

## NPAJ TSEG RAU LUB CAIJ MUAJ XWM TXHEEJ CEEV

Tej yam tsis zoo yeej tshwm sim tau uas koj xav tsis txog hlo li. Nws muaj peev xwm ua rau koj yuam taus koj lub zej zog kom khiav, lossis ua tau rau koj tawm tsis tau hauv koj lub vaj lub tsev rau sab nraud. Yuav ua tau rau koj tsis muaj tej khoom siv xws li nkev (*gas*), dej, fai fab, lossis xov tooj; kev npaj ua ntej yuav pab tau koj tswj koj tus kheej kom tus thiab tsis txhob raug mob.

- Nrog koj tsev neeg sib tham txog tej yam kev phem uas yuav tshwm sim tau rau koj tsev neeg. Sab laj ua ntej seb thaum muaj tej no tshwm sim yuav dhaws li cas, lossis khiav tawm li cas.
- Nrhiav ob qho chaw kom los sib ntsib tau: Ib qho yog nyob nraum zoov nyob tsam yog tsev kub hnyiab; ib qho kom nyob dhau koj lub zej zog sab nraud nyob tsam ho rov los tsis tau hauv tsev lawm.
- Kom koj ib tug txheeb ze lossis phooj ywg uas tsis nyob hauv koj lub zej zog ua tus neeg sib tiv tauj rau koj tsev neeg. Tom qab muaj tej yam xwm txheej tsis zoo tshwm sim lawm, feem ntau yooj yim rau hu cov neeg nyob kev deb dua. Txhua tus neeg hauv yus tsev neeg yuav tsum hu qhia rau tus neeg uas hais no kom paub seb yus tsev neeg nyob qhov twg.
- Muab cov xov tooj tseem ceeb sau ua ib daim ntawv cia thiab qhia kom txhua tus neeg hauv yus tsev neeg paub.
- Kawm kom paub tua tej khoom siv xws li dej, nkev (*gas*), thiab fai fab. Npaj tej ciaj cia kom ze tej chaw tua cov khoom siv hais no.
- Nrhiav tswv yim tseg tsam ho tau pab yus tej tsiaj txhu rau lub caij muaj tej xwm txheej tsis zoo li hais no tshwm sim.
- Kuaj tej khoom siv uas npaj cia txhua txhua rau (6) lub hlis twg; thiab hloov tej dej thiab khoom noj.

## KEV PAB NTXIV

Kev Cob Qhia Txog Kev Kub Ceev thiab Pej Xeem Kev Noj Qab Haus Huv (webpage muaj ntau lwm haiv neeg)

<http://www.echominnesota.org/>

Minneapolis caj meem kev noj qab haus huv  
[www.minneapolismn.gov/health/preparedness](http://www.minneapolismn.gov/health/preparedness)

Minnesota Lub Hoob Kas txog Kev Noj Qab Haus Huv  
[www.health.state.mn.us/oep/prepare/index.html](http://www.health.state.mn.us/oep/prepare/index.html)

Hoob Kas Tiv Thaiv Kab Mob  
<http://www.bt.cdc.gov/>

## CHAW NKAUM

Chaw nkaum hauv tsev yog ib qho cawm kom txhob raug khe miv khaum (chemicals) thiab tej yam yuav ua rau neeg muaj mob taus. Tsoom nom tswv yuav qhia rau sawvdaws lub caij uas tsim yog yus yuav tau nrhiav chaw nkaum. Yog thaum yuav tau mus nkaum, nco ntsoov tua cov kiv cua, cua kub thib cua txias, thiab qhov chaw nkaum yuav tsum yog nyob ib qho hauv koj lub tsev. Mloog xov tooj cua lossis saib TV seb tsoom nom tswv ho yuav kom yus npaj li cas ntxiv.

## NPAJ TEJ KHOOM SIV TSEG TSAM MUAJ TEJ KEV TSIS ZOO TSHWM SIM

Npaj tej khoom siv rau hauv tsev kom txaus siv li peb hnuv. Khaws tej khoom yuav siv cia rau tej lub hnab nqa tau khiav yooj yim. Tsam yus ho yuav tau tawm hauv yus lub tsev mus lossis yus ho yuav tau nkaum hauv yus lub tsev hnuv puav yus thiaj tau tej khoom no los siv. **Npaj cov khaum li nram no:**

- Dej, ib nkas loos (gallon) rau ib tug neeg ib hnuv twg
- Khoom noj, tej yam tsis lwj sai xws li khaub noom Crackers, kaus poom, lossis cov khoom noj uas qhuav.
- Ib leeg ib ce ris tsho, khaus, thoom thaub, thiab ib leeg ib daim pam.
- Tej khoom cawm raug mob (First Aid kit).
- Tsuaj noj.
- Cov ciaj siv xws li ciaj qhib kaus poom, ciaj ntswj pob hlaus (shut-off wrench), thiab cov hnab looj tes tuab tuab.
- Ib lub viv thab nyub uas siv roj teeb.
- Teeb xoos thiab roj teeb kom txaus siv.
- Npaj kab ces tsav tsheb, credit card, nyiaj ntsuab lossis traveler's checks.
- Tej khoom siv: ntaub hoob nab, xab npum ntxuav tes, phuam da dej, xab npum zawv tob hau, tshuaj tsuag cov pas tsw phem, txhuam hniav, tshuaj txhuam hniav, zuag thiab xab npum ntxhua khaub ncaws.
- Khoom siv rau cov laus lossis cov xiam oobkhab hauv yus tsev neeg.
- Npaj tsom iav qhov muag.
- Npaj *games* thiab tej ntawv tau nyeem.
- Npaj tej ntaub ntawv tseem ceeb thiab naj npawb xov tooj.

If you need this material in an alternative format please call the Minneapolis Health Department at (612) 673-2301 or email [health@minneapolismn.gov](mailto:health@minneapolismn.gov). Deaf and hard-of-hearing persons may use a relay service to call 311 agents at (612) 673-3000. TTY users may call (612) 673-2157 or (612) 673-2626. Attention: If you have any questions regarding this material please call 311 or (612) 673-2301; Hmong - Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu (612) 673-2800; Spanish - Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al teléfono (612) 673-2700; Somali - Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la' aan wac (612) 673-3500.

# YAM SIV RAU THAUM MUAJ XWM TXHEEJ CEEV

\*\*\*Fia tej daim ntawv no cia nyob tsam ho tau siv rau lub caij muaj xwm txheej ceev.

Chaw nyob \_\_\_\_\_ Xov tooj \_\_\_\_\_  
Cov laus npe \_\_\_\_\_ Xov tooj haujlwm \_\_\_\_\_  
Chaw ua haujlwm \_\_\_\_\_ Xov tooj \_\_\_\_\_  
Cov laus npe \_\_\_\_\_ Xov tooj haujlwm \_\_\_\_\_  
Chaw ua haujlwm \_\_\_\_\_ Xov tooj \_\_\_\_\_

## Menyuam npe thiab tsev kawm ntawv/tsev zov menyuam

Npe \_\_\_\_\_ Hnub nyoog \_\_\_\_\_ Tsev kawm ntawv/xov tooj \_\_\_\_\_  
Npe \_\_\_\_\_ Hnub nyoog \_\_\_\_\_ Tsev kawm ntawv/xov tooj \_\_\_\_\_  
Npe \_\_\_\_\_ Hnub nyoog \_\_\_\_\_ Tsev kawm ntawv/xov tooj \_\_\_\_\_  
Tsev kawm ntawv/tsev zov menyuam txoj cai tso menyuam tawm lub caij muaj xwm txheej ceev \_\_\_\_\_

Peb tau tso cai rau \_\_\_\_\_ tuaj tos peb cov menyuam yog peb tuaj tos tsis tau.

Npe \_\_\_\_\_ Xov tooj \_\_\_\_\_

## Hais txog cov tshuaj noj

Sau kom meej rau nram no txog koj tsev neeg, hom tshuaj noj, hom khoom siv thiab lwm yam tseem ceeb.

## Yog muaj kev kub ceev, hu tau rau: (tso ib tug neeg nyob txawv lav npe hauv no)

Npe \_\_\_\_\_ Txheeb ze li cas \_\_\_\_\_ Xov tooj \_\_\_\_\_  
Npe \_\_\_\_\_ Txheeb ze li cas \_\_\_\_\_ Xov tooj \_\_\_\_\_  
Npe \_\_\_\_\_ Txheeb ze li cas \_\_\_\_\_ Xov tooj \_\_\_\_\_

## Qhov chaw teem sib ntsib

Nraum zoov \_\_\_\_\_ Txawv zos \_\_\_\_\_

## Tsiaj

Npe \_\_\_\_\_ Hom tsiaj \_\_\_\_\_ tsiaj hauv tsev/nraum zoov \_\_\_\_\_  
Npe \_\_\_\_\_ Hom tsiaj \_\_\_\_\_ tsiaj hauv tsev/nraum zoov \_\_\_\_\_

## Neeg zej zog

Npe \_\_\_\_\_ Xov tooj \_\_\_\_\_  
Npe \_\_\_\_\_ Xov tooj \_\_\_\_\_

Faib rau cov neeg hauv yus tsev ib leeg ib daig



### KEV PAB THAUM MUAJ XWM TXHEEJ CEEV (EMERGENCY SERVICES)

Yog yam tuag taus no, hu 911

#### Kej ruaj ntseg

Tub ceev xwm \_\_\_\_\_

Tub tua hluav taws \_\_\_\_\_

Tsev kho mob \_\_\_\_\_

Cov tu neeg mob \_\_\_\_\_

#### Utilities

Fai fab \_\_\_\_\_

Nkev (Gas) \_\_\_\_\_

Dej \_\_\_\_\_

Xov tooj \_\_\_\_\_

#### Kws kho mob

Npe \_\_\_\_\_

Xov tooj \_\_\_\_\_

Npe \_\_\_\_\_

Xov tooj \_\_\_\_\_