune Deficiency Syndrome)). HIV ua rau lub cev tiv thaiv tsis tau nws tus kheej ntawm tej yam mob nkeeg li mob khaub thuas. Cov kws kho mob hais tias ib tug neeg mob kas cees (AIDS) thaum nws lub cev tiv thaiv tsis tau nws tus kheej ntawm cov kab mob lawm.

Mob HIV yog ib yam uas yus tiv thaiv tau! Cov neeg uas mob HIV yeej muaj cuab kav nyob tau ntev thiab nyob tau zoo yog tias lawv nrhiav pom tau ntxov tias lawv mob HIV thiab lawv siv tshuaj los pab.

KIS HIV LI CAS?

HIV nyob rau hauv ntshav, kua phev txiv neej, niam lub mis, thiab kua phev pojniam ntawm cov neeg uas mob HIV. HIV kis ntawm ib tug tib neeg mus rau lwm tus thaum lawv pw ua ke, sib koom siv tib rab koob los txhaj, los tho qhov rau cev (tho pobntseg) lossis xuas koob khij rau ntawm lub cev, yug menyuum, lossis pub mis rau menyuum noj.

Nyob rau tebchaws Asmesliskas, lawv kuaj cov ntshav uas yuav muab ntxiv rau ib tug neeg, vim li no nws tsis yog ib qhov uas yus yuav tsum tau txhawj txog thaum kuv txais ntshav hauv tsev kho mob. Koj yuav kis tsis tau HIV los ntawm cov ntshav no.

Yog tias ib leej niam ua raws li tus kws kho mob hais thiab cia lawv pab kho, ces thaum nws xeeb menyuum, nws tus menyuum yuav muaj ib feem uas yog muaj hmoov nws yuav tsis kis HIV. Nws yog ib qho tseem ceeb heev rau cov pojniam uas muaj menyuum kom lawv kuaj seb lawv puas mob HIV kom lawv thiaj li tsis kis HIV rau lawv cov menyuum.

KUAJ SEB PUAS MOB HIV

Koj yuav tsis muaj peevxwm saib ib tug tib neeg

thiab paub tias nws puas mob HIV. Tej tib neeg tej zaum lawv yuav zoo li lawv noj qab nyob zoo, tej cov yuav yag cev, tej co yuav rog, tej co tsis doog thiab tsis mob qhov twg tiamsis lawv tseem kis tau rau lwm tus. Qhov uas yuav qhia meeib seb ib tug neeg puas mob HIV ces yog los ntawm qhov kuaj HIV.

Kuaj HIV yog ib qho yooj yim heev. Nyob rau ntau lub zos, yeej muaj tej chaw mus kuaj HIV uas pheeib yig thiab tej co uas kuaj dawb xwb. Kev kuaj HIV yuav kuaj seb puas pom muaj HIV nyob rau ntawm cov qaub ncaug lossis hno ntviv tes me me kom kuaj tau cov ntshav. Qhov kuaj tsuas siv li 20 feeb xwb ces yeej paub tias mob HIV los tsis mob. Nyob rau ntau lub zos, lawv yeej cia kom yus kuaj thiab tsuas yog yus thiaj tus kws kho mob uas kuaj ntawd thiaj li paub seb yus mob los tsis mob xwb, thiab tej qho cia kom yus paub xwb.

Kev kuaj confidential (qhia rau koj thiab cov kws xwb): Rau lub npe ntawm tus neeg uas tuaj kuaj thiab xa cov npe no mus rau lub koos haum saib xyuas kev mob nkeeg ntawm lub xeev (xws li lub State Health Departments).

Kev kuaj anonymous (qhia rau koj xwb): Yuav tsis tas kom koj rau npe li. Tiamsis nws siv ib cov lej lossis ib co ntawv los qhia rau yus paub xwb. Qhov no txhais tias tsuas yog tus neeg uas tuaj kuaj thiaj li paub tias qhov twg thiaj li yog nws li xwb.

Koj yuav tsis kis HIV los ntawm:

- Kov ib tug neeg li phoojywg :
- Tuav tes
- Sib khawm, sib nwj
- Hnoos, txham
- Muab ntshav
- Ntawm ib lub pas da dej
- Zaum ntawm tib lub qhov viv
- Siv tib daim pam
- Siv tib rab diav rawg, diav, rawg, riam, phaj, tais, lossis khob
- Los ntawm yoov tshaj cum los lwm hom kab tom

AIDS
Support a Friend



KOJ YUAV TIV THAIV KOJ TUS KHEEJ LI CAS?

Kom tsis txhob muaj ib feem uas yuav kis tau li:

- Ceev koj lub cev (Tsis txhob nrog lwm tus pw li)

Yog tias koj **thiab** koj tus hlub twb kuaj HIV ntawm 6 lub hlis tas los lawm THIAB:

- Neb ob leeg tsis mob HIV
- TSUAS pw ua ke nrog ib leeg ib tug xwb
- Tsis txhob koom siv koob hno, koob tho cev, lossis koob khij cev.

Muaj ib feem me me uas kis tau HIV

- Siv yas looj thaum koj nrog ib tug pw
- Siv koob kom zoo dua

KEV PW UA KE UAS PAB KOM FEEM YUAV KIS KOM TSAWG DUA YOG DAB TSI?

Cov kev pw ua ke uas pab tau yog cov uas thaiv tau tus txiv neej cov kua phev, tus pojniam cov kua phev, thiab ntshav los ntawm kev siv yas looj (pojniam thiab txiv neej) thiab tej daim yas thaiv (dental dams).

Ua ntej neb pw ua ke:

- Sib tham nrog koj tus hlub txog txoj kev pw ua ke uas kom tsis txhob kis mob.
- Xyaum siv yas looj (pojniam thiab txiv neej) kom txawj siv cov yas looj no ua ntej neb pw ua ke.
- Tsis txhob pw ua ke tom qab neb siv tshuaj lossis tom qab neb haus cawv.
- Tsuas siv cov kua uas siv dej los ua kom nplua nplua xwb (TSIS TXHOB siv cov kua nplua nplua uas siv roj los tsim)

Tshuaj noj kom txhob muaj menyuum, tshuaj txhaj kom txhob muaj menyuum, cov menyuum yas nplhaib uas tiv thaiv kom tsis txhob muaj menyuum, cov ntaub nplaum tiv thaiv kom tsis txhob muaj menyuum, thiab cov sponge uas tiv thaiv kom tsis txhob muaj menyuum, yuav pab thaiv tsis tau mom tsis txhob mob kas cees (HIV/AIDS). Tseem yuav tsum tau siv hnab yas looj (pojnima los txiv neej).

- Tej thaum koj tus menyuam muaj pob khaus thaum koj tus menyuam tsis haum tej yam zaub mov tshiab. Tsis txhob muab cov zaub mov tshiab no rau noj seb cov pob khaus puas zoo.

Yog cov pob khaus nyob ntev dua li peb hnuv lossis muaj ntau zuj zus, coj koj tus menyuam mus ntsib kws kho mob. Nco ntsoov muab tshuaj ntxuav tes ntxuav koj txhais tes tom qab hloov koj tus menyuam daim pawj kom tsis txhob kis kab mob.

NTXUAV KOJ TUS MENYUAM

TSIS TXHOB cia koj tus menyuam nyob ib leeg. Yog koj yuav tsum tau tawm hauv chav dej, muab phuum qhwv tus menyuam thiab coj nws nrog koj. Tom qab ntxuav tas, muab phuum qhwv koj tus menyuam, nco ntsoov muab phuum kauv nws lub tobhau.

NROG KOJ TUS MENYUAM UA SI

Nrog koj tus menyuam ua si yuav lom zem thiab tseem ceeb rau menyuam kev loj hlob hauv nws lub hlwb. Txawm yog koj tus menyuam tseem mos heev thiab tsis to taub koj cov lus los nws tseem ceeb heev rau menyuam kev kawm sib txuas lus. Ntawm no yog tej yam kev koj pab tau kom koj tus menyuam loj hlob.

- Puag koj tus menyuam kom ntau li ntau tau thiab qhia koj kev hlob rau.
- Nyeem ntawv rau koj tus menyuam yam tsawg li 6 teev hauv tej lub limtiam.
- Hu nkauj rau koj tus menyuam.
- Hais lus rau koj tus menyuam.

Yog xav paub ntxiv nyob rau hauv Internet txog menyuam kev noj qab nyob zoo thov saib:

www.cdc.gov/women/kids/index

www.momandbaby.org

www.kidshealth.org

• • •

Cov lus qhia ntawm no yog muab los ntawm cov ntaub ntawv sau nyob rau hauv:

*Qhov Chaw Ceev Kab Mob
(Centers for Disease Control)*

*National Center for Education in
Maternal and Child Health*

Daim ntawv qhia no tsim thiab tshwm nyiaj pab los ntawm Department of Health and Human Services Office of Refugee Resettlement.

KEV TIVTAUJ:

riht@uscridc.org

U.S. Committee for Refugees and Immigrants

**1717 Massachusetts Ave., NW
Suite 200**

Washington, DC 20036

Xovtooj: 202 • 347 • 3507

Fax: 202 • 347 • 7177

www.refugees.org



Ceev Kom Koj Tus Menyuum Noj Qab Nyob Zoo
Keeping Your Baby Healthy (Hmong)



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

TU KOJ TUS MENYUAM

Saib koj tus menyuam kev loj hlob thiab nws kev kawm yog ib lub sijhawm txaus siab heev nyob rau niamtxiv kev ua neej. Muaj ntau yam kev uas koj ua tau los pab koj tus menyuam kev loj hlob ntawm sab ngaj tawv thiab sab kev xav. Daim ntawv no yuav pab koj ceev koj tus menyuam kom muaj kev zoo siab thiab noj qab nyob zoo rau hauv koj lub tsev tshiab nyob hauv lub tebchaws U.S.

KOJ TUS MENYUAM TUS KWS KHO MOB

Niamtxiv thiab kws kho mob yog sib pab ua haujlwm ua ke ceev kom koj tus menyuam noj qab nyob zoo. Niamtxiv paub lawv cov menyuam zoo tshaj lwm tus rau qhov lawv siv sijhawm ntau nrog cov menyuam. Koj tus menyuam tus kws kho mob paub txog kev noj qab nyob zoo, kev loj hlob, thiab khoom noj.

KEV PUB ZAUB MOV RAU KOJ TUS MENYUAM

Niam cov kua mis yog ib yam zaub mov tseem ceeb heev rau koj tus menyuam thiab zoo dua nyuj cov kua mis, lossis cov mis qhuav uas tov. Pub niam cov kua mis rau koj tus menyuam noj kom ntev li ntev tau. Pib muab tej yam zaub mov tawv rau koj tus menyuam thaum muaj 6 lub hlis. Nco ntsoov muab zaub thiab txiv hmab rau koj tus menyuam noj kom ntau. Tsis txhob pub zib ntab, kua txiv hmab, thiab nyuj cov kua mis rau koj tus menyuam noj ua ntej muaj ib xyoos.

NTSIB KOJ TUS MENYUAM TUS KWS KHO MOB

Nyob rau lub sijhawm thawj lub xyoos menyuam loj hlob thiab paub tab sai heev. Cov kws kho mob thiab nasmaum nyob hauv Asmeliskas yuav xav ntsib koj tus menyuam ntau zaus. Feem ntau yog thaum koj tus menyuam muaj ob hnuv, ib hlis, ob hlis, plaub hlis, rau hli, cuaj hlis, thiab ib xyoos.

Cov sijhawm mus ntsib kws kho mob no tseem ceeb heev rau qhov tus kws kho mob muaj sijhawm kuaj thiab paub hais tias seb koj tus menyuam puas noj qab nyob zoo thiab loj hlob zoo. Koj tus menyuam tus kws kho mob yuav kuaj tus menyuam lub qhov muag thiab pob ntseg, thiab txhaj tshuaj.



Nyob rau hauv lub tebchaws United States, kws kho mob xav kom koj tus menyuam txhaj tshuaj li nram no:

- hepatitis B,
- DTaP,
- PCV,
- hib,
- polio,
- MMR
- hep A, thiab
- chicken pox.

Koj tus menyuam tus kws kho mob yuav muab ib daim ntawv qhia txog cov koob tshuaj uas koj tus menyuam yuav tsum tau txhaj, thiab seb thaum twg yog lub sijhawm uas koj tus menyuam yuav tau txhaj.

KEV PAB KOM TXHOB UA POB KHAUS THAUM QHWV PAWJ

Cov menyuam uas qhwv pawj feem ntau yuav ua pob khaus. Yuav kom tsis txhob muaj pob khaus thiab zoo sai yog ho muaj, nco tej yam qhia li no:

- Hloov daim pawj txhua zaus uas ntub lawm.
- Siv cov tshuaj zoo pob khaus pleev kom cov pob zoo mus. Mus saib cov tshuaj pleev uas muaj zinc oxide, lossis A&D.
- Tsis txhob qhwv pawj rau koj tus menyuam li ib nrab hnuv.
- Yog koj tus menyuam muaj pob khaus ntawm nws ob sab ceg thiab duav, hloov mus rau lwm yam npe pawj uas koj siv.

- Nres koj lub tshab ntawm qhov chaw nres tseb deb thaum koj mus pem lub khw loj (mall).
- Taug kev mus pem khw thiab lwm yam haujlwm.

THAUM KOJ UA NTAU YAM NWS YUAV PAB KOJ:

- Tiv thaiv koj kom koj tsis tshua muaj feem mob plawv, mob hlab ntsha paj hlwb tu, thiab mob ntshav qab zib.
- Pab kom koj cov pob qib txha ruaj dua.
- Ntxiv thiab pab kom koj tig tau ntau txoj kev.
- Pab kom koj ywj ywj txawm tias koj laus lawm
- Tiv thaiv kom koj tsis txhob mob pob txha nkig (osteoporosis) thiab pob txha dam (fractures)
- Pab kom koj zoo siab thiab kom koj tsis txhob txhawj txhawj thiab txhob tu tu siab.
- Pab kom koj saib koj tus kheej muaj nqis dua.
- Pab kom koj tsis txhob nyuaj nyuaj siab.

TIV TAUJ TAU NTAWM:

riht@uscridc.org
 Tebchaws Asmesliskas Lub Koos
 Haum Pab Cov Neeg Tawg Rog
 Thiab Cov Neeg Tsiv Teb Tsaw Chaw
 1717 Massachusetts Ave., NW
 Suite 200
 Washington, DC 20036
 Tus Xovtooj: 202 • 347 • 3507
 Tus xa ntauvv fax: 202 • 347 • 7177
 www.refugees.org

Kom paub ntxiv txog kev pham (obesity) hauv vas (Internet) thov mus saib:

American Heart Association
www.americanheart.org

American Diabetes Association
www.diabetes.org

The Centers for Disease Control and Prevention
www.cdc.gov

U.S. Department of Agriculture
www.usda.gov

Medline Plus
www.medlineplus.gov

• • •

Cov lus qhia tseem ceeb no yog muab los ntawm ib cov ntauvv uas tau raug sau los ntawm:

The Centers for Disease Control and Prevention (CDC)

U.S. Department of Agriculture (USDA)

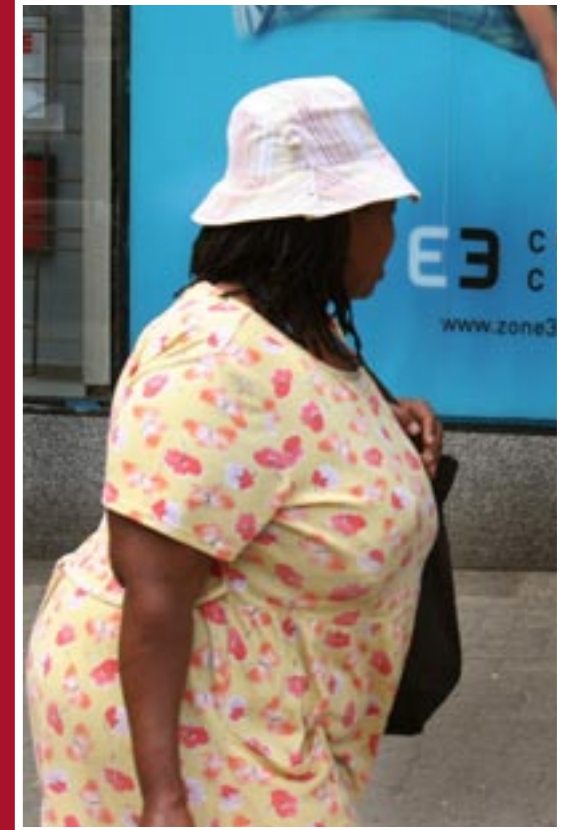
American Heart Association

American Obesity Association

American Diabetes Association

Georgia State University, Department of Geography and Anthropology

Phau ntauvv qhia no tau tsim los ntawm ib cov nyiaj ntawm lub Koos Haum the Department of Health and Human Services Office of Refugee Resettlement.



Pham Yog Dab Tsi? (What is Obesity?)

(Hmong)



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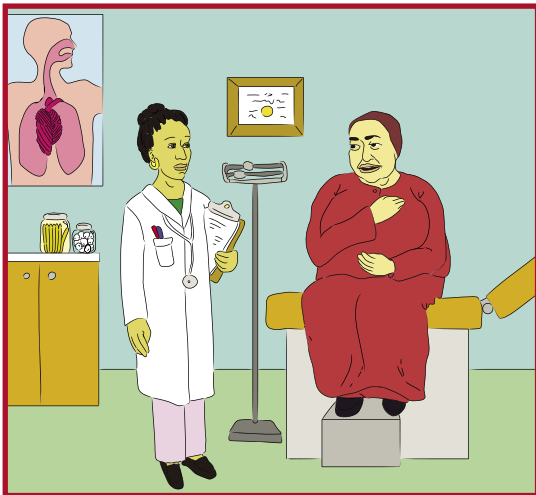
PHAM YOG DAB TSI?

Pham (Obesity) yog Ib hom mob uas ua rau ib tug neeg roq roq thiab ua rau nws hynav hnyav. Feem ntau qhov teebmeem yog tias tug neeg ntauw noj mov ntau dhau lawm thiab tsis khiav thiab dhia exercise kom txaus. Cov neeg tawg roq muaj cuab kav pib roq tuaj thaum lawv tsiv mus rau ib lub tebchaws tshiab thiab pib noj lwm yam khoom tshiab. Kev pham yuav ua tau teebmeem rau lub plawv, lub ntsws, cov pob qib txha, thiab cov pobtxha. Kev pham muaj cuab kav ua tau kom koj cov pob txha thiab pob qib txha puas, thiab ua tau kom koj txoj sia luv. Kev pham txiav koj txoj kev txav mus los los thiab muaj cuab kav ua teeb meem loj li nram qab no:

- Mob ntshav siab
- Mob ntshav qab zib
- Mob plawv
- Mob hlab ntshav saum paj hlwb tu
- Nyuaj ua pa

YUAV UA LI CAS THIAJ LI TIV THAIV KOM TSIS TXHOB PHAM PHAM:

- Siv koj lub cev mus khiav thiab dhia exercise, tsawg kawg nkaus los kom yog 3 hnub tauj ib lus vasthiv thiab kom ntev li ntawm 30 feeb. Koj yuav pab tau kom koj siv koj lub cev yog tias koj taug kev,



ncaws npas thiab ntaus npas, ua teb, thiab nce thiab nqis ntaiv.

- Txiaiv tsis txhob haus luam yeeb. Kev haus luam yeeb ua rau koj haj yam mob loj vim tias koj pham dhau heev lawm
- Noj txiv hmab txiv ntoo thiab zaub kom ntau.
- Tsis txhob haus caws thiab beer ntau ntau.

LUS QHIA TXOG KEV NOJ MOV KOM ZOO RAU CEV:

- Txhua hnub noj ntau yam khoom uas muaj cov vitamins thiab minerals uas koj lub cev toobkas kom thiaj li yuav nyob zoo.
- Noj chips, cookies, khoom qab zib, qhaub noom, roj qab roq butter, roj qab roq margarine, roj qab roq mayonnaise, ntsev, khoom kib, ka lee, sherbet, thiab dej qab zib kom tsawg dua.
- Noj kom tsawg dua cov khoom uas kib thiab cov uas muaj muaj starch roq (ncuav pastries, ncuav biscuits, thiab ncuav muffins).

LWM TXOJ KEV UA KOM IB PLUAS MOV ZOO NOJ DUA RAU LUB CEV:

- Noj cov nplej uas luag tau muab puab los ua nplev thiab cereal xws li cov nplej xim av uas luag tsis tau muab tshuaj los zawv kom cov xim tawm thiab cov mov xim av.
- Noj cov txiv hmab txiv ntoo thiab zaub.
- Thaum koj ua khoom noj siv cov roq, cov roj, lossis cov roj qab roq butter kom tsawg dua.
- Siv cov roj zaub uas lawv ua kom txuag txuag, kom txhob siv cov roj ua kua, cov roj shortening, cov roj qab roq butter, thiab cov roj qab roq margarine.
- Sim ci hauv qhov cub, ci ze qhov taws, muab txhiab, muab cub, lossis muab ci, kom tsis txhob mus kib.

- Siv cov nqaij uas tsis tshua muaj roq (nqaij qaij, nqaij nyug ntshiv, lossis nqaij qaij ntxhw)
- Siv cov mis, cheese, thiab yogurt uas tsis muaj roq, lossis cov uas yog 1% xwb.

LWM TXOJ KEV PAB KOM KOJ SIV KOJ LUB CEV NTAU DUA:

- Taug kev! Txhua hnub mus taug kev ob zaug uas kav ntev li 15 feeb.
- Mus seev cev.
- Nroj koj cov menyuum ua si.
- Nce thiab nqis ntaiv, tsis txhob siv lub elevator.
- Tawm ntawm lub npav ua ntej qhov chaw uas koj niaj hnub tawm.
- Saib TV kom tsawg dua thiab txav mus txav los thaum qhauj lawm.



- Yog tias koj tus mob txawv li cas lawm hais qhia rau koj tus kws kho mob paub;
- Mus kom raws caij li koj tau teem tseg losyog koj mus tsis tau ces hu mus qhia lawv, ua li no kom raws li Txoj cai (policy) hauv cov ntawv cog lus hu ua health care provider's policy; thieb
- Them tus nqi ntawm cov luag haujlwm los kho koj tus mob uas koj cov nyiaj ceev siav tsis them.

Kom paub ntxiv txog tias tus tuaj kuaj muaj cai li cas thiab nws luag haujlwm yog li cas, thov mus saib:

U.S. Department of Labor
www.dol.gov

Agency for Healthcare Research and Quality
www.ahrq.gov

American Hospital Association
www.hospitalconnect.com

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Cov lus qhia tseem ceeb no yog muab los ntawm ib cov ntawv uas tau raug sau los ntawm:

The U.S. President's Commission on Quality First: Better Health Care for All Americans

TIV TAUJ TAU NTAWM:

riht@uscridc.org

Tebchaws Asmesliskas Lub Koos
Haum Pab Cov Neeg Tawg Rog
Thiab Cov Neeg Tsiv Teb Tsaw Chaw
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Tus Xovtooj: 202 • 347 • 3507
Tus xa ntawv fax: 202 • 347 • 7177
www.refugees.org

Phau ntawv qhia no tau tsim los ntawm ib cov nyiaj ntawm lub Koos Haum the Department of Health and Human Services Office of Refugee Resettlement.



Tus Thaij Daim Duab No: USCRI/Albany

**Tus Mus Kuaj Mob
Cov Cai Thiab Nws Lub
Luag Haujlwm
(Patient's Rights and
Responsibilities)**

(Hmong)



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

KOJ MUAJ CAI TAU:

- Txais kev kho mob zoo, yuav tib tsis tau txog koj haiv neeg, koj kev ntseeg, koj hnuv nyoog, txawm tias koj yog pojniam los txivneej, txawm tias koj nyiam pojniam los txiv neej, lossis seb koj nyob lub tebchaws twg tuaj;
- Txais kev kho mob uas saib taus koj txoj kev ntseeg txog kev mob nkeeg ntawm lub cev, ntawm sab ntsuj plig, thiab ntawm koj haiv neeg kab li kev cai;
- Txais kev kho mob uas zoo thiab saib taus koj;
- Txais tau cov lus qhia txog cov neeg uas saib xyuas koj kev kho mob, koj cov ntawv lav kho mob (health care plan), thiab cov tsev kho mob;
- Txais cov lus qhia los ntawm tus neeg uas yuav txawj piav kom koj to taub;
- Txais kev kho mob ceev yog tias koj txaus siab tso cai rau lawv kho. (Koj yuav tsum them cov nqi kho mob no);
- Hais tau txog koj cov kev tsis pom zoo lossis tej yam uas koj tseem txhawj txog ntawm koj txoj kev txais kev kho mob, thiab kom muaj cov los teb koj cov lus no kom sai li sai tau;
- Kom tsis txhob muab koj cov ntaub ntawv kho mob rau lwm tus uas tsis muaj feem saib;
- Saib thiab luam koj cov ntawv kho mob;

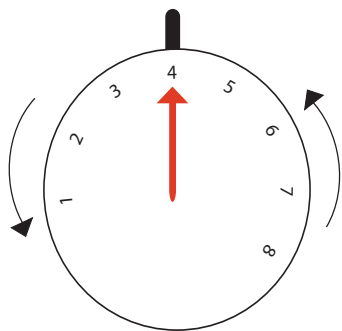
- Yog tias muaj tej yam uas sau tsis yog lossis sau tsis thwj nyob rau hauv koj cov ntawv kho mob, koj muaj cai muab kho losyog muab tshem tawm ntawm koj cov ntaub ntawv kho mob;
- Nug lus cov uas kho mob rau koj, cov ua haujlwm hauv, thiab cov uas saib cov tshuab kho neeg;
- Kom muab cov ntaub ntawv kuaj koj tus mob coj los piav kom koj to taub;
- Kom koj xaiv tau yam kev kho mob uas koj xav tau; thiab
- Kom koj pab nrhiav tau tswv yim los pab cov kws tshuaj kho koj.

TUS TUAJ KUAJ COV LUAG HAUJLWM

- Nrog cov uas pab kho koj tus mob tham
- Kawm txog koj tus mob thiab tej yam tshuaj uas koj noj los pab;
- Qhia kom tseeb li tseeb tau rau tus kws mob thaum nws nug lus rau koj;
- Ua raws nraim li tus kws kho mob hais kom thiaj li zoo thiab noj tshuaj li hais;
- Nug txog cov kev kho, seb puas yuav muaj feem tias cov kev no yuav ua rau hajyam mob loj tuaj, thiab nug txog tej yam uas peb kuaj ntawm koj;



- Muab dej kub tov nrog tshuaj ntxuav tais lossis tshuaj dawb los ntxuav lub laug cam, tais diav, thiab saum tej txee.
- Hlais zaub rau ib lub laug cam thiab hlais nqaij rau lwm lub laug cam.
- Siv cov laug cam uas yog yas thiaj tsis muaj kab mob nyob rau hauv li laug cam ntoo.
- Siv ntawv so tes los so tej ub no tom qab ua zaub mov tas tsis txhob siv phuum los so.
- Tsis txhob muab cov nqaij siav tso rau lub tais uas twb siv rau cov nqaij nyoos lawm.
- Yuav tsum tso cov misnyuj tshiab rau hauv lub taubyees tas li.
- Tsis txhob muab cov nqaij uas twb yaj lawm rov qab mus ua kom khov.
- Tsis txhob muab khoom noj tso rau hauv lub kaus poom uas tsis muaj hau vov.
- Tig qhov tso txias hauv koj lub taubyees rau qhov nruab nrab kom tabtom txias rau tej khoom noj.



“Yuav kom koj tej khoom zoo noj ntev yuav tsum tso koj lub taubyees kom txias”

**Yog xav paub ntxiv hauv Internet
txog tu tej khoom noj kom zoo thiab
huv, thov xyuas:**

www.cdc.gov/cleanhands

www.cdc.gov/foodsafety



*Cov lus qhia ntawm no yog muab los ntawm
cov ntaub ntauv sau nyob rau hauv:*

*European Union Risk Analysis
Information Network*

Media Materials Clearinghouse

*Qhov Chaw Ceev Kab Mob
(Centers for Disease Control)*

*Daim ntauv qhia no tsim thiab tshwm nyiaj pab
los ntawm Department of Health and Human
Services Office of Refugee Resettlement.*

KEY TIVTAUJ:

riht@uscrdc.org

**U.S. Committee for Refugees and
Immigrants**

1717 Massachusetts Ave., NW

Suite 200

Washington, DC 20036

Xovtooj: 202 • 347 • 3507

Fax: 202 • 347 • 7177

www.refugees.org



**Tu Tus Kheej thiab
Tsev Kom Zoo
Personal and Home Hygiene**

(Hmong)



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

TSIS TXHOB PUB KAB MOB KIS—NTXUAV KOJ TXHAIS TES

Ntxuav Tes yog ib qho uas zoo tshaj kom tsis txhob raug kab mob ib yam li tau khaub thuas thiab los ntswg. Kab mob kis zoo heev ntawm ib tus neeg mus rau lwm tus neeg yog kov raug. Siv cov tshuaj pleev tes uas yog “antibacterial” lossis tshuaj ntxuav tes uas muaj “deodorant” yog qhov zoo tshaj los tua cov kab mob uas kis tau.

LUB CEV UAS HUV YUAV PAB KOM KOJ NOJ QAB NYOB ZOO

Siv cov tshuaj da dej uas muaj deodorant lossis antibacterial thaum da dej yuav pab tua tau cov kab mob uas ua rau lub cev tsw.

Hnav tej ris tsho thiab ris xuab ntxhua tshiab tom qab koj ntxuav cev tas.

Muab tshuaj zawv plobhau “shampoo” zawv koj cov plobhau ob zaug ntawm ib lub limtiam kom koj daim tawv tobhau thiaj tsis muaj plhaws. Cov tshuaj zawv plobhau “conditioners” yuav pab kom koj cov plobhau tsis txhob ntxhib ntxhib thaum zawv tas. Ib co plobhau haum lawm ib yam tshuaj zawv plobhau. Nug koj tej phoojywg thiab tsevneeg kom lawv pab qhia.

Cov tshuaj zawv plobhau tom khw yuav tua tsis tau ntshauv. Yog koj muaj ntshauv, koj yuav tsum mus ntsib kws kho mob kom lawv muab yam tshuaj zawv plobhau tua ntshauv rau koj.

QHIA KOJ COV MENYUAM THIAB TSEVNEEG SEB THAUM TWG THIAJ YUAV TSUM MUAB TSHUAJ NTXUAV TES LOS NTXUAS TES

1. Ua ntej noj mov, ua mov noj, thiab kov tej zaub mov.
2. Tom qab siv hoob nab tas.
3. Tom qab tu menyuam tas, lossis hloov menyuam daim pawj.
4. Qhia koj cov menyuam thiab tsevneeg ntxuav lawv txhais tes kom yog.

QHIA KOJ COV MENYUAM THIAB TSEVNEEG NTXUAV TES KOM YOG

1. Muab koj txhais tes ntub dej kub.
2. Siv tshuaj ntxuav tes thiab txhuam koj txhais tes kom ntev li 45 xisnkoos.
3. Ntxuav kom zoo hauv koj cov nkhib ntiv tes thiab hauv qab koj cov rau tes.
4. Tso dej yaug koj txhais tes thiab muab ntaub lossis txoj phuam huv los so koj txhais tes.
5. Kab mob nkaum tau rau hauv koj cov qab rau tes yog li yuav tsum txiav koj cov rau tes kom luv.

Tshuaj rau qhovtso (deodorant) yog ib yam uas pleev qhovtso kom txhob tsw. Tshuaj rau qhovtso muaj ntau hom xws li ib co ua dej, nyeem, lossis txuag. Cov tshuaj no txivneej thiab pojniam siv tau tibi. Nws yog ib lub tswvyim zoo yog koj tu koj cov plobhau kom zoo thaum nyob tom tsev kawm ntawv lossis chaw ua haujlwm.

KHAUB NCAWS HUV THIAJ TSIS MUAJ KAB MOB

Muab tshuaj ntxhua khaub ncaws ntxhua koj tej khaub ncaws thiab tej pam pua chaw yam tsawg yog ib lub limtiam ib zaug kom tsis txhob muaj pob khaus.

LUB TSEV HUV YUAV TSIS MUAJ KAB MOB

Ntau yam kab thiab nas tsuag kis tau kab mob. Nco ntsoov nquag cheb koj chav tsev ua noj thiab muab tshuaj ntxuav tsev lossis tshuaj dawb los ntxuav qhov chaw tsuj.

LUB CHAV UA MOV UAS DU LUG YUAV TSIS MUAJ KAB MOB

Kab mob hauv tej khoom noj yog los ntawm cov misnyuj, qe, nqaij qaib, nqaij npuas, nqaij nyuj, thiab ntses. Cov kab mob no muaj zog thiab tej zaum kuj txov tau menyuam yaus txoj sia. Yuav kom tsis muaj kab mob rau tej zaub mov ua raws li cov lus qhia no.



Yuav kom koj noj qab nyob zoo thaum xeeb tub koj yuav tau noj tej yam li no txhua hnuab:

- tej yam xuas nplej ua (mov, qhaubcij, couscous, lossis hmoov pobkws),
- zaub,
- txiv ntoo,
- misnyuj, yogurt, lossis cheese, thiab
- nqaij thiab noob taum.

Tej yam uas koj ua lossis kov yuav ua mob rau koj tus menyuum. Thov txav deb ntawm tej yam li no:

- cov tshuaj tua kab, tshuaj ntxuav khoom, thiab xim tha ub no,
- pa luam yeeb,
- haus cawv (beer, wine thiab cawv ntsim), thiab
- tsis txhob haus ksfes, tshuaj yej, lossis pesxij ntau ntau. Haus cawv yuav ua rau koj tus menyuum xeeb tsis zoo, yuav ua rau lub hlwb puas, lossis yuav txo tau koj tus menyuum txojsia. Pa luam yeeb ua rau koj tus menyuum yug tau los me me lossis yug ntxov uas tsis tau txog caij.

**KUV YUAV MUS QHOV TWG THIAJ LI
TAU KEV PAB DAWB LOSSIS TSIJ TAU
THEM NYIAJ NTAU THAUM LUB SIJHAWM
XEEB TUB?**

Koj muaj peev xwm tau txais kev pab koj them tej nuj nqi uas kws kho mob tau pab koj thaum lub sijhawm koj xeeb tub. Qhov kev pab no yuav pab tau kom koj noj qab nyob zoo tu tub tu kiv. Txhua lub xeev yeej muaj ib qho kev pab. Yog xav paub ntxiv txog qhov kev pab nyob rau hauv koj lub xeev thov hu: 1-800-311-2229, lossis nug koj tus caseworker txog qhov no.

**Yog xav paub ntxiv txog kev
xeeb tub kom koj qab nyob zoo hauv
Internet, thov xyuas:**

www.nlm.nih.gov/medlineplus/prnatacare
www.4women.gov/faq/prenatal
www.cdc.gov/ncbddd/bd/abc
www.kidshealth.org/parent/

• • •

*Cov lus qhia ntawm no yog muab los ntawm
cov ntaub ntauv sau nyob rau hauv:*

*U.S. Department of Health and
Human Services*

*Qhov Chaw Ceev Kab Mob
(Centers for Disease Control)*

International Food Information

Council Foundation

March of Dimes

State Family Planning Administrators

Center for Health Training, WA

*Daim ntauv qhia no tsim thiab tshwm nyiaj pab
los ntawm Department of Health and Human
Services Office of Refugee Resettlement.*

KEV TIVTAUJ:

riht@uscridc.org

**U.S. Committee for Refugees and
Immigrants**

1717 Massachusetts Ave., NW

Suite 200

Washington, DC 20036

Xovtooj: 202 • 347 • 3507

Fax: 202 • 347 • 7177

www.refugees.org



**KeV Xeeb Tub Kom
Noj Qab Nyob Zoo
Healthy Pregnancy
(Hmong)**



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

Kev xeeb tub mas yog ib lub sijhawm tseem ceeb heev nyob rau ib tug pojniam lub neej. Daim ntawv no yuav qhia txog kev xeeb tub kom noj qab nyob zoo thaum lub sijhawm “nyuam qhuav paub” (“early detection”), kev “pab thaum lub sijhawm xeeb” (“prenatal care”), thiab noj tej zaub mov kom zoo.

LUB SIJHAWM NYUAM QHUAV PAUB YOG DABTSI?

Lub sijhawm nyuam qhuav paub yog thaum koj pib paub hais tias koj xeeb tub lawm. Thaum no nws yuav pab kom koj paub ceev koj tus kheej thiab koj tus menyuam.

YUAV UA LI CAS YOG KOJ XAV HAIS TIAS KOJ XEEB TUB LAWV?

Yog muaj tej yam qhia rau koj paub hais tias koj xeeb tub lawm, koj mus yuav tau cov khoom kuaj (testing kit) nyob tom tej khw muag tshuaj uas tsis tas yuav nqa daim ntawv yuav tshuaj mus yuav. Yog qhov khoom kuaj ntawd qhia hais tias koj xeeb tub tiag no ces yuav tsum tau mus ntsib kws kho mob. Koj tus kws kho mob mam kuaj dua thiab rov qhia rau koj paub ntixiv. Nws yog ib qho zoo uas koj yuav tau mus ntsib kws kho mob ntawm thawj ob lub hlis uas koj xeeb tub. Tus kws kho mob mam teb koj cov lus nug thiab kev xav paub txog xeeb tub. Nws yog ib qho tseem ceeb heev uas koj yuav tsum mus cuag kws kho mob kom sai li sai tau es thiaj pab tau koj kev xeeb tub.

KEV PAB THAUM LUB SIJHAWM XEEB TUB YOG DABTSI?

Kev pab thaum lub sijhawm xeeb tub yog tej kev uas koj mus ntsib kws kho mob kom lawv pab thiab soj ntsuam koj kev xeeb tub.

Ceev koj tus kheej thiab koj tus menyuam kom zoo xws li:

- yuav tsum mus ntsib kws kho mob pab kev xeeb tub thaum ntsov.
- yuav tsum mus kuaj koj tus kheej thiab koj tus menyuam kom raws sijhawm. Koj tus kws kho mob mam teem cov sijhawm rau koj mus ntsib nws nyob rau lub sijhawm thaum koj xeeb tub. Yuav tsum mus tsis txhob tu ncu!
- Ua raws li kws kho mob qhia.

Kev pab thaum lub sijhawm xeeb tub kuj yog tej kev tso ntshav mus kuaj, mus tsum tus menyuam, thiab lwm yam kev kuaj. Tej uas lawv ua no yog ua kom qhia tau hais tias koj thiab koj tus menyuam tsis muaj teebmeem dabtsi.

VIM LI CAS KUV THIAJ LI YUAV TSUM TAU KEV PAB?

Kev pab thaum lub sijhawm xeeb tub yog pab kom koj thiab koj tus menyuam noj qab nyob zoo. Cov menyuam uas lawv leejniam nrhiav kev pab thaum lub sijhawm xeeb tub feem ntau lawv yug tau lawv tus menyuam loj zoo, thiab menyuam tsis tuab. Kws kho mob yuav paub txog teeb meem ua ntej yog leej niam mus ntsib kws kho mob txhua txhua ib lossis ob lub hlis. Yog lawv pab tau thaum tseem ntsov yuav zoo dua li qhov teeb meem ntawd loj tuaj lawm. Mus ntsib kws kho mob kom

raws sijhawm yuav zoo rau koj thiab koj tus menyuam. Nug koj tus caseworker pab tswv yim seb koj yuav mus ntsib tus kws kho mob twg, lossis kev pab txhais lus.

YUAV UA LI CAS KUV THIAJ LI NTSIB KEV NOJ QAB NYOB ZOO THAUM XEEB TUB?

Yuav tsum ceev koj thiab koj tus menyuam kom noj qab nyob zoo thaum lub sijhawm xeeb tub es ua tej yam li no:

- haus rau khob mus rau yim khob dej, cov kua txiv hmab tseem, thiab misnyuj txhua hnub,
- noj tshuaj qab los uas muaj “Folic Acid”, “Iron”, thiab “Calcium”,
- taug kev ua evxawsxais,
- pw kom txaus,
- nug koj tus kws kho mob seb cov tshuaj uas koj noj puas zoo rau koj thiab koj tus menyuam,
- yuav tau mus txhaj tshuaj pab kom txhob raug khaub thuas, thiab
- tsis txhob pub kom koj nyuaj siab.



NTEV MUS QHOV ZOO NTAWM TXOJ KEV TXIAV LUAM YEEB

Ntawm tsib mus rau kaum tsib lub xyoos tom qab nws tsum luam yeeb, qhov feem yuav mob stroke nqis mus zoo li cov neeg uas ib txwm tsis haus luam yeeb.

Kaum xyoo tom qab nws txiav luam yeeb lawm, qhov feem uas yuav mob cancer rau hauv lub ntsws qis mus rau ib nrab ntawm cov neeg uas haus luam yeeb qhov feem: qhov feem uas yuav mob cancer hauv qhov ncauj, cajpas, hnyuv txuas qhov ncauj rau plab, zais zis, raum, thiab lub pancreas yuav nqis; qhov feem uas yuav mob ncauj plab yuav qis thiab.

Kaum tsib xyoos tom qab ib tug neeg txiav luam yeeb, qhov feem uas yuav mob plawv nqis mus rau qhov feem uas zoo li ib tug tibneeg uas ib txwm yeej tsis tau haus luam yeeb dua li, thiab qhov feem uas yuav tag txoj sia nqis mus rau qhov feem uas zoo li cov tibneeg uas ib txwm yeej tsis tau haus luam yeeb hlo li.

Kom paub ntxiv txog txoj kev haus luam yeeb hauv xovtooj, thov hu:

Tus Xovtooj Hu Dawb Rau Lub Tebchaws
No Kom Thiaj Li Cim Tau Luam Yeeb
1-800-QUIT-NOW

Neeg Asmesliskas Lub Koos Haum Nrhiav
Kev Pab Rau Cov Neeg Mob Cancer
1-800-ACS-2345

Lub Chaw Loj Uas Saib Xyuas Kom Kev
Mob Nkeeg Tsis Txhob Ua Kev Kub
Ntxhov thiab Tiv Thiaiv Kev Mob Nkeeg
1-800-CDC-1311

Kev Pab Cuam Qhia Txog Cancer Rau Cov
Pojniam Ua Nai Loj Thiab Thas Khaub Piab
1-800-4-CANCER

Neeg Asmesliskas Lub Koos Haum Qhia
Txog Kev Mob Plawv Tus Xovtooj
1-800-AHA-USA1

*Phau ntawv qhia no tau tsim los ntawm ib cov nyiaj
ntawm lub Koos Haum the Department of Health
and Human Services Office of Refugee Resettlement.*

Kom paub ntxiv txog txoj kev haus luam yeeb, hauv vas (Internet) thov mus saib:

The U.S. Government
www.smokefree.gov

National Cancer Institute
www.cancer.gov

American Lung Association
www.lungusa.org

American Cancer Society
www.cancer.org

American Heart Association
www.americanheart.org

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*Cov lus qhia tseem ceeb no yog muab los ntawm
ib cov ntawv uas tau raug sau los ntawm:*

World Health Organization (WHO)

*The Centers for Disease Control
and Prevention (CDC)*

The National Cancer Institute

The American Lung Association

The American Cancer Society

The American Heart Association

Campaign for Tobacco-Free Kids

TIV TAUJ TAU NTAWM:

riht@uscridc.org

Tebchaws Asmesliskas Lub Koos

Haum Pab Cov Neeg Tawg Rog

Thiab Cov Neeg Tsiv Teb Tsaw Chaw

1717 Massachusetts Ave., NW

Suite 200

Washington, DC 20036

Tus Xovtooj: 202 • 347 • 3507

Tus xa ntawv fax: 202 • 347 • 7177

www.refugees.org



Nyob Kom Ntev Dua: Cim Luam Yeeb Tamsim No (Live Longer: Stop Smoking Now)

(Hmong)



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

NOJ QAB HAUS HUJ

TEJ YAM UAS TSIIS ZOO LOS NTAWM TXOJ

KEV HAUS LUAM YEEB

Haus luam yeeb ua tau kom ib tug neeg mob cancer rau hauv nws lub ntsws. Cov luam yeem muaj txog li ntawm 4,800 yam tshuaj, ntawm cov no, 69 yam ua tau kom mob cancer. Ntxiv mus, cov pa luam yeeb ua teeb meem rau txhua yam hauv lub cev. Lub koos haum Saib Xyuas Kev Mob Nkeeg Hauv Ntiaj Teb (World Health Organization) hais tias ib tug neeg tuag los ntawm txoj kev haus luam yeeb txhua txhua 6.5 second twg.

Tus thawj ntawm pab U.S. Surgeon General tshaj tawm tias txoj kev uas haus luam yeeb muaj cuab kav tsim cov teeb meem li nram no:

- Abdominal aortic aneurysm (Leeg ntshav hauv plab su loj loj)
- Acute myeloid leukemia (cov hlwb pob txha tsim cov ntshav dawb tsiis zoo rau lub cev)
- Cataract (thaum ob lub qhov muag dawb dawb thiab nplooj tuaj)
- Cervical cancer (mob cancer ntawm qhov chaw yug menyuam)
- Kidney cancer (mob cancer rau ob lub raum)
- Pancreatic cancer (mob cancer rau lub pancreas)
- Pneumonia (ua rau lub ntsws voos thiab ua paug)
- Periodontitis (gum disease) (mob rau cov pos hniav)
- Stomach cancer (ua cancer rau lub plab)
- Bladder cancer (ua cancer to lub zais zis)
- Esophageal cancer (ua cancer rau txoj hnyuv uas txuas lub qhov ncauj nrog lub plab)
- Laryngeal cancer (ua cancer rau txoj pa hais lus)
- Lung cancer (ua cancer rau lub ntsws)
- Oral cancer (ua cancer rau lub qhov ncauj)
- Throat cancers (ua cancer rau caj pas)
- Chronic lung diseases (ua mob ntsws)
- Coronary heart and cardiovascular diseases (ua mob plawv)

- Reproductive effects such as decreased fertility (ua rau muaj tsiis tshua taus menyuam)
- Sudden infant death syndrome (ua rau cov menyuam mos cia li tag sim neej)

TUS NQI THAUM IB TUG NEEG HAUS LUAM YEEB

Nyob rau xyoo 2006, ib pob luam yeeb kim li ntawm \$4.35. Yog tias ib tug neeg haus ib pob tauj ib hnuv, nws yuav siv li ntawm \$1,600 rau luam yeeb xwb nyob rau ib xyoos. Yog ib tug neeg haus li no mus tag 20 lub xyoos, nws yuav siv li ntawm \$32,000 rau luam yeeb xwb.

Txhua xyoo, cov uas haus luam yeeb siv tag li ntawm \$167 billion los kho lawv cov mob uas tsim muaj los ntawm lawv txoj kev haus luam yeeb.

COV POJNIAH UAS HAUS LUAM YEEB

Kev tshawb fawb qhia tias cov pojniah uas haus luam yeeb muaj teebmeem ua kom lawv muaj menyuam. Cov uas muaj taus menyuam, lawv muaj teeb meem ntau dua cov pojniah uas tsiis haus luam yeeb. Cov menyuam uas yug los ntawm cov pojniah uas haus luam yeeb muaj coob leej uas thaum yug los me me heev (qhov no yog qhov uas tua cov menyuam coob tshaj hauv tebchaws Asmesliskas), yug tau menyuam twb tuag lawm, thiab yug tau tus menyuam mam li tuag.

COV NYOB ZE NTAWM TUS HAUS LUAM YEEB NQUS TAU COV PA LUAM YEEB

Tus nqus cov pa luam yeeb xwb, tej thaum muab hu ua passive smoke, yog thaum ib tug neeg nqus tau cov pa ua tus haus luam yeeb tau tshuab tawm los, thiab cov pa ua tawm los ntawm tus ntsis luam yeeb. Cov pa no ua tau kom muaj teeb meem ntau heev. Txhua xyoo cov nqus cov pa luam yeeb thib ob no 3,000 tawm leej tuag los ntawm txoj kev mob ntsws, thiab cov uas tuag los ntawm lwm yam kev mob nkeeg yog ze li ntawm 35,000. Cov pa luam yeeb thib ob no ua tau kom ob lub qhov muag, lub taub ntswg, caj pas, thiab lub ntsws khaus

thiab voos tuaj thiab ua rau kom tus neeg ntawd hnoos hnoos.

Nqus pa luam yeeb zaum ob li hais tas no yog li ib qhov uas tsiis zoo rau cov menyuam li. Cov menyuam uas nyob ze cov pa luam yeeb no muaj mob li nram qab no:

- ua paug hauv pob ntseg
- mob bronchitis (thaum lub ntsws ua ib cov ntswg ntau ntau heev), mob pneumonia (thaum lub ntsws voos thiab ua paug hauv) thiab lwm yam kev mob ntsws thiab
- muaj feem mob asthma (nyuaj ua pa thaum nws ib nyuag khiav me me), mob asthma no ntau heev dua, mob asthma no heev dua, thiab mob asthma no ntau lub sijhawm dua.

QHOV ZOO NTAWM QHOV TXIAV LUAM YEEB

Nees nkaum feeb tom qab ib tug neeg haus luam yeeb tag, nws lub ces twb pib pauv lawm

Nees Nkaum Plaub teev tom qab ib tug neeg txias luam yeeb lawm:

- Nws qhov feem uas mob plawv nres twb pib nqis lawm

Ob lub vasthiv mus rau peb lub hlis tom qab nws txiav luam yeeb lawm:

- Ntshav khiav tau zoo dua heev hauv nws lub cev
- Taug kev xwb los yoojyim heev rau nws lawm
- Lub ntsws ua haujlwm zoo dua qub lawm

Ntawm ib lub hlis mus rau cuaj lub hlis tom qab nws txiav luam yeeb lawm:

- Qhov hnoos hnoos, qhov txhaws txhaws ntswg, qhov sab sab, thiab qhov ua pa ntiav ntiav yuav pib ploj mus

Ib xyoo tom qab nws txiav luam yeeb tag lawm:

- Qhov feem uas yuav mob plawv nqis mus rau ib nrab ntawm ib tug neeg uas haus luam yeeb qhov feem.

ntawm qhov chaw mos. Tej thaum muaj pob nyob rau ntawm ib hnab noob qes, qhov chaw mos, lossis ntawm ob ceg.

- Tom qab kis tau li ntawm ob peb lus vasthiv lawm, cov pob no pib sawv tuaj.

Pojniam: ib co pojniam thaum lawv mus kuaj Pap tests ua kuaj seb cov nqaij ntawm qhov chaw mos puas muaj tej yam txawv txav, yog tias lawv mob HPV ces yuav ua rau qhov kev kuaj no tsis ua haujlwm, qhov kuaj no yog ib yam uas txhua xyoo pojniam yeej tau mus kuaj. Vim tias tej thaum cov pob no tshwm rau ntawm txoj hlab menyuam, nws yog ib qho tseem ceeb heev rau cov pojniam mus kuaj cev.

Kev Kho Mob:

Tsis muaj ib yam tshuaj twg uas yuav kho tau HPV. Ib tug kws kho mob tshem tau cov pob, lossis tej thaum nws txawj ploj nws, lossis tej thaum cov pob yeej tsis txawj ploj thiab qhov no yuav yog ib qho uas tsis zoo li. Nws yog ib qhov tseem ceeb heev rau koj mus kuaj txhua xyoo thiab saib xyuas koj tus kheej kom zoo.

Kev Tiv Thaiv:

HPV zoo li lwm yam kev mob uas kis los ntawm txoj kev sib daj sib dees, yus yuav tiv thaiv tau yog tias yus tsis txhob nrog lwm tus pw ua ke, lossis tsuas nrog lwm tus uas tsis mob HPV pw ua ke xwb yog tias neb ob leeg tsuas pw nrog ib leeg ib tug ua ke xwb. Hnab ya looj yuav tsis pab tiv thaiv HPV.

TIV TAUJ TAU NTAWM:

riht@uscrdc.org

**Tebchaws Asmesliskas Lub Koos
Haum Pab Cov Neeg Tawg Rog
Thiab Cov Neeg Tsis Teb Tsaw Chaw
1717 Massachusetts Ave., NW
Suite 200**

Washington, DC 20036

Tus Xovtooj: 202 • 347 • 3507

Tus xa ntawv fax: 202 • 347 • 7177

www.refugees.org

SYPHILIS:

Syphilis yog ib yam kev mob uas kis los ntawm txoj kev sib daj sib deev uas kiv los ntawm ib yam kab mob hu bacteria. Syphilis kis ntawm ib tug neeg mus rau lwm tus los ntawm cov nqaij uas kis mob.

Ua Pom Mob Li Nram Qab No:

Syphilis ua pom mob li lwm yam kev mob. Syphilis mob ua peb theem.

Theem 1: Thawj qho mob uas syphilis ua rau yus pom pib tshwm rau 10 mus rau 90 hnub tom qab kis. Syphilis ua kom nqaij mob thiab lwj. Yog tias tsis kho, nws yuav mob ntxiv mus.

Theem 2: Qhov kab mob no ua pob sawv liab vog rau ib lossis ntau qhov chaw ntawm lub cev. Cov pob no tsis khaus. Yog tias tsis kho, nws yuav mob ntxiv mus.

Theem kawg: Cov mob uas yus pom pib pawv, tiamsis tus neeg uas mob ntawd nws cia li yuav tsis tshua hnov ntawm nws tes thiab taw, nws cia li yuav pib ruam mus, lossis nws yuav siv tsis tau ib yam ntawm nws lub cev. Yog tias tseem tsis kho thiab, syphilis yuav ua tau kom tag txoj sia.

Kev Kho:

Thaum nyuam qhuav pib mob xwb, yeej kho tau Syphilis yoojyim heev. Nws tsis muaj ib yam tshuaj uas yuav cia li yuav pem khwv uas yuav kho tau Syphilis, tiamsis ib tug kws tshuaj muab tau tshuaj uas yuav kho tau thaum tseem ntxov. Cov tshuaj no yuav kho tau kom tsis txhob mob Syphilis lawm, tiamsis tej yam hauv lub cev uas twb puas lawm nws yuav kho tsis tau kom rov zoo li qub.

Kev Tiv Thaiv:

Koj yeej tiv thaiv tau kom tsis txhob kis Syphilis. Li lwm yam kab mob uas kis los ntawm txoj kev sib daj sib deev, koj yuav tiv thaiv kom tsis txhob kis Syphilis los ntawm txoj kev tsis txhob nrog lwm tus pw, lossis

tsuas nrog lwm tus uas tsis mob pw ua ke xwb yog tias neb ob leeg tsuas pw nrog ib leeg ib tug ua ke xwb. Hnab ya looj yuav tiv thaiv tsis tau Syphilis.

Kom Paub Ntxiv Txog STDs hauv vas (Internet) thov mus saib:

Body Health Resources Corporation
www.thebody.com

American Social Health Organization
www.iwannaknow.org and www.ashastd.org

The Centers for Disease Control National Prevention Information Network
www.cdcnpi.org

Kom paub ntxiv hauv xov tooj, thov hu:

CDC National STD Hotline
1-800-227-8922

24 teev tauj ib hnub, 7 hnub tauj ib vas thiv

CDC National AIDS Hotline
1-800-342-AIDS (1-800-342-2437)

24 teev tauj ib hnub, 7 hnub tauj ib vas thiv

National Women's Health Information Center, a part of the U.S. Department of Health and Human Services
1-800-994-9662

•••

Cov lus qhia tseem ceeb no yog muab los ntawm ib cov ntawv uas tau raug sau los ntawm:

The Centers for Disease Control and Prevention (CDC)

Body Health Resources Corporation

American Social Health Association

Phau ntawv qhia no tau tsim los ntawm ib cov nyiaj ntawm lub Koos Haum the Department of Health and Human Services Office of Refugee Resettlement.



**Qhov Uas Sawvdaws
Yuav Tsum Tau Paub
Txog Tej Kab Mob Uas
Kis Los Ntawm Txoj Kev
Sib Daj Sib Deev
Hu Ua STDs
(What Everyone Should
Know about STDs)**

(Hmong)



www.refugees.org

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KOJ TIV THAIV TAU KOM TSIS TXHOB KIS MOB NTAWM TXOJ KEV SIB DAJ SIB DEEV UAS HU TIAS STDS!

CHLAMYDIA

Chlamydia yog Ib yam kev mob uas kis los ntawm txoj kev sib daj sib deev (uas lus askiv hu ua STD's) uas kho tau. Chlamydia kis ntawm Ib tug neeg mus rau lwm tus los ntawm lub paum, lub qhov quav, thiab xuas qhov ncauj npuav. Chlamydia kuj kis tau ntawm leej niam mus rau nws tus menyuam thaum nws xeeb menyuam. Cov txivneej thiab cov pojniam uas pw ua ke nrog ntau leej yuav tsum mus kuaj saib seb lawv puas mob Chlamydia, feem ntau yog cov uas muaj 20 mus txog li ntawm 30 xyoo. Yog tias tseg tsis kho, Chlamydia yuav muaj peevxwm ua rau kom cov pojniam thiab txiv neej muaj tsis taus menyuam.

Pom mob li nram no/Ua Mob Li Nram No

Pojniam: Feem coob ntawm cov pojniam kuj tsis ua mob qhov twg. Yog tias mob, nws tsuas mob mentsis xwb.

Txij neej: Feem coob ntawm cov txiv neej kuj tsis ua mob qhov twg thiab. Yog tias mob, nws tsuas mob mentsis xwb. Tej co txiv neej ua rau nws ua paug tawm ntawm nws qhov chaw mos los.

Kev Kho:

Tshuaj tua kab mob muaj cuab kav tua tau Chlamydia. Txhua tus uas tau nrog ib tug neeg uas mob Chlamydia pw yuav tsum mus ntsib ib tug kws kho mob kom nws pab kho.

Kev Thiv Thaiv:

- Tsis txhob pw nrog lwm tus (tsis txhob sib dab sib deev).
- Tsis txhob pw nrog ib tug neeg uas mob lawm.
- Siv hnab yas looj (pojniam lossis txiv) thiab daim yas thaiv.

GONORRHEA

Gonorrhea yog ib yam kev mob uas kis los ntawm txoj kev sib daj dee uas kho tau. Gonorrhea kis los ntawm lub paum, lub qhov quav, thiab lub qhov ncauj. Gonorrhea muaj cua kav kis ntawm ib leej niam mus rau nws tus menyuam thaum nws xeeb menyuam. Gonorrhea kuj muaj cuab kav ua mob ntau yam ntxiv. Tib yam li Chlamydia, Gonorrhea kuj ua tau kom ib tug neeg muaj tsis taus menyuam.

Pom mob li nram no/Ua Mob Li Nram No

Pojniam: Pojniam feem coob tsis mob qhov twg. Yog mob ces tsuas mob me me xwb thiab mob li nram qab no:

- mob kub kub thaum tso zis
- ua paug hauv nws qhov chaw mos

Txiv neej: Txiv neej feem coob tsis mob qhov twg. Yog mob ces tsuas mob me me xwb. Yog mob, ces yuav pib mob li ob mus rau tsib hnub tom qab kis tau thiab mob li nram qab no:

- Mob kub kub thaum tso zis
- Ua paug xim dawb, xim ntsuab, lossis xim daj tawm hauv qhov chaw mos tuaj
- Ntawm ib cov txiv neej, ua rau ob lub noob qes o o thiab mob mob.

Kev Kho:

Tshuaj tua kab mob muaj cuab kav kho tau Gonorrhea.

Kev Thiv Thaiv:

- Tsis txhob pw nrog lwm tus (tsis txhob sib dab sib deev).
- Tsis txhob pw nrog ib tug neeg uas mob lawm.
- Siv hnab yas looj (pojniam lossis txivneej) thiab daim yas thaiv.

HERPES

Herpes yog ib yam kab mob uas kis los ntawm txoj kev pw nrog lwm tus uas mob herpes (muaj cov virus simplex) nyob rau ntawm lub qhov ncauj lossis nyob rau hauv qhov chaw mos. Herpes kis ntawm nqaij mus rau

nqaij. Herpes yog ib yam uas muaj neeg coob heev kis muaj; tiamsis coob leej tsis paub tias lawv mob herpes, lossis lawv xav tias lawv mob lwm yam. Tsis muaj ib yam uas yuav kho tau kom Herpes ploj.

Pom mob li nram no/Ua Mob Li Nram No

- Herpes yog ib cov pob nyob rau tej qho chaw uas ntev mus nws ua kaub puab thiab zoo li yus ua raug txiav.
- Ib tug neeg tom qab nws kis tau Herpes, nws yuav pib mob li ntawm tsheej vasthiv, tsheej hli, lossis tsheej xyoo tom qab nws kis.
- Tibneeg feem coob yeej tsis pom mob qhov twg, lossis nws tsuas pom mob me me xwb, vim li no tibneeg thiaj li xav tias nws yog mob lwm yam.

Kev Kho:

Nws tsis muaj ib yam tshuaj uas yuav kho tau Herpes. Nws tsis muaj ib yam tshuaj uas yuav tiv thaiv tau Herpes.

Kev Thiv Thaiv:

Qhov uas yuav pab tiv thaiv kom tsis txhob kis Herpes ces yog kom tsis txog nrog lwm tus pw ua ke xwb. Tiamsis txawm li ntawd los, cov uas tsis tau nrog lwm tus pw ua ke kiag li tseem kis tau thiab kis rau lwm tus thiab.

MOB KAS CEES (HIV/AIDS)

HIV (Human Immunodeficiency Virus) yog ib yam kab mob me me hu ua virus uas rais mus ua kom mob kas cees (AIDS (Acquired Immunodeficiency Syndrome)). HIV yog ib yam kab mob uas kis ntawm nyob rau ntawm ntshav, kua phev txiv neej, kua phev pojniam, lossis cov mis ntawm ib tug neeg uas mob HIV. HIV yog ib yam uas tiv thaiv tau yoojyim. Cov neeg uas tsis pom mob qhov twg uas muaj HIV hauv lawv cov ntshav tseem kis tau rau lwm tus thiab.

Pom mob li nram qab no:

- Tej co tibneeg txawm tias lawv kis tau HIV tau ntau xyoo los lawv yeej tsis ua pom mob qhov twg li.

- Koj yuav ntsia tsis tau ib tug tibneeg es yuav paub tias seb nws puas mob HIV los tsis mob.
- Qhov uas yuav paub tias ib tug tibneeg tsis mob HIV ces yog mus kuaj xwb.

Kev Kho:

Tseem tsis tau muaj ib yam tshuaj twg uas yuav kho tau kom tsis txhob mob HIV lawm, tiamsis nws muaj tej yam tshuaj uas pab tau. Yog ib tug tib neeg uas mob HIV muaj cov kws kho mob pab, noj cov tshuaj los pab, thiab cov as-ham los pab, tus tibneeg ntawd yuav muaj cuab kav nyob ntev thiab nyob zoo. Cov pojniam uas mob HIV yuav tsum mus ntsib kws tshuaj kom lawv pab muab tshuaj kom nws thiaj li tsis kis rau nws tus menyuam.

Kev Thiv Thaiv:

Koj tiv thaiv tau kom tsis txhob kis HIV. Ua tej yam li no los tiv thaiv:

- Tsis txhob pw nrog lwm tus (tsis txhob sib dab sib deev).
- Tsis txhob pw nrog ib tug neeg uas mob lawm.
- Siv hnab yas looj (pojniam lossis txiv) thiab daim yas thaiv.

HPV (HUMAN PAPILLOMAVIRUS) LOSSIS UA POB NTAWM QHOV CHAW MOS (GENITAL WARTS)

HPV yog ib hom kab mob me me hu ua viruses uas kis ntawm ib tug mus rau lwm tus los ntawm txoj kev sib pw ua ke. HPV ua tau kom mob cancer rau hauv qhov chaw mos, uas yog ib yam kev mob uas txos tau ib tug neeg txoj sia. HPV ua tau kom muaj pob nyob ntawm qhov chaw mos Cov pob ntawm HPV muaj nyob rau ntawm txoj hlab menyuam, ntawm qhov chaw mos, lub paum, lub qhov quav, lossis ntawm rab qau.

Pom mob li nram qab no:

- Neeg uas mob HPV feem coob tsis pom mob qhov twg.
- Nyob rau tej txhia, nws ua kom muaj pob ntawm qhov chaw mos. Cov pob no yog nqaij thiab muag muag nyob rau

**Kom paub ntxiv txog kev mob ntsws
tuberculosis hauv Internet, thov mus saib:**

The Centers for Disease Control
and Prevention
www.cdc.gov

U.S. Department of Health
and Human Services
www.omhrc.gov

...

*Cov lus qhia tseem ceeb no yog muab los ntawm
ib cov ntauv uas tau raug sau los ntawm:*

*The Centers for Disease Control
and Prevention (CDC)*

*U.S. Department of Health
and Human Services*

*The Directors of Health Promotion
and Education (DHPE)*

TIV TAUJ TAU NTAWM:
riht@uscridc.org
Tebchaws Asmesliskas Lub Koos
Haum Pab Cov Neeg Tawg Rog
Thiab Cov Neeg Tsiv Teb Tsaw Chaw
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Tus Xovtooj: 202 • 347 • 3507
Tus xa ntauv fax: 202 • 347 • 7177
www.refugees.org

*Phau ntauv qhia no tau tsim los ntawm
ib cov nyiaj ntawm lub Koos Haum the
Department of Health and Human Services
Office of Refugee Resettlement.*



**Tuberculosis (Mob
Ntsws) Yog Dab Tsi?
(What is Tuberculosis?)**

(Hmong)



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TB YOG DAB TSI?

Tuberculosis, lossis “TB,” yog ib yam kab mob uas kis tau sai heev vim tias nws kis ntawm ib tug mus rau lwm tus los ntawm txoj kev ua pa. Ib tug neeg uas mob TB tuag taus yog tias nws tsis muaj tshuaj los pab.

TB KIS LI CAS?

Cov kab mob TB nkag mus rau ntawm cov pa thaum ib tug neeg uas mob TB hnoos, txham, hu nkauj, nti nqaub ncaug, lossis thaum nws luag. Cov neeg uas ua cov pa no mus rau hauv lawv lub ntsws muaj cuab kav kis tau TB thiab.

LEEJTWG THIAJ LI KIS TAU TB?

Lub Koos Haum Saib Xyuas Kab Mob Hauv Ntiaj Teb (The World Health Organization

(WHO)) hais tias kwv yees li ntawm 6 lab (million) tus tib neeg thoob ntiaj teb kis tus kab mob TB no txhua xyoo. Txhua xyoo, kwv yees li ntawm 2 lab (million) tus tib neeg tuag vim tias lawv mob TB. Cov neeg uas nyob ua ke nrog cov neeg uas mob TB muaj ib feem yuav kis tus kab mob TB thiab. Cov neeg uas muaj feem yuav kis yog cov menyuam kawm ntawv ua ke, cov neeg ua haujlwm ua ke, cov neeg hauv tib tse neeg lossis cov nyob ua ke.

LATENT TB TXAWV ACTIVE TB LI CAS?

Cov neeg uas mob latent TB muaj cov kab mob TB nyob rau hauv lawv lub cev tiamsis nws tsis ua rau lawv mob. Cov neeg uas mob latent TB yuav kis tsis tau rau lwm tus tibneeg, tiamsis nws muaj feem yuav mob TB In hnuv tom ntej.

Cov neeg uas tau active TB mob TB tiag tiag. Qhov no txhais tias cov kab mob TB txawj loj thiab tua lub cev. Cov neeg uas mob TB mob raws li tau hais tag no, thiab lawv kis tau rau lwm tus neeg, feem ntau yog cov neeg uas niaj hnuv nyob ntawm lawv, xws li cov neeg uas lawv ua haujlwm nrog, cov neeg uas nrog lawv kawm ntawv, thiab lawv tsev neeg.

TB UAS TSHUAJ TUA TSIS TAU

Yog tias ib tug tibneeg uas mob TB tsis noj nws cov tshuaj raws li hais, losyog nws tseg tsis noj nws cov tshuaj sai dhau lawm, ces cov kab mob TB yuav txawj paut kom lwm hnuv cov tshuaj tua tsis tau nws lawm. Qhov no txhais tau tias cov tshuaj yuav tsis ua haujlwm lawm, vim li no tus tibneeg ntawd yuav tsum tau noj lwm yam tshuaj—tej thaum yuav tsum tau noj cov tshuaj muaj muaj zog—thiab tau no ntev dua kom nws thiaj li tua tau cov kab mob. Cov tshuaj muaj zog tua cov TB uas cov tshuaj tua tsis tau lawm, nws nyuaj thiab nws kim heev.

KHO TB LI CAS?

PEB KHO TAU COV NEEG UAS MOB TB! Nws siv sijhawm ntev los kho kom tau TB. Cov neeg uas mob TB yuav tsum noj ob pab yam tshuaj rau 6 mus rau 12 lub hlis kom thiaj li tua tau cov tshuaj. Ib tug neeg ua noj tshuaj tua TB, muaj tej thaum uas ntej cov tshuaj tua tab cov kab mob TB, twb zoo li nws zoo lawm. Tiamsis nws yog ib qho tseem ceeb heev kom tus neeg ntawd noj cov tshuaj tua TB kom tag. Yog tias ib tug tibneeg noj tsis tag tshuaj tua TB, nws yuav rov qab mob dua.

YOG KOJ XAV TIAS TEJZAUM KOJ TAU KIS TB LAWM

Yog koj xav tias koj tau nyob ze ntawm ib tug neeg uas mob TB lawm, koj yuav tsum mus saib koj tus kws kho mob lossis rau ntawm lub tsev saib xyuas mob mus kuaj seb koj puas mob TB tiag.



KEV LOJ HLOB THIAB KEV TOTAUB THAUM MUAJ PLAUB XYOOS

Menyuam uas loj hlob zoo thaum muaj
plaub xyoos yuav tsum paub:

- hais kom tau ib kab lus uas muaj tsib
mus rau rau lo lus nyob rau hauv,
- ua kom tau peb yam uas ua tib zaug
hais kom nws ua (xws li “Hnav ris
tsho. Ntsis koj cov plobhau. Txhuam
koj cov hnia, thiab ntxuav koj qhov
muag.”), thiab
- koom tes nrog lwm tus menyuam.

TEJ YAM DABTSI QHIA HAIS TIAS KOJ TUS MENYUAM TSIIS LOJ HLOB ZOO?

- Tu ncuu kev loj hlob ntawm sab
nqaij tawv
- Noj tsiis txaus
- Pobtxha tsiis khov
- Tsis pom kev zoo
- Cwj pwm hloov sai
- Hnyav tsiis txaus
- Tsis hnov lus zoo

KOJ YUAV NROG LEEJTWG THAM YOG KOJ TUS MENYUAM TSIIS LOJ HLOB ZOO?

Yog koj txhawj zeeb txog koj tus menyuam
kev loj hlob thov nrog tus menyuam tus
kws kho mob tham. Nco ntsoov coj koj tus
menyuam mus kuaj kom raws sijhawm,
thiab txhaj tshuaj.

Yog xav paub ntxiv txog menyuam kev loj hlob hauv Internet, thov xyuas:

www.cdc.gov/ncbddd/autism/ActEarly

www.nidcd.gov/health/voice/speechandlanguage

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*Cov lus qhia ntawm no yog muab los ntawm
cov ntaub ntawv sau nyob rau hauv:*

*National Center for Birth Defects and
Developmental Disabilities*

*Qhov Chaw Ceev Kab Mob
(Centers for Disease Control)*

*Daim ntawv qhia no tsim thiab tshwm nyiaj pab
los ntawm Department of Health and Human
Services Office of Refugee Resettlement.*

KEV TIVTAUJ:

riht@uscrdc.org

U.S. Committee for Refugees and
Immigrants

1717 Massachusetts Ave., NW
Suite 200

Washington, DC 20036

Xovtooj: 202 • 347 • 3507

Fax: 202 • 347 • 7177

www.refugees.org



Saib Koj Tus Menyuam Loj Hlob

(Tej Theem Ntawm Kev Loj Hlob)

Watching Your Child Grow

(Development Milestones)

(Hmong)



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SAIB KOJ TUS MENYUAM LOJ HLOB

Thawj lub xyoos ntawm ib tug menyuam lub neej mas yog ib lub sijhawm tseem ceeb rau lawv kev loj hlob ntawm sab nqaij tawv, kev xav, thiab kev sib txuas lus. Qhov no yog hu hais tias menyuam kev loj hlob. Nws muaj ntau theem rau menyuam kev loj hlob uas niamtxiv yuav tau saib seb lawv tus menyuam puas loj hlob zoo. Nyob rau tebchaws Asmesliskas, nqua hu kom niamtxiv saib lawv tus menyuam kev loj hlob ntawm nws lub hlwb, qhov muag, pob ntseg thiab tej tes taw seb puas muaj tej yam txawv txav.

KUV YUAV TSUM PAUB LI CAS TXOG KUV TUS MENYUAM?

Menyuam kev loj hlob hauv tej theem ntawm lawv lub neej tsis zoo sib thooj. Txhua tus menyuam nyias loj hlob raws nyias, thiab koj tus menyuam yuav nkag mus rau tej theem hauv nws lub neej ua ntej lossis ua qab lwm tus menyuam uas hnuv nyoog ib yam. Daim ntawv qhia no yog ib daim qhia yoog yim rau koj totaub txog menyuam kev loj hlob thiab kom koj paub nug koj tus menyuam tus kws kho mob yog koj muaj tej yam kev txhawj. Ntawm no yog tej yam qhia rau niamtxiv yuav tsum paub txog thaum lawv tus menyuam loj hlob tuaj.

KEV LOJ HLOB THIAB KEV TOTAUB THAUM MUAJ XYA LUB HLIS

Thaum muaj xya hli, cov menyuam uas loj hlob zoo yuav tsum paub:

- tig tobhau yog hu nws lub npe,

- luag thaum saib lwm tus,
- xyaum ua suab teb yog nws hnov suab nrov,
- nyiam lwm tus tawb ua si,
- tuav tau tej yam khoom ua si me, thiab
- tig qhov muag raws khoom/teeb uas txav ze ntawm nws lub qhov muag.

KEV LOJ HLOB THIAB KEV TOTAUB THAUM MUAJ IB XYOOS (12 HLIS)

Menyuam uas loj hlob zoo thaum muaj ib xyoos yuav tsum paub:

- siv lub cev co (xws li co tes hais tias mus zoo koj),
- ua tej yam suab uas yooj yim,
- qog ua ub no thaum ua si (xws li npuaj teg), thiab
- yuav tsum paub thaum hais tias “tsis txhob ua”.



KEV LOJ HLOB THIAB KEV TOTAUB THAUM MUAJ I 1/2 XYOOS

Menyuam uas loj hlob zoo thaum muaj 1 ½ xyoos yuav tsum paub:

- hais lus rau tej khoom ua si (xws li hais lus rau lub xovtooj dag),
- taw tes rau tej yam khoom uas nws txaus siab rau,
- saib tej yam uas koj taw tes rau thiab hais tias “saib”, thiab
- hais kom tau ob peb lo lus yam tsis tas qhia.

KEV LOJ HLOB THIAB KEV TOTAUB THAUM MUAJ OB XYOOS

Menyuam uas loj hlob zoo thaum muaj ob xyoos yuav tsum paub:

- hais kom tau ib kab lus uas muaj ob lo lus nyob rau hauv,
- ua tau tej yam yooj yim uas hais kom nws ua,
- nyiam lwm tus menyuam yaus, thiab
- taw tes rau tej yam khoom lossis duab thaum uas yus hais yam khoom ntawd npe.

KEV LOJ HLOB THIAB KEV TOTAUB THAUM MUAJ PEB XYOOS

Menyuam uas loj hlob zoo thaum muaj peb xyoos yuav tsum paub:

- nwj lossis khawm lwm tus menyuam,
- hais kom tau ib kab lus uas muaj ob lo lus nyob rau hauv,
- qog tej laus thiab lwm tus uas nrog nws ua si, thiab
- ua si nrog tej menyuam roj hmab, tsiaj, thiab tibneeg.

Nws tseem ceeb heev kom koj ua raws li koj tus kws kho mob hais, uas tej zaum yuav muaj raws li nram qab no:

- Noj ntau yam txiv hmab txiv ntoo thiab zaub
- Caiv tsis txhob haus luam yeeb, dej cawv, thiab tshuaj phem
- Siv lub cev ua ntau yam. Maj mam khiav thiab dhia exercise zoo rau koj thiab koj tus menyuam.
- Caiv tsis txhob haus caffeine (kas-fes, dej qab zib thiab kua tea)
- Caiv tsis txhob siv tshuaj (li cov tshuaj txuag kab lossis tshuaj ntxuav tsev)
- Kawm ib hoob qhia txog ua ntej yug menyuam
- Noj vitamin uas muaj folic acid nyob rau hauv.

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Kom paub ntxiv ntawm xovtooj thov hu:

The National Women's Health Information Center (NWHIC)
1-800-994-9662

The Planned Parenthood Federation of America at
1-800-230-7526

Kom Paub Ntxiv Txog Kev Kuaj Pojniam hauv Vas (Internet), Thov mus Saib:

The Centers for Disease Control and Prevention
www.cdc.gov

The U.S. Department of Health and Human Services
www.womenshealth.gov

The U.S. Department of Health and Human Services Office of Minority Health
www.omhrc.gov

Kom paub tias cov tsev kuaj mob loom uas pab ua tau cov kuaj Pap Test thiab mammograms nyob rau qhov twg, thov mus saib:

The Centers for Disease Control and Prevention
www.cdc.gov/cancer

Planned Parenthood Federation of America
www.plannedparenthood.org

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Cov lus qhia tseem ceeb no yog muab los ntawm ib cov ntauv uas tau raug sau los ntawm:

The Office of Women's Health and Office of Minority Health at the U.S. Department of Health and Human Services

The Centers for Disease Control and Prevention (CDC)

The National Cancer Institute

Phau ntauv qhia no tau tsim los ntawm ib cov nyiaj ntawm lub Koos Haum the Department of Health and Human Services Office of Refugee Resettlement.

TIV TAUJ TAU NTAWM:

riht@uscridc.org

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Tus xa ntauv fax: 202 • 347 • 7177

www.refugees.org



Tus Thaij Daim Duab No: Rose McNulty

Tej Kev Kuaj Rau Pojniam (Routine Health Exams for Women)

(Hmong)



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PAP TEST

Qhov Pap test lossis qhov Pap smear yog ib yam kev kuaj uas cov kws kho mob thiab cov nais maum ua, lawv muab ib tug txhuam mus txhuam kom tau ib qhov nqaij (cells) ntawm ib tug pojniam qhov chaw mos. Tej thaum qhov no yuav ua rau koj txaj muag lossis tsis zoo nyob mentsis, tiamsis qhov kev kuaj no yoojyim thiab pab kuaj seb puas mob qhov kab mob cervical cancer ntawm qhov chaw mos. Txhua tus pojniam uas muaj 18 xyoo rov saud yuav tau mus kuaj ib zaug ib xyoos. Yog tias ib tug pojniam pib nrog neeg pw ua ntej nws muaj 18 xyoo, nws yuav tau mus kuaj txhua xyoo thiab.

Thaum koj mus kuaj txhua xyoo, lawv yuav hais kom koj hle koj cov khaub ncaws ntawm koj lub duav rov hauv thiab hais kom koj mus pw saum ib lub rooj. Koj yuav tau tsa koj ob txhais ceg. Tus kws kho mob lossis tus nais maum mam li zaum ntawm koj ob ceg thiab siv ib lub teeb thiab lwm yam cuab yeej kho mob.

Koj muaj cai thov kom ib tug nais maum ntxiv nyob rau hauv lub hoob nrog koj. Tus kws kho mob lossis tus nais maum yuav saib hauv koj qhov chaw mos, xuas rau hauv, thiab txhuam ib qho nqaij los kuaj. Qhov no yog ib qhov tseem ceeb los kuaj kom paub tias seb koj puas muaj mob hauv.

Yuav kom qhov no kuaj tau kom thwj, peb hnuv ua ntej koj yuav mus kuaj koj yuav tau tsis txhob:

- Txuag dej rau hauv koj qhov chaw mos*

** Cov kws kho mob feem coob hais tias txoj kev uas ib tug pojniam txuag dej rau hauv nws qhov chaws mos tsis yog ib qho uas zoo rau nws. Tus pojniam lub cev yeej txawj ntxuav nws tus kheej lawm, kev txuag dej rau hauv yuav muaj peevxwm ua kom ua paug rau hauv lossis yog tub voos lawm, muaj peevxwm ua kom mob ntxiv tuaj. Kev txuag dej rau hauv qhov chaw mos yuav ua kom koj muaj feem ntau dua yuav kis mob ntau txoj kev sib daj sib deev uas hu tias STD. Kev txuag dej rau hauv qhov chaw mos yuav TSIS tiv thauv kom tsis txhob muaj menyuam.*

- Tsis txhob ntsaws pojniam cov khoom uas nkag mus rau hauv
- Tsis siv cov pleev pleev paum, cov tshuaj uas muab ntsaws rau hauv, lossis lwm yam tshuaj.
- Siv cov tshuaj tsw qab los qhaub piab tswv qab rau hauv
- Pw nrog lwm tus ua ke

KUAJ OB LUB MIS

Yog tias ib tug pojniam ob lub mis lub lub, qhov no yog ib qho qhia tau tias tej zaum nws yuav mob ib yam uas muaj cuab kav txo tau ib tug neeg txoj sia. Ib tug pojniam yuav tau cia ib tug kws kho mob lossis ib tug nais maum kuaj nws ob lub mis txhua xyoo thaum nws mus kuaj. Tus kws kho mob lossis tus nais maum yuav kuaj seb nws ob lub mis puas lub lub, puas muaj tej qho saus me me, lossis puas liab liab.

Txhua tus pojniam yuav tau kuaj nws ob lub mis txhua lub hlis seb nws puas lub lub, puas muaj tej qho saus me me, lossis puas liab liab, puav muaj paug tawm hauv mis los, lossis puas txawv txav. Tej co lub lub kuj tsis muaj dab tsi, tiamsis nws yog ib qho zoo kom ib tug kws kho mob lossis ib tug nais maum kuaj seb puas muaj tej qho lub lub uas pib tshiab lossis pheej loj ntxiv tuaj hauv lub mis. Nws yog ib qhov zoo yog tias txhua hli koj kuaj koj lub mis kom koj paub tias nws zoo li cas kom yog pauv li cas lawm los kom koj thiaj li paub.

MAMMOGRAMS

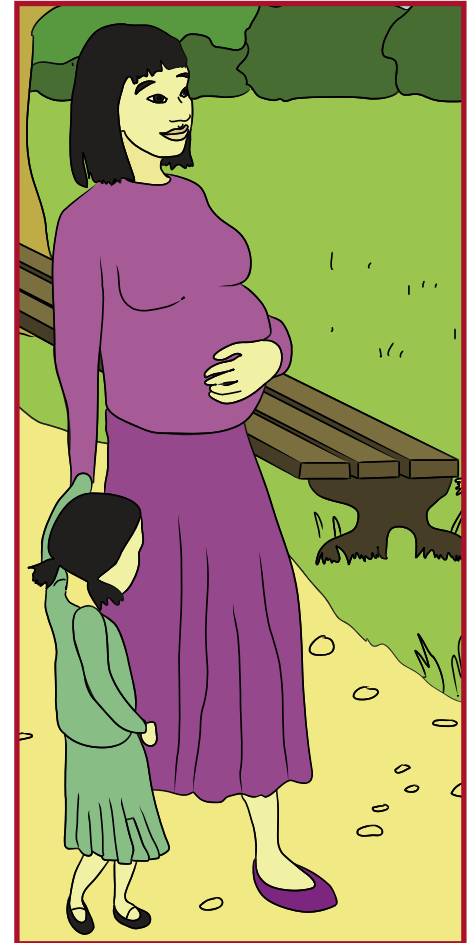
Qhov mammogram yog xuas hluav taws xob xoo lub mis thiab muab los saib seb puas mob cancer. Cov pojniam uas muaj hnuv nyoog li ntawm 40 xyoo rov saum yuav tau mus kuaj ib zaug tau ib lossis ob xyoos.

Thaum kuaj ib qho mammogram, tus kws khom mob lossis tus nais maum yuav muab koj ob lus mis tso nruab nrab ntawm ob daim hlau. Lub tshuab kuaj yuav los ze ze thiab thaj ib daim duab ntawm koj ob lub mis. Tej zaum

qhov no yuav tsis zoo nyob, tiamsis nws tsuas kav ntev li ntawm ib feeb xwb. Kuaj mis thiab mammograms yog ob qhov kev kuaj kom paub ntxov tias seb puas mob cancer rau ntawm ob lub mis.

KEV KHO MOB UA NTEJ YUG MENYUAM

Pre-natal care yog cov kev kho mob uas koj thiab koj tus menyuam txais thaum koj tseem muaj menyuam hauv plab. Kev kho mob ua ntej yug menyuam yog ib qho tseem ceeb heev kom thiaj li yug tau ib tug menyuam kom muaj zog tsis muaj teeb meem dab tsi. Txhua tus pojniam uas muaj menyuam hauv plab yuav tau muaj cov kws kho mob pab xyuas thaum tseem ntxov.



- Ua rau nws chim sai sai
- Ua rau nws ob lub mis mob thaum maj mam kho

Yog tias mob tshaj li saum no, mus nrog koj tus kws kho mob tham.

THAUM TWG THIAJ LI MUS KOM KWS KHO MOB PAB KHO?

Koj yuav tau mus ntsib ib tug kws kho mob yog tias:

- Lub caij uas koj lub cev ntas pib txawv heev uas tsis pom tias tim qhov twg, xws li nyuaj nyuaj siab heev, muaj mob lossis nce los poob pound.
- Cev ntas heev heev uas kav ntev tshaj 7 hnuv
- Los ntshav nyob nruab nrab ntawm lub caij uas koj lub cev yuav ntas
- Koj lub plab mob mob heev uas kav ntev tshaj li ntawm 2 hnuv
- Koj xav tias tejzaum koj muaj menyuam
- Ua paug uas yog xim daj, xim ntsuab, lossis xim dub txhoo, lossis yog tias nws dawb dawb thiab nyeem nyeem, lossis ua ua npuas thiab tsw tsw li ntse.

Kom paub ntxiv txog pojniam kev noj qab nyob zoo hauv vas (Internet), thov mus saib:

www.womenshealth.gov

www.4women.gov

www.omh.gov

www.girlshealth.gov

www.youngwomenshealth.org

www.girlhealth.org

Kom paub ntxiv los ntawm xovtooj, hu:

CDC National STD Hotline

1-800-227-8922

24 teev tauj ib hnuv, 7 hnuv tauj ib vas thiv

CDC National AIDS Hotline

1-800-342-AIDS (1-800-342-2437)

24 teev tauj ib hnuv, 7 hnuv tauj ib vas thiv

National Women's Health Center

1-800-994-9662

The U.S. Department of Health and Human Services

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Cov lus qhia tseem ceeb no yog muab los ntawm ib cov ntawv uas tau raug sau los ntawm:

The American Academy of Pediatrics: Puberty Information for Boys and Girls

U.S. Department of Health and Human Services Office of Women's Health

Advocates for Youth

Phau ntawv qhia no tau tsim los ntawm ib cov nyiaj ntawm lub Koos Haum the Department of Health and Human Services Office of Refugee Resettlement

TIV TAUJ TAU NTAWM:

riht@uscrdc.org

Tebchaws Asmesliskas Lub Koos

Haum Pab Cov Neeg Tawg Rog

Thiab Cov Neeg Tsiv Teb Tsaw Chaw

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Tej Yam Uas Tshua Tus Pojniam Yuav Tau Paub Txog Nws Lub Cev (What Every Woman Should Know about Her Body)

(Hmong)



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PUBERTY

Puberty yog lub caij thaum ib tug menyuam lub cev pauv mus ua ib tug hluas lawm, thaum tiav nkauj lossis tiav txiv. Puberty tshwm sim hauv cov menyuam tub thiab menyuam ntxhais thaum lawv muaj li ntawm 9 xyoos mus txog 13 xyoos.

Thaum puberty tab tom pauv lawv lub cev, cov menyuam ntxhais cov mis pib loj tuaj; lawv lub duav pib loj tuaj, thiab lawv pib tuaj plaub ntawm lawv qhov chaw mos (nyob nruab nrab ntawm lawv ob ceg), ntawm lawv qhov tso, thiab ntawm lawv ob txhais ceg. Thaum lub sijhawm no, cov menyuam ntxhais pib ntas (coj khaub ncaws). Lub cev pauv li no yog ib qho zoo uas pab kom cov menyuam ntxhais no tiav nkauj.

CEV NTAS (COJ KHAUB NCAWS) TXHUA HLI

Feem coob ntawm cov menyuam ntxhais pib koj khaub ncaws thaum lawv muaj 9 mus txog 16 xyoo. Txawm tias ib tug ntxhais koj khaub ncaws lawm, nws tseem da dej, khiav, ua haujlwm, thiab lwm yam uas siv nws lub cev tau. Tejzaum yog koj ua tej yam li no, nws yuav pab kom koj yuav tsis txhob xav txog qhov koj khaub ncaws uas tejzaum yuav ua rau koj tsis tshua zoo nyob.

CEV NTAS (COJ KHAUB NCAWS) YOG DAB TSI?

Thaum ib tug ntxhais pib koj khaub ncaws txhua lub hlis, nws txoj hlab yug menyuam tso ib lub qe tauj ib hlis. Yog tias ib tug txiv neej cov kua menyuam nkag mus rau ntawm lub qe no, lub qe no yuav loj hlob los ua ib tug menyuam hauv nws. Txhua lub hlis tus ntxhais lub cev npaj yuav txais tos lub qe no los ntawm txoj kev ua nws leem cov nqaij thiab ntshav hauv nws qhov chaw yug menyuam. Yog tias lub qe uas tus pojniam ntawd tso los tsis muaj txiv neej cov kua menyuam nkag rau, qhov chaw yug menyuam yuav tso cov kua ntshav uas leem ntawd tawm hauv tus ntxhais los. Qhov no yog qhov uas tus ntxhais lub cev ntas.

LUB CEV NTAS NTEV LI CAS?

Feem ntau lub cev ntas li ntawm 3 mus rau 7 hnuv. Feem ntau nws tsuas ua ib zaug tauj li ntawm 3 mus rau 5 lub vasthiv. Tom qab ib tug menyuam ntxhais lub cev tiav nkauj (puberty), tej zaum nws lub cev yuav tsis ntas raws hli li hais tag saum no, tiams ntev mus, nws yuav mus raws caij nyooq li hais.

KOJ YUAV TU KOJ LUB CEV LI CAS THAUM KOJ LUB CEV NTAS?

Koj yuav tau siv tej cov pawm lossis tej yam ntsaws hauv thaum koj lub cev ntas kom cov ntshav thiaj li yuav tsis tsuas koj cov khaub ncaws. Txawm koj xav siv qhov twg los nyob ntawm koj, tiamsis tsis txhob siv cov uas ua kom tsw qab vim cov no yuav ua tau kom koj ua paug rau hauv.

Cov pawm no yog siv nyob hauv koj cov ris xuab. Cov pawm no nplaum rau ntawm koj cov ris xuab. Hloov cov paum no kom ntau kom thiaj li tsis nchuav tawm, thiaj li yuav tsis ua rau koj tsis zoo nyob, lossis kom thiaj li yuav tsis ua rau kom koj tsw tsw. Thaum nws so so, hloov cov pawm no ntau npau li qhov uas koj mus siv hoobnab. Qhov no thiaj li yuav ua rau kom koj zoo nyob thiab qhuav.

Cov uas ntsaws yog ntsaws rau hauv koj lub paum. Li cov pawm, cov ntsaws no zoo yog tias koj muab hloov kom ntau, hloov li ntawm ib zaug tauj 4 mus txog 6 teev twg.

Tus pojniam lub cev nws yeej txawj ntxuav nws tus kheej lawm, qhov no txhais tias koj tsis tas yuav txuag dej lossis pab ntxuav sab hauv tom qab koj cev ntas tag. Ntxiv mus, yog koj ua li no, qhov no yuav ua rau kom koj muaj feem ntau dua yuav mob ua paug thiab mob lwm yam hauv.

DAB TSI TSHWM SIM THAUM KOJ LUB CEV NTAS?

Tej co pojniam cev ntas muaj ntau dua lwm cov. Qhov no kuj tsis txawv pestsawg. Txhua tus pojniam lub cev yeej nyias txawv nyias. Thaum lub caij uas koj lub cev ntas koj yuav tsis los ntshav ntau npaum twg. Koj tsuas yuav poob li ntawm 1 mus rau 3 oz (30 mus rau 90 ml) rau ib hlis twg. Qhov no tsuas ntau li ntawm cov menyuam hwj uas rau cov tshuaj pleev uas lawv pub pub pem tej. Yog tias koj lub cev ntas ntau tshaj no, koj yuav tau nrog ib tug kws kho mob tham.

Tej co pojniam yuav tsis zoo nyob ua ntej, thaum, lossis tom qab lawv lub cev ntas. Qhov no muaj li nram no:

- Mob mob plab
- Zoo li o o
- Pheej sab sab heev
- Mob taub hau
- Mob nrab qaum

