



Hau Ntawv Xov Xwm: Cov Tshuaj Plooj Hniav

Ib cov chaw uas nquag muaj kab noj hniav tshaj plaws yog saum cov ntug hniav puas. Vim tias koj tus pas txhuam hniav ncav tsis cuag txhua kis hniav me me saum cov ntug hniav kom tshem tau cov khoom noj thiab cov kab mob. Cov tshuaj plooj hniav npog thiab tiv thaiv cov kis hniav ntawd kom kab nkag tsis tau mus rau sab hauv. Cov tshuaj plooj hniav pheej yig tshaj cov tshuaj ntsaws hniav, kev pov hwm them nqi hniav yeej them rau, thiab koj yuav txuag tau nyiaj. Thiab lawv tiv thaiv cov hniav mus li 5-10 lub xyoo los yog ntev dua.

Qhov ntawd yuav ua rau txhua tus luag nyav taus.

Nug koj tus kws kho mob txog cov tshuaj plooj hniav uas yog rau koj thiab koj tsev neeg!

*Nyab xeeb thiab pleev yooj yim -
thiab tsuas siv ob peb feeb xwb.
• Cov feem kev pov hwm them nqi
kho hniav coob, nrog rau
Medi-Cal thiab Healthy Families,
yeej them rau cov tshuaj plooj
hniav rau cov me nyuam cov
hniav phlis tshiab.
• Tiv thaiv cov me nyuam mos
thiab cov hniav phlis tshiab
ntawm cov me nyuam thiab
cov neeg laus.*

**cda**[®]