

# Cov Khoom Npaj rau Hauv Tsev

Koj thiab koj tsev neeg npaj tau rau ntau yam xwm txheej yog hais tias nej npaj khoom rau hauv tsev. Muab nej cov khoom cia rau ib qho chaw laj ntxiag thiab qhuav qhawv. Tsis txhob hnov qab txog tej tshuaj tseem ceeb thiab ntaub ntawv tseem ceeb.

Ntawm no yog ib daim ntawv pab qhia koj npaj tej khoom ua ntej thaum muaj xwm txheej.

## Zaub Mov thiab Dej Haus

- Dej ntim hauv poom yas
- Nqaij, txiv qab rog, txiv ntoo, zaub thiab kua zaub uas yog cov ntim koos poom los sis cov qhuav
- Txhuv thiab mij
- Kua txiv ntoo los sis dej qab zib ntim koos poom
- Cereal thiab txiv qab rog qhuav
- Crackers
- Txiv laum huab xeeb
- Mis nyuj qhuav

## Khoom Kho thiab Tu Mob

- Tus pas ntsuas kub no (npaj roj teeb seem yog tias tus pas siv roj teeb)
- Luam cov ntawm sau tshuaj (tshuaj thiab tsom iav) rau txhua tus neeg hauv tsev neeg
- Cov khoom siv kho mob (piv txwv li cov tshuab ntsuas ntshav qab zib thiab ntshav siab, tshuab ua pa oxygen thiab tshuab txau pa tshuaj)
- Tshuaj rau ua kub ua no thiab tshuaj loog, xws li tshuaj acetaminophen los sis ibuprofen
- Tshuaj noj kom txhob zawv plab
- Tshuaj vitamins



## Lwm Yam Khoom Yuav Siv Ceev

- Teeb xais thiab roj teeb ntau ntxiv
- Thev mloog xov tooj cua thiab roj teeb seem
- Tus pas (siv tes nyws) tho koos poom
- Tshuaj ntxuav tes uas siv cawv cuaj caum
- Ib lub xov tooj uas tsis siv roj teeb
- Xub npus
- Ntaub so ntswg, so quav, ntaub qhwv menyuum pob tw thiab khoom poj niam
- Zaub mov rau tsiaj, menyuum yaus, khoom pub mis niam thiab lwm yam khoom uas koj tsev neeg yuav siv
- Hnab yas ntim khib nyiab
- Nyiaj ntsuab
- Luam koj cov npav ev-saws-las kho mob thiab xov tooj, ntawv txhaj tshuaj (tshuaj txhaj, koob tshuaj), thiab ntaub ntawv ua pov thawj qhia tias koj nyob qhov chaw twg.

## Tswv yim qhia cia zaub mov thiab dej:

- Tsis txhob yuav los sis siv tej koos poom uas hmlos lawm.
- Siv thiab hloov tej khoom noj ib ntus dhau ib ntus kom muaj cov tshiab siv.
- Tsis txhob cia tej khoom uas twb tag sij hawm lawm.

Saint Paul – Ramsey County  
Department of Public Health  
[www.co.ramsey.mn.us/ph](http://www.co.ramsey.mn.us/ph)  
651-266-2400



Community Action Partnership  
of Ramsey & Washington Counties  
[www.capr.org](http://www.capr.org)  
651-645-6445

