



Koj Npaj Puas Tau?

Ib Phau Ntawv Qhia Npaj Tos Xwm Ceev Rau Tuam Nroog Sacramento



Are You Prepared? - **HMONG**

UC DAVIS
HEALTH SYSTEM

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“Koj Npaj Puas Tau?” yog tshwm los ntawm kev koom tes ntawm UC Davis Health System thiab ob peb lub koom haum thiab ceg neeg ua dej num xwm ceev hauv tuam nroog Sacramento. Cov neeg ua phau ntawv no yog:

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Peb ua tsaug ntau rau lub Los Vegas Metropolitan Police Department rau qhov lawv tso cai rau peb siv ib co ntaub ntau nyob hauv lawv phau ntawv hu ua “Home and Neighborhood Disaster Safety and Security (H.A.N.D.S.S.)”.



UCDAVIS
HEALTH SYSTEM

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Phau ntawv qhia no yog rau leej twg?

Txhua txhia tus pej xeeb koom tes nrog pawg neeg ua hauj lwm kom muaj kaj hu yuav tau kev zoo los ntawm phau ntawv qhia no. Cov teeb meem thaum lub 9 hlis ntuj tim 11 xyoo 2001 qhia tau tseeb heev hais tias txhua txhia tus neeg nyob hauv Ameskas teb no yuav tsum npaj zoo dua tos txhua yam kev xwm txheej. Txawm hais tias kev hem los ntawm cov neeg phem hem tua neeg no yog ib yam tshiab rau peb cov neeg Ameskas los yeej ib txwm muaj thiab yeej yuav muaj kev raug los ntawm lwm yam – ntawm neeg thiab ntuj tsim – uas peb yuav tsum npaj tos.

Phau ntawv no yog sau ua ib yam hauv paus xov xwm txog kev npaj tos xwm ceev uas cov tsev neeg thiab tib neeg nyob hauv tuam nroog Sacramento no siv tau npaj lawv tos txhua yam xwm txheej. Yeej muaj ntau yam tseem ceeb los ntawm lwm qhov chaw zoo tab sis peb ntseeg tias nws muaj nqes thiab zoo siv tshaj rau neeg nyob hauv tuam nroog no yog peb muab tag rho tej yam uas tseem ceeb tshaj plaws txog kev npaj no los ua ib phau. “Koj npaj Puas Tau?” muaj kev qhia npaj tom tsev, tom tsev kawm ntawv, tom hauj lwm thiab nyob hauv tej qho chaw sab nraum zoov.

Peb cia siab tias koj thiab koj tsev neeg yuav saib cov xov hauv phau ntawv no, nco tej yam uas tseem ceeb tshaj plaws rau koj, thiab muab khaws cia tej qho ze tau saib thaum yus yuav siv.

- ◆ Nyob nraum qab hauv phau ntawv no muab chaw sau yus tej yam lej xov tooj tseem ceeb tsam ho muaj xwm ceev los muaj kev khiav teeb meem. Muaj ntawv txiav khaws rau hnab nyiaj uas koj muab tau rau cov neeg hauv koj tsev neeg los tej txheeb ze thiab. Cov ntawv no muaj lej xov tooj tseem ceeb ntawm ib ncig ze no yog tias muaj xwm ceev. Thiab muaj chaw rau koj sau koj cov lej xov tooj thau muaj xwm ceev, lawv thiaj yuav hu tau rau koj tsev neeg.
- ◆ Muaj kev qhia Npaj ib pob khoom xub pab neeg raug mob (first aid kit), ib pob khoom siv coj nrog koj yog koj yuav tsum khiav teeb meem, thiab muaj cov ntsiab lus txog kev cawm siav thiab kev xub pab neeg raug mob.
- ◆ Muaj kev qhia yus tshaj tawm txog xwm ceev, tej yam koj ua tau tsam lawv yuav kom koj nkaum ntawm koj nyob los yog tawn khiav, tej yam koj ua tau tsam ho muaj dej nyab los av qeeg, xov xwm txog kev hem los ntawm neeg phem thiab lwm yam ntau txog kev npaj tos xwm ceev.
- ◆ Muaj lej xov tooj thiab chaw internet nyob thoob phau ntawv no uas koj thiaj li siv nrhiav tau xov xwm tshiab thiab xov xwm tob zog.
- ◆ Koj saib tau thiab luam ntxiv tau phau ntawv no hauv internet ntawm www.ucdmc.ucdavis.edu/areyouprepared/
- ◆ Koj luam tau phau ntawv no hauv internet ua lus Askiv thiab txhais ua lwm yam lus ntawm <http://www.scph.com>.
- ◆ Pawg neeg hu ua Sacramento Region Community Emergency Response Team los CERT khiav haujlwm xwm ceev nyob hauv ib thaj tsam nroog Sacramento. Lawv muaj ntaub ntau txhua yam ntxiv nyob hauv internet ntawm <http://www.srccc.org>.

Peb cia siab tias koj yuav siv phau ntawv no muab kev npaj tos xwm ceev ntxiv koj lub neej txhua txhia hnub thiab kom pab uas kom koj qhov chaw nyob thiab koj lub zej zog nyob tsis raug xwm txheej.

Lej Xov Tooj Tseem Ceeb Hauv Zos

Txhua tus lej xov tooj no yog nyob area code (916) yog tsis muaj sau lwm yam.

Lej rau xwm ceev

Tub Ceev Xwm/Tub Tua Hluav Taws/Cov Cawm Neeg.....	911
TTY (Tshuab ntaus sib tham rau neeg tsis hnov lus los hais tsis tau lus) – rau nroog Sacramento.....	732-0110

Ntawm xov tooj nqa ntawm tes, ntaus

Yog nyob hauv nroog Sacramento.....	264-5151
Yog nyob lwm qhov hauv tuam nroog Sacramento	874-5111

Thov saib lwm cov xov tooj ntxiv muaj nyob sab nraum daim ntawv kawg.

Npaj Tos Xwm Ceev



Npaj Tos Xwm Ceev

Pob khoom siv hauv tsev thaum muaj puas tsuaj

Koj cov khoom khaws cia siv thaum yuav tau nyob twj ywm ib qho chaw muaj tau raws li no:

- ◆ Muaj dej txaus peb rau tsib hnuv kom muaj ib nkas loos rau ib tug neeg ib hnuv.
- ◆ Zaub mov uas tsis txawj lwj thiab tsis yuav npaj kom siav.
- ◆ Tus qheb kas poom uas tsis siv faiv fas.
- ◆ Pob khoom xub pab neeg mob thiab tshuaj (saib “Pob khoom siv xub pab neeg tom tsev” nyob ntawm ib sab daim ntawv 22 ntawm cov lus “Kev Cawm Siav Thiab Xub Pab Neeg Mob”).
- ◆ Ib lub xov tooj cua siv roj, teeb tsom, thiab roj teeb seem.
- ◆ Ntaub so quav, txhuam hniav, tshuaj txhuam hniav, thiab hnab yas ntim khoom pov tseg
- ◆ Khaub ncaws hloov, khoom tiv nag, thiab khau khov.
- ◆ Pam thiab hnab pw.
- ◆ Ib lub tsom iav seem.
- ◆ Yuam sij seem.
- ◆ Tees qhaim thiab ntais.
- ◆ Khoom tshwj xeeb rau minyuam, cov laus, thiab cov neeg xiam oo qhab.
- ◆ Ib pob phaib thiab lwm yam khoom ua si rau minyuam yaus (saib “Pab koj cov minyuam tiv thaiv kev phem” ntawm ib sab daim ntawv 5).
- ◆ Daim ntawv muaj tsev neeg cov kws kho mob thiab lwm cov neeg tiv tauj thaum muaj xwm ceev.
- ◆ “Pob Khoom Khiav” txawv tsam koj yuav tsum tau khiav.

Muab pib rho nyiaj, nyiaj nt-suab, thiab ib lub xov tooj nqa ntawm tes khaws ze kom muab tau sai sai.

Saib ntxiv txog tej no hauv internet:

- ◆ Sacramento Region Citizen Corps
- ◆ The American Red Cross www.redcrosscr.org
- ◆ Federal Emergency Management Agency (FEMA) <http://www.fema.gov/plan/index.shtm>

Kev npaj tos xwm ceev ua ntej muaj teeb meem loj yuav yog kom koj kawm npaum li koj kawm tau thiab kom koj npaj kev ua. Qhov koj nyeem phau ntawv no thiab ua raws li cov lus qhia yog ib qho chaw zoo pib. Lub koom haum tseem fvw hu ua Federal Emergency Management Agency los FEMA ua tau ib phau ntawv pab hu ua “Are You Ready? An In-depth Guide to Citizen Preparedness” no. Koj luam tau ib phau ntawm <http://www.fema.gov/areyouready/> nyob hauv internet. Mloog thiab saib xov xwm tshiab kom koj thiaj li kawm tau ntxiv.

NPAJ LI CAS TOM TSEV

Kev Npaj Tos Xwm Ceev

- ◆ Khaws ib daig ntawv muaj lej xov tooj rau cov neeg ua haujlwm xwm ceev ze tes. Muab tej kev cuag ntawm yus tsev neeg sau cia. Sau tej kev cuag ntawm yus tsev neeg no rau nraum qab daim ntawv muaj lej xov tooj xwm ceev. Khaws ib daig rau hauv koj lub hnab nyiaj es muab ib co rau neeg nyob hauv koj tsev neeg. Khaws ib daig ntxiv rau ntawm xov tooj ib sab
- ◆ Npaj ntawv xov tooj thiab tswv yim nrog cov neeg nyob ib ncig ntawm koj. Sau kev tiv tauj thiab npaj ua ntej rau minyuam yaus thiab cov laus yog lawv nyob ib leeg tom tsev thaum muaj xwm ceev. Paub zoo saib cov neeg nyob ze koj leej twg yuav tsum tau kev pab ntxiv, xws li mi nyuam yaus, neeg laus, thiab cov neeg xiam es npaj kev pab lawv thaum muaj xwm ceev.
- ◆ Npaj ib “pob khoom hauv tsev thaum muaj puas tsuaj.” Tej zaum lawv yuav kom koj “nyob ntawm tib qhov chaw” ib hnuv los ntev zog. Tej zaum yuav tsum tau khoom siv kom txaus 3 los 4 hnuv thiaj li yuav nrhau teeb meem mob loj ntawm pej xeem. Npaj ib pob khoom siv hauv tsev thaum muaj puas tsuaj uas koj npaj tau ua ke sai sai. Cov ntawv ntawm ib sab no qia tej khoom uas neeg sau rau hauv pob khoom no. Muab khoom tso rau hau tais yas pom kev los lwm lub tub ntim khoom uas yus paub zoo. Saib xyuas roj teeb, pauv cov dej ntim, thiab pauv cov zaub mov ib zaug tauj rau lub hlis.
- ◆ Npaj ib pob “khoom khiav” txawv. Ntim tej khoom koj yuav siv yog lawv kom koj khiav tawm hauv tsev mus. Muab tej khoom no ntim rau hauv tej hnab ev nraum nrob qaum los nqa ntawm tes uas yus nqa tau yoojyim. Hauv pob “khoom khiav” no koj ntim tau khaub ncaws seem, nyiaj, cov ntawv (card) nrho nyiaj, tshuaj noj, tsom iav thiab yus tej khoom. Koj tsis thas ntim dej los khoom noj (tsuas ntim yog koj yuav tsum noj tej yam khoom txawv txawv xwb).

Tswv Yim Khiav Tawm Thaum Muaj Xwm Ceev

- ◆ Npaj thiab xyaum kev khiav tawm tsev. Paub seb yuav ua li cas yog lawv kom koj khiav tawm koj lub tsev los yog zej zog. Txhua tus minyuam thiab cov neeg hauv koj tsev neeg yuav tsum paub ob txog kev (yog muaj) tawm hauv koj tsev mus tsam muaj hluav taws los lwm yam xwm txheej loj. Yog koj nyob tsev asphavmees, paub cov kev tawm lub tsev ntawd. Hais kom haum ib qho chaw nyob ze rau sawv daws sib ntsib thaum sawv daws tawm tag lawm.
- ◆ Npaj seb yuav tu koj cov tsiaj li cas. Nco ntsoov tias yog tsis yog cov dev pab koj kev rau neeg, cov chaw nyob xwm ceev tsis tshua pub tsiaj nyob (saib cov lus “Yog koj muaj tsiaj yug” ntawm daim ntawv 6).
- ◆ Kawm tua khoom siv xws li faiv fab, dej thiab nkev (saib cov lus “Ua li cas tua nkev” thiab “Ua li cas tua faiv fab” ntawm ib sab ntawm daim ntawv 16 hauv cov lus Kev Ceeb Toom Txog Xwm Ceev). Koj yuav nrhiav tau qhov chaw ntswj tua dej loj nyob nraum zoo ntawm qhov chaw uas tus kav dej loj nkag rau hauv koj lub tsev.

YUAV NPAJ KOJ TSEV NEEG LI CAS

Paub zoo tias txhua tus neeg hauv koj tsev paub thaum muaj xwm ceev yuav ua li cas.

- ◆ Cob minyuam kom lawv paub tiv tauj: ua ib txog cai kom koj cov minyuam tiv tauj niam txiv los yog ib tug neeg saib xyuas lawv tam sim thaum lawv kawm ntawv los txog thiab ua lwm yam los.
- ◆ Xyuas kom zoo tias lawv paub tiv tauj koj tom hauj lwm.
- ◆ Qhia minyuam lawv tus xov tooj thiab lej chaw nyob: paub tej kev tshuam thiab tej yam nyob ze thiab.
- ◆ Nrog neeg nyob ze koj nrhiav tej chaw tsis muaj teeb meem rau minyuam yaus thiab tub ntxhais hluas mus thaum muaj xwm ceev. Tej chaw no muaj tau tom phooj ywg tsev, chaw ua num rau cov tua hluav taws los cov tub ceev xwm, lub tsev qev ntawv los yog lub chaw hwm vaj tswv. Tej zaum qhov zoo tshaj rau ib tug minyuam no yuav yog lub tsev kawm ntawv rau qhov tias muaj neeg saib lawv thiab tiv thaiv tej kev phem sab nraud. Saib zoo kom koj cov minyuam paub xov tooj thiab chaw nyob rau cov chaw zoo no.
- ◆ Nrog minyuam tham txog seb ua li cas hu thiab thaum twg li hu 9-1-1.
- ◆ Cob minyuam thiab tub ntxhais hluas seb ua li cas thiab tsis muaj teeb meem. Hais kom lawv mus nrhiav kev pab tamsid ntawm ib tug xib fwb, tub ceev xwm los lwm tus tiv thaiv teeb meem yog lawv hnov lwm tus mi nyuam kawm ntawv hem yuav ua kom nws tus kheej los lwm tus raug mob.

MINYUAM THIAB KEV PUAS TSUAJ

Minyuam txawm paub tias yuav ua li cas no los kev puas tsuaj yog ib yam phem heev rau lawv. Thaum muaj puas tsuaj tej zaum koj tsev neeg yuav tsum khiav tsev thiab tso tej uas yus nej hnub ua tseg. Tej zaum minyuam yuav txhawj, yuav tsis mee pem, thiab yuav ntshai. Nws yog ib qho tseem ceeb heev uas yus qhia kev rau minyuam taug kom lawv thiaj li tsis ntshai heev. Thaum muaj puas tsuaj minyuam yuav los nrhiav kev pab ntawm koj thiab lwm cov laus. Koj ua li cas thaum muaj xwm ceev yuav qhia lawv ua li cas. Yog koj ceeb los ntshai, tej zaum ib tug minyuam yuav haj yam ntshai. Lawv yuav muab koj qhov ntshai ntawd los pes tau tias muaj teeb meem tiag tiag. Yog zoo li koj nyuaj siab heev rau tej yam poob lawm, tej zaum ib tug minyuam yuav haj yam nyuaj siab rau tej nws xiam.

Xov xwm txog kev puas tsuaj thiab saib tib neeg ua li cas thaum lawv pom yuav ua tau rau minyuam ntxhov siab heev. Nws tsis tshua zoo heev rau minyuam saib xov xwm TV txog tej no. Haj yam tsis zoo yog tias lawv pheej muab cov duab qub tso ib zaug nrhau ib zaug. Thaum xwm txheej raug kiag, sim nrhiav kev ua kom koj tus minyuam txoj kev ntshai thiab txhawj nqeg. Tuav kom tsev neeg nyob ua ke. Ua siab tus piav seb zoo li cas thiab qhia kom lawv paub tias neeg pab twb tuaj lawm. Hais kom koj cov minyuam muaj siab tham thiab cia lawv pab kho kom rov qab zoo.

Minyuam tej kev ntshai

Thaum puas tsuaj nrhau mi nyuam ntsai tshaj tias:

- Yuav rov muaj dua.
- Yuav muaj neeg raug mob los tua.
- Lawv raug faib ntawm tsev neeg.
- Lawv yuav raug tseg nyob ib leeg.

Law Enforcement Chaplaincy yog ib lub koom haum ua num dawb hauv tuam nroog Sacramento thiab ib cheeb tsam ze. Cov txiv plig hauv no pab nrog neeg raug cov teeb meem no, tsev neeg, thiab tej uas pom teeb meem tham kom zoo. Tiv tauj lawv ntawm (916) 857-1801.

Pab koj cov minyuam tiv thaiv

Tej zaum koj yuav tsum tau khiav tsev thaum muaj puas tsuaj. Xav txog kev npaj “pob khoom pab cawm minyuam” rau koj kom lawv thiaj li muaj ub no ua thiab pub lwm cov minyuam ua yog nej yuav tsum tau khiav tsev. Koj cov minyuam pob khoom no muaj tau:

- ◆ Ob peb phau ntawv nws nyiam tshaj
- ◆ Xim thas thiab xaum qhuav
- ◆ Ntawv kom txaus
- ◆ Txiab thiab yaas kaus
- ◆ Ob peb yam khoom ua si nws nyiam tshaj
- ◆ Pob khoom ua si
- ◆ Ib tug tsiaj paj rwb nws nyiam tshaj
- ◆ Tsev neeg tej tsiaj yug cov duab
- ◆ Ib daig pam los tog hauv ncoo nws nyiam tshaj

Tswv Yim Khiav Tawm Tsev

Lwm zaus raug kev puas tsuaj, tej zaum koj yuav tsis muaj sijhawm ntau ua ub no. Npaj tam sim no rau tej xwm ceev no. Koj kawm tau kev npaj khiav tawm koj lub tsev ntawm www.usfa.fema.gov/public/factsheets/getout.shtm hauv internet.

Koj puas yuav kev pab tsev neeg rov los kho neej thaum kev puas tsuaj nrhau?

Koj nrhiav tau kev pab ntawm: http://www.fema.gov/areyouready/recovering_from_disaster.shtm ntawm FEMA qhov chaw hauv internet.

Npaj koj tus kheej

Saib FEMA cov ntaub ntawv "Are You Ready? An In-depth Guide to Citizen Preparedness" hauv internet.

Qhov chaw ntawm <http://www.fema.gov/areyouready/> muaj ntaub ntawv txhua txhua qhia ib tug neeg thiab nws tsev neeg npaj.

NEEG LAUS THIAB NEEG XIAV OO QHAB

Tej zaum neeg laus thiab neeg xiam oo qhab yuav tsum tau npaj ob peb ruam ntxiv tos xwm ceev. Yog koj muaj kev toob kas tej yam txawv xav txog cov lus qhia no.

- ◆ Khaws tshuaj kom ze tes txaus 7 mus rau 14 hnub txhua txhua lub sijhawm.
- ◆ Npaj ib co tswv yim xwm ceev rau txhua qhov chaw koj nyob xws li tom tsev, tom haujlwm, tom tsev kawm ntawv thiab hauv zej zog.
- ◆ Xav txog saib koj ua tau dabtsi, koj ua tsis tau dabtsi, koj toob kas dabtsi thiab koj tej chaw nyob seb koj yuav toob kas dabtsi thaum muaj xwm ceev.
- ◆ Thaum koj ntaus tswv yim, nrog tus neeg tus koj thiab cov neeg koj paub tham.
- ◆ Yog koj toob kas siv faiv fab rau koj lus rooj tsheb, lub tshuab ua pa los lwm lub tshuab tauj sia, npaj tias yuav tsis mauj faiv fab.
- ◆ Yog koj lag ntseg, tawm tswv yim nrog tej txheeb ze los phooj ywg kom koj thiaj li txais tau lus tshaj tawm txog xwm ceev.
- ◆ Yog koj mus tsis tau kev zoo, tej zaum koj yuav tau kom lwm tus pab koj khiav tawm hauv tsev los mus nrhiav chaw nyob. Nco ntsoov tias cov tsheb faiv fab thauj neeg nce tsev yuav tsis ua haujlwm thaum faiv fab tuag lawm.
- ◆ Khaws ib daig ntawv cia uas muaj lej xov tooj tseem ceeb thiab qhia txog tej yam uas koj toob kas. Nws zoo yog koj daim ntawv no muaj tej kev mob, seb koj noj tshuaj npaum li cas, tej yam dabtsi phiv tau koj, tej khoom txawv koj toob kas, ntawv kho mob, ntawv Medicare kho mob, thiab ntaub ntawv qhia tiv taub neeg neeg koj paub los neeg kho mob. Khaws daim ntawv no nrog koj thiab muab ib daig luam rau ib tug phooj ywg.
- ◆ Yog koj muaj ib tug tsiaj pab koj xyuas zoo kom nws muaj pib ua cov haujlwm no.

Cov lus qhia no yog pab neeg Indianapolis and Marian County Emergency Management Agency hauv Indiana ua tawm.

YOG KOJ MUAJ TSIAJ YUG

- ◆ Tsiaj txhu, txawm yog muab kaw hauv thawv lawm los, luag txwv tau tsis pub koj mus rau hauv chaw nkaum xwm ceev. Ua ntej npaj tej phooj ywg los txheeb ze tus koj cov tsiaj yog koj yuav tsum pauv chaw mus nyob chaw nkaum.
- ◆ Lub koom haum American Kennel Club tsis pom zoo muab koj cov tsiaj tso tom qab ib lub sijhawm li. Tabsis yog koj ua tsis tau li cas lawm, xyuas zoo kom nws muaj khoom noj thiab dej txaus es muab ntawv sau qhia qhov chaw koj yuav khiav mus rau lo ntawm tub yees los lwm qhov chaw pom yoojyim kom thiaj li pab tau neeg ua haujlwm xwm ceev pab koj thiab koj cov tsiaj sib cuag tau.
- ◆ Lo ib daig "ntawv cawm" los sau ib daig ntawv rau ntawm koj lub qhov rooj tias muaj ib tug tsiaj nyob hauv tsev tos neeg cawm no. Koj muab tau ntawv cawm ntawm ib ceg koomhaum American Society for the Prevention of Cruelty to Animals los ASPCA uas nyob ze.
- ◆ Yog koj coj tau koj cov tsiaj nrog koj, ntim khoom nws toob kas tsawg tshaj los kom txaus peb hnub rau txhua tus. Muaj ntawv ntxiv txog qhov no ntawm ASPCA ntawm <http://www.aspca.org/pet-care/disaster-preparedness> nyob hauv internet.



TSIS MUAJ TEEB MEEM NTAWM DEJ

Txhua xyoo, 6000 tus neeg poob dej tuag hauv Ameskas. Ntawm 6000 leej ntawd, muaj txog li 5000 tus yuav tsis tuag yog lawv hnav tsho cawm siav kom ntab. Muaj tshaj 3000 tus neeg uas poob deg no haus dej caw thiab siv tshuaj thaum tuag. (Saib ntawv qhia “kev ua ntej pab neeg poob deg” ntawm daim ntawv 23.)

Peb yam loj ua neeg poob deg yog:

1. Tsis hnav tsho cawm siav
2. Hauv cawv los siv tshuaj
3. Tsis txawj ua luam dej zoo

Lus qhia kom tsis raug teeb meem ua si hauv dej

Thaum ua luam dej hauv tus dej los pas dej, los thaum nquam nkoj yas los caij nkoj:



- ◆ Hnav ib lub tsho cawm siav. Tsis txhob cia siab tias lub nkoj pa los lwm yam khoom pa yuav ua koj ntab. Ntau qhov chaw ua si nyob ntawm tus dej American River hauv Sacramento muaj tsho cawm siav qev thaum lub 3 hlis ntuj txog lub 10 hli ntuj. Nrhiav daim paib hais tias “Kids Don’t Float” es raws cov kev lawv qhia mus.
- ◆ Minyuam yaus yau dua 13 xyoos yuav tsum hnav tsho cawm siav hauv tuam nroog Sacramento tej dej thiab pas dej qheb rau pejxeem.
- ◆ Kawm ua luam dej
- ◆ Txhob haus cawv los siv tshuaj
- ◆ Koj cawm tau neeg tabsis tsis thas ua tej yam uas txo tau koj txoj sia. Qw “Help!” Muab ib tug pas, ceg ntoo, los duav nquam nkoj mus cuag tus poob deg los pov tej yam ntab rau nws xws li ib lub taub ntim dej lawg los lub plab yas.
- ◆ Thuam muaj xwm txheej nkoj– nyob nrog lub nkoj. Nce sab saud es tom neeg pab.
- ◆ Nco ntsoov tias Sacramento cov pas dej thiab dej ntws yuav txias tau thiab ntws ceev tau heev. Tawm tam sid yog pib pom tej yam tias tau hypothermia. Yam mob no phem heev, ua tau rau yus lub cev txias kom yus siv tsis tau yus tej nqaij thiab lub hlwb. Tej yam uas qhia tau tias mob hypothermia yog yus tshee, qaug zog, tsis mee pem, tsis nco qab, hais lus tsis mee, thiab pom kev tsis zoo.

Muab los ntawm: Centers for Disease Control and Prevention (<http://www.bt.cdc.gov/disasters/winter/faq.asp>).

Lus pab qhia rau pas dej da tom tsev

- ◆ Kawm ua luam dej
- ◆ Tsis txhob rho qhov muag los ntawm ib tug mi nyuam nyob ze pas dej
- ◆ Xov lub pas nrog laj kab uas txawj qheb thiab txawj kaw nws.

Los ntawm: Army Corps of Engineers



Kom tsis muaj teeb meem computer

Coob tus neeg tsis paub tias siv tau lawv cov computer mus ua phem rau tsoom fvw thiab rau tsoom neeg lag luam-ntau zaus yog siv mus nyiaj los tua ntaub ntaw xws li ntawv txog nyiaj txiag los yog txog tib neeg yog leej twg. Tiv thaiv koj tus kheej:

- ◆ Ceeb faj nrog neeg koj tsis paub sib tham hauv internet.
- ◆ Qhia cov neeg ceev xwm txog tej yam txawv.
- ◆ Siv cov lus xauv computer uas neeg kwv yees tsis tau yooj yim.
- ◆ Ib sij muab tej tseem ceeb hauv computer kaij cia ib zaug.
- ◆ Siv khoom tiv thaiv lub computer.
- ◆ Thaum tsis siv internet lawm muab nws tua.
- ◆ Mus muaj yam tiv thaiv hauv internet los ntawm chaw koj nseeb tau los tiv thaiv computer raws sijhawm.

Kej tshawb ntawv hauv internet qheb tau ntau yam thiab ntau txoj kev rau mi nyuam yaus tab sis nws kuj qheb lawv rau tej yam phem thiab. Cov FBI ua tau "A Parent's Guide to the Internet."



Koj saib tau ntawm: www.fbi.gov/publications/pguide/pguidee.htm
Ntawm www.mcgruff-safe-kids.com

tus dev ntes neeg phem McGruff pab tau koj cov minyuam kom lawv tsis muaj teeb meem hauv computer.

NPAJ KOM TSIS MUAJ TEEB MEEM TOM TSEV

Xwm txheej tsev:

Lub koom haum National Safety Council muaj cov kev no pab qhia kom txhob muaj xwm txheej tom tsev:

- ◆ Nruab nqaj tes, tes tuav, thiab teeb hmo ntuj rau hauv tsev kom tsis muaj teeb meem ntog. Haj yam yuav tsum ua yog muaj neeg laus nyob los tuaj cuav zos.
- ◆ Saib tshuaj tas mus li tsam ho noj tau tshaj.
- ◆ Npaj tsam muaj hluav taws hauv tsev. Nruab tswb ntsuas pa taws thiab cov taub tua hluav taws. Saib xyuas roj hauv lub tswb no raws sijhawm thiab npaj thiab xyaum ib txog kev khiav hluav taws. Ntawm http://www.nsc.org/news_resources/Resources/Pages/SafetyHealthFactSheets.aspx lub koom haum National Safety Council muaj ntawv qhia txog tiv thaiv kom txhob muaj hluav taws hauv tsev thiab kev npaj.

Kaus Mom Thaiv Tob Hau

Xeev California txoj cai khoo kom leej twg tsis tau muaj 18 xyoo ntoo ib lub kaus mom thaiv tob hau thaum caij luv thij, lub luv tuam los daim txiag tuam, thiab thaum caij khau log. California txoj cai khoo txhua tus neeg caij maus taus los luv thij tshuab kom ntoo kaum mos, txawm tias nws laus los hluas.

Tsis Muaj Xwm Txheej Riam Phom

Txhua rab phom khaws cia yuav tsum tsis muaj mos txwv nruab. Muab txhua rab phom kaw cia thiab rho mos txwv. Muab ib lub ntsuas phoo uas pawg tsoom fvw California Dept. of Justice pom zoo siv xauv phom los yog muab khaws cia rau hauv ib lub taub xauv phom. Tej no haj yam tseem ceeb hauv ib lub tsev uas muaj minyuam yau dua 18 xyoo. Koj nrhiav tau ntawv txog qhov no ntxiv hauv internet ntawm ceg ua nus tsoom fws California Department of Justice Bureau of Firearms ntawm <http://caag.state.ca.us/firearms/> los hu (916) 263-4887.

Tshuaj lom

Siv tes xauv thiab ntsuas phoo kaw tej chaw muaj khoom phem hauv chaw ua noj, hauv chaw tsev dej, thiab lwm qhov chaw. Pawg neeg Consumer Product Safety Commission muaj kev pab qhia meej meej kho koj lub tsev kom mi nyuam yaus dawj tsis tau ntawm <http://www.cpsc.gov>.

KEV THAIV KOM TSEV TSIS MUAJ TEEB MEEM

Ib lub tsev uas kaw ruaj tsis muaj teebmeem yog:

- ◆ Qhov rooj nkag yog ntoo tawv tsis khoob los muaj hlau npuab.
- ◆ Qhov rooj nkag muaj lub ntsuas phoo zoo xauv.
- ◆ Qhov rooj nkag muaj ib lub qhov xauj uas pom tshab yooj yim es tsis thas qheb qhov rooj.
- ◆ Txhob muab yuam sij seem zais rau sab nraum zoov.
- ◆ Cia qhov rooj nkag xauv.
- ◆ Qhov rooj iav swb muaj chaw xauv zoo uas ua hauj lwm.
- ◆ Muaj ib tug pas ntoo los ib tug mi nyuam pas hlau nruab rau lub qho rooj swb kom neeg muab nqa tawm txoj kab swb tsis tau.
- ◆ Qhov rai muaj tsawg tshaj los ob qho chaw xauv uas ua hauj lwm.
- ◆ Qhov rai qheb tau sai sai thaum muaj xwm ceev.
- ◆ Lej chaw nyob pom zoo zoo.
- ◆ Nroj tsuag txiav zoo zoo kom tsis muaj chaw nraim.
- ◆ Qhov laj kab tom ib sab tsev xauv.
- ◆ Muaj teeb nruab nraum zoov uas ua hauj lwm.
- ◆ Lub qhov rooj ntawm chav nres tsheb mus rau hauv tsev yog ntoo tsis khoob los hlau npuab es cia xauv.
- ◆ Qhov rais hauv chav nres tsheb muaj ib yam dab tsi npog kom neeg tsis pom khoom hauv.
- ◆ Tswb caws saib tsev nta.

SAIB XYUAS KOM POM TEJ YAM TXAUS XOOM XAIM

Saib xyuas ub no hauv koj ib thaj tsam tsev. Saib xyuas zoo zoo:

- ◆ Ib tug neeg twg koj tsis paub nkag tsev neeg nyob ze koj lub tsev thaum lawv tsis nyob lawm.
- ◆ Neeg xauj xauj los yuam qheb ib lub tsheb uas xauv.
- ◆ Tej yam nrov txawv txawv xws li iav tawg, phom nrov, los neeg qw.
- ◆ Qhov rais qheb los tawg ntawm ib qho chaw ua hauj lwm kaw lawm los ntawm ib lub tsev.
- ◆ Tsheb nres uas tseem muaj neeg nyob hauv – haj yam ceev faj yog pom thaum tej lub sij hawm txawv txawv.
- ◆ Ib lub tsheb txawv txawv tsis muaj neeg nres nraum txoj kev tab sis tsis tua cav.
- ◆ Neeg uas rho khoom, paib tsheb los roj ntawm ib lub tsheb los.
- ◆ Pom neeg mus los mus los txawv txawv los heev heev ntawm tej lub tsev los chaw ua hauj lwm.
- ◆ Neeg ua luam hauv tsheb.
- ◆ Neeg tsis muaj cai kov teeb nraum kev, xaim cable rau tv los khoom xov tooj.

California Highway Patrol txoj num ntawm AMBER ALERT

Cov California Highway Patrol (CHP) txoj hauj lwm yog koom tes tshaj AMBER (America's Missing: Broadcast Emergency Response) Alert thiab lwm yam xov xwm ceev txog neeg nyiag mi nyuam. Cov CHP yeej npaj pab kom nrhiav tau mi nyuam raug nyiag thaum lawv tau xov xwm txog.

- ◆ Saib ntxiv ntawm: <http://www.chp.ca.gov/amber/index.html>
- ◆ Xov tooj minyuam tsis pom: (800) 222-3463

Neighborhood Watch

Neighborhood Watch yog ib pawg neeg nyob sib ze uas koom tes saib ze ze thiab tshaj qhia txog tej yam neeg ua uas yuav raug kev phem ntawm thaj chaw nyob ntawd. Yog koj xav koom pab neeg no ua hauj lwm hu tub ceev xwm sheriff ntawm (916) 874-5115, los hu tub ceev xwm police.



Chaw ua tau haujlwm dawb pab neeg

California taab tau haujlwm Citizen Corps los pab khiav haujlwm dawb pab neeg thaum muaj xwb ceev hauv lub xeev. Cov Citizen Corps Council hauv zos txhawb thiab ua kom Citizen Corps muaj zog hauv qeb zej zog. Cov pawg neeg xwm ceev no muaj lag luam loj, koom haum xib fwb qhia ntawv thiab niam txiv mi nyuam, tej pawg neeg nseeg vaj tswv, pawg Medical Reserve Corps, Community Emergency Response Team (CERT) thiab cov koom haum Neighborhood Watch.

Sacramento Region Citizen Corps Council (SRCCC)

SRCC muaj neeg thawj coj ua haujlwm ntau yam los ntawm lag luam, tsev kawm ntawv, haujlwm kho mob, koom haum xwm ceev, koom haum dab qhuas, thiab lwm cov koom haum zej zog. SRCCC yog taab los npaj thiab tuav khoom siv thiab los khiav haujlwm qhia neeg ua haujlwm dawb txog kev npaj, teb xwm ceev thiab haujlwm kho kom rov zoo. Kawm ntxiv txog ntawm <http://www.srccc.org> hauv internet los hu (916) 723-2478.

Koj kuv hu tau pawg neeg Sacramento County Sheriff's Department Volunteer Services Bureau ntawm (916) 875-0405 thiab. Saib http://www.sacsheriff.com/organization/field_&_investigative_services/field_services_bureau/volunteer_services/index.cfm nrhiav ntawv ntxiv txog qhov no.

- Koj kawm tau ntxiv ntawm:
- ◆ California Volunteers, uas lub hoob kas Office of the Governor tuav, ntawm <http://www.californiavolunteers.org>
 - ◆ Sacramento Region Community Emergency Response Team (CERT) ntawm <http://www.srccc.org>
 - ◆ Neighborhood Emergency Training (NET) ntawm <http://www.srccc.org/NET.htm>

NPAJ LI CAS HAUV KOJ LUB ZEJ ZOG

- ◆ Saib xyuas zoo. Paub cov neeg nyob ib thaj tsam ze koj. Ceev faj tej pob khoom los yog tsheb txawv uas neeg tso tseg ntawm tej thiab tej yam neeg ua txaus xoos xaim thiab qhia rau tub ceev xwm.
- ◆ Ua ib daig ntawv muaj cov chaw ua haujlwm xwm ceev thiab lawv cov xov tooj thiab chaw nyob. Rau tej qho chaw nyob tau, chaw khaws zaub mov, tub ceev xwm thiab cov tua hluav taws chaw ua num es muab yais rau cov neeg nyob ze koj.
- ◆ Tshawb xyuas txog koj lub zej zog tej kev npaj tos xwm ceev. Cov tsev kawm ntawv npaj li cas? Koj qhov chaw ua haujlwm muaj raws li cas?
- ◆ Saib kom zoo hais tias tsev kawm ntawv thiab chaw ua haujlwm muaj txoj kev tiv tauj koj uas yog tshiab tshaj. Muab xov tooj nqa ntawm tes rau lawv yog koj muaj.
- ◆ Saib xyuas seb tsev kawm ntawv yuav ua li cas rau tej mi nyuam koj muaj uas mus kawm ntawv. Koj yuav tsum paub seb lawv puas yuav cia koj cov mi nyuam nyob tom tsev kawm ntawv kom niam txiv los ib tug laus muaj npe mus tos tau tso. Paub hais tias tej zaum lub tsev kawm ntawv yuav xaiv lwm qhov chaw ze xws li ib qho chaw ua si rau nej tos.
- ◆ Npaj ib qho chaw kom cov tsev neeg mus sis ntsib neeg yog tias muaj xwm ceev thaum koj tsev neeg faib lawm. Nrhiav ib tug neeg tiv tauj nyob sab nraum zos xws li ib tug phooj ywg los txheeb ze uas sawv daws hu tau qhia seb ua li cas lawm. Hais zoo kom tus neeg ntawd kam thiab kom sawv daws paub nws tus xov tooj zoo thiab paub hu. Xav saib puas zoo yuav pib hu xov tooj thiab puas zoo ua ib daig ntawv xov tooj xwm ceev rau koj cov mi nyuam. Xaiv kom tau chaw sib ntsib nyob ze tsev thiab nyob deb mi ntsis thiab.
- ◆ Npaj seb koj yuav tsum tau dab tsi siv yog hais tias koj tsis nyob hauv tsev thaum muaj xwm ceev. Tso dej, ib daig pam, thiab khoom noj tsis txawj lwj nyob rau hauv koj lub tsheb. Sam roj kom tsawg tshaj los muaj ib nrab nyob hauv koj lub tsheb tas mus li. Nco ntsoov tias yog faiv fab raug txiav lawm cov chaw sam roj yuav tsis ua haujlwm.
- ◆ Tshawb xyuas txog cov koom haum hauv koj lub zej zog xws li tej chaw hwm vaj tswv, tsev kawm ntawv, chaw ua haujlwm tua hluav taws thiab Red Cross uas nws ua haujlwm npaj tos xwm ceev. Noog seb koj pab ua tau dab tsi es ua.
- ◆ Mus nkag, pib, los pab kho kom zoo ib pawg Neighborhood Watch. Pawg neeg no yog ib txoj kev zoo heev rau koj mus tham txog cov xov xwm hauv phau ntawv no thiab mus nrog cov neeg nyob ze koj npaj. Mus xyuas seb thaj chaw koj nyob ntawd puas muaj ib lub koom haum zej zog es mus nkag.
- ◆ Xav txog mus koom Neighborhood Emergency Training (NET) los kev cob qhia txog xwm ceev ntawm koj thaj chaw nyob. Koj saib tau ntawv ntxiv txog qhov no hauv internet ntawm <http://www.srccc.org/NET.htm>
- ◆ Ua ib tug koom xeeb hauv pab Sacramento Region Community Emergency Response Team (CERT) es koj tau raug qhia ntau yam kev npaj tos xwm txheej loj tabsis tsis laib them nyiaj. Saib ntawv ntxiv ntawm <http://www.srccc.org/CERT.htm>
- ◆ Neeg tseem ua haujlwm kho mob thiab cov uas tsis ua lawm koom tau pab Sacramento County Sheriff's Medical Reserve Corps kom pab tau zoo dua thaum muaj xwm txheej ntuj tsim los neeg tsim. (http://www.sacsheriff.com/organization/field_&_investigative_services/field_services_bureau/volunteer_services/medical_reserve_corps.cfm)

NPAJ LI CAS TOM HAUJ LWM

Kev Npaj Los Tos Xwm Ceev

Lub sij hawm twg los yeej muaj tau xwm ceev. Koj thiab cov neeg nrog koj ua hauj lwm yuav tsum paub saib yuav ua li cas yog muaj nyob tom hauj lwm. Koj txawm xav hais tias koj tsis nyob ib qho chaw raug teeb meem ntau no los, tej yam xws li tsheb thauj kua tshuaj ntseev los yog dej nyab yeej txiav tau koj txoj kev mus thiab los ntawm hauj lwm.

Chaw ua lag luam yuav tsum tsis ua hauj lwm yog lawv tsis muaj kev npaj tos tej yam puas tsuaj. Muaj txog li ntawm 40 feem puas cov lag luam me rov qab qheb tsis tau dua lawm thaum muaj kev puas tsuaj loj xws li dej nyab los av qeeg. Yog koj yog ib tug neeg muaj lag luam nrhiav kev tos xwm txheej loj, xav seb kev puas tsuaj yuav raug tau koj cov neeg ua num li cas, cov neeg tuaj siv koj lag luam, thiab qhov chaw ua num ntawd li cas. Xav seb koj yuav ua li cas ua lag luam yog thaj chaw ib ncig ntawm koj lub tsev hauj lwm raug kaw lawm los yog cov kev hla tsis tau. Xav seb koj yuav ua tau dab tsi li cas rau cov neeg tuaj ua lag luam yog koj qhov chaw ua hauj lwm kaw lawm.

Neeg Ua Hauj Lwm Yuav Tsum:

- ◆ Kawm thiab xyaum kev npaj tos xwm ceev.
- ◆ Paub tsawg tshaj los ob txoj kev tawm ntawm ib chav (yog tau).
- ◆ Paub tawm tab thaum tsaus ntu raws li paub seb muaj pes tsawg lub rooj los yog chav ua hauj lwm nyob ntawm koj chav mus rau ob qho chaw tawm ze tshaj.
- ◆ Paub seb yuav sib ntsib qhov twg thaum sawv daws tawm lawm.
- ◆ Paub seb lub tua hluav taws nyob qhov twg thiab paub siv.
- ◆ Khaws cov neeg ua hauj lwm cov xov tooj rau tom tsev.
- ◆ Sau ib daig ntawv xov tooj tseem ceeb rau koj. Khaws ib daig ze koj lub rooj los lwm cov xov tooj. Txhob ntseeg hais tias tej khoom faiv fab los lwm yam khoom kaw lej xov tooj yuav ua hauj lwm thaum muaj xwm ceev.
- ◆ Khaws khoom xwm ceev rau hauv koj lub rooj ua hauj lwm: kaws ib lub teeb tsum, khau mus kev, daim thaiv hmoov av vov qhov ncauj, ib lub mi nyuam taub dej haus thiab ib yam khoom noj uas tsis txawj lwj.
- ◆ Qhia txog tej puas ntawm lub chaw ua hauj lwm txoj kev thaiv teeb meem.
- ◆ Txhob xauv los thaiv qhov rooj los kev tawm hluav taws ib zaug li. Tab sis cia qhov rooj thaiv hluav taws kaw kom hluav taws thiab pa taws txhob txav mus rau lwm qhov ceev ceev.
- ◆ Npaj kev meej meej sib pab. Xav seb nej yuav sib pab li cas thaum tej kev thauj yus mus ub no kaw lawm los tej kev lus hla tsis tau lawm. Xav seb koj puas pab tau cov neeg nrog koj ua num xws li pub mov rau lawv noj los cia lawv nrog koj nyob ib ntus.

Cov neeg muaj lag luam yuav tsum:

- ◆ Xyuas zoo hais tias muaj ib txog kev npaj tos xwm ceev es muab nws kho thiab xyaum tsawg tshaj los ib zaug tauj rau lub hlis.
- ◆ Npaj kev ua ntej rau neeg ua hauj lwm uas xiam oo qhab los yuav yuav kev pab thaum muaj xwm ceev.
- ◆ Ua ib daig ntawv muaj sawv daws xov tooj. Ua ib daig muaj sawv daws xov tooj tom tsev thiab seb leej twg yuav tiv tauj. Luam ib daig rau ib tug neeg ua hauj lwm. Neeg ua hauj lwm yuav tsum tso cai ua ntej koj muab lawv xov tooj yais tawm.
- ◆ Khaws ib daig ntawv xov tooj rau koj cov neeg ua hauj lwm tseem ceeb nrog koj tas mus li.
- ◆ Yog koj muaj kev kaw lus hauv xov tooj, tseg ib tug lej uas koj kaw tau lus rau koj cov neeg ua num es muab rau lawv.
- ◆ Kho kom koj cov xov tooj ua lag luam loj xa tau tej neeg hu tuaj mus rau lwm qhov.
- ◆ Tseg yuam sij thiab cov lej tua lub tswb ceev faj nrog ib tug neeg ua hauj lwm uas koj ntseeg tau los ib tug phooj ywg tsam koj ho mus tsis tau tom koj lub tsev ua num.
- ◆ Ib sij luam thiab kaw koj cov ntaub ntaw hauv computer cia.



Lub xov tooj cua National Oceanic and Atmospheric Administration Weather (NOAA)

Xav txog yuav ib lub xov tooj cua uas txais tau NOAA (National Oceanic and Atmospheric Administration) cov lus tshaj tawm txog huaj cua thiab muaj lub suab quaj ceeb toom yus txog huaj cua phem heev.

Cov xov tooj cua no txais tau lus tshaj tawm ntawm NOAA thiab ntawm lub koom haum Emergency Alert System (EAS). NOAA tshab tawm 24 xooj moos txog huab cua, txog seb puas zoo mus ncig thiab txog lus ceeb faj thaum huaj cua phem heev. EAS tshaj txog tej yam uas raug neeg kev noj qab nyob zoo thiab kev muaj teeb meem. Koj yuav tau cov xov tooj cua uas siv roj no tsawg tshaj \$50. Ob peb lub koos pas nis muag cov xov tooj cua no. Koj nrhiav tau cov chaw no hauv internet. Siv cov lus "NOAA Weather Radio."

Saib ntawv ntxiv ntawm <http://www.weather.gov/mwr/> los hu (202) 482-6090



American Red Cross

Together, we can save a life

American Red Cross

Lub koom haum Red Cross teem tau sij hawm qhia kev cawm siav los kev xub pab neeg mob rau 6 leej neeg ua num los tshaj tom koj chaw ua hauj lwm los lawv li. Tiv tauj Sacramento Sierra Chapter of the American Red Cross ntawm (916) 993-7070 los saib <http://www.redcross.org> nrhiav ntawv ntxiv.

Koj muab tau tswv yim ntxiv txog kev npaj lag luam tos kev puas tsuaj ntawm pawg neeg Small Business Administration hauv internet ntawm <http://www.sba.gov/content/disaster-preparedness>.

Tshaj Qhia Txog Xwm Ceev

HU 9-1-1 THAUM KOJ:

- ◆ Pom hluav taws.
- ◆ Hnov pa taws los pa nkev tsw.
- ◆ Pom los hnov dab tsi tawg loj.
- ◆ Pom neeg toob kas los koj toob kas kev pab kho mob.
- ◆ Pom ib tug neeg txaus xoos xaim nyob los khiav ib qho chaw
- ◆ Pom ib tug neeg muaj riam phom.
- ◆ Pom ib pob khoom txaus xoos xaim nyob ib qho chaw pej xeem siv.
- ◆ Pom neeg raug yuam khoo nyob los mus ib qho chaw uas lawv tsis kam.
- ◆ Pom los paub txog ib yam teeb meem ceev heev uas txo tau txoj sia los yuav ua tau vaj tse puas.
- ◆ Pom tej yam txawv heev uas tsam yuav muaj teeb meem.



THAUM KOJ HU 9-1-1 NPAJ TEB COV LUS NOOG NO

- ◆ Qhov chaw nyob muaj teeb meem ntawd nyob qhov twg?
- ◆ Qhov chaw ntawd yog ib lub tsev, ib lub asphavmees, los ib qho chaw ua hauj lwm?
- ◆ Koj hu qhov chaw nyob twg tuaj?
- ◆ Koj lub npe hu li cas?
- ◆ Koj tus lej xov tooj yog dab tsi?
- ◆ Qhov teeb meem ntawd muaj thaum twg?
- ◆ Koj piav txog tus neeg phem ntawd puas tau (yog muaj neeg phem). Neeg dab tsi, txiv neej los poj niam, muaj pes tsawg xyoo, siab li cas, hnyav li cas, plob hau zoo li cas, puas coj tsoam iav, khaub ncaws zoo li cas, thiab lwm yam ntxiv.
- ◆ Tus neeg phem ntawd caij dab tsi los siv kev khiav li cas? Mus ko taw, caij tsheb kauj uab, caij tsheb, caij tseeb ntiav, thiab lwm yam ntxiv.
- ◆ Tus neeg phem ntawd puas muaj riam phom – yam tug? Rab yaj phom, rab yaj phom tua tau ntau teg, rab riam, tshuaj kua txob tsuag, thiab lwm yam ntxiv.
- ◆ Thaum koj pom tus neeg phem ntawd zaum kawg nws nyob qhov twg thiab nws khiav mus sab twg lawm? (sab qaum teb, sab qab teb, sab hnuv tuaj, sab hnuv poob, thiab lwm yam ntxiv).

YOG KOJ UA TAU ES TSIS MUAJ XWM TXHEEJ

Xyuam xim tabsis saib tus neeg phem ntawd

- ◆ Tsis txhob saib nruj nruj.
- ◆ Pib saib sab sawm tob hau ua ntej.
- ◆ Yog koj pom ntau yam ces zoo dua.
- ◆ Nco tej yam uas txawv txog tus neeg ntawd.
- ◆ Muab tej koj pom sau tseg tsam tsis nco qab lawm.

Xyuam Xim Tabsis Saib Lub Tsheb

- ◆ Hom tseb twg, tsheb hu li cas, xim dab tsi
- ◆ Xyoo dab tsi
- ◆ Hom cev twg (4 lub qhov rooj, tsheb loj, ob lub qhov rooj)
- ◆ Tej yam txawv (lo ntawv, zuav los lawm yam puas)
- ◆ Lej paib lais xees thiab lub xeev
- ◆ Mus rov sab twg lawm

Ua ntej koj hu xov tooj

Paub zoo tias koj qhia tau seb koj nyob qhov twg. Tus neeg teb xa tsis tau neeg tuaj pab yog koj tsis paub koj nyob qhov twg.



Thaum koj hu 9-1-1

- ◆ Ib tug neeg txawj teb xov tooj yuav teb lub xov tooj.
- ◆ Tos tus teb xov tooj ntawd noog koj lus.
- ◆ Yog tau, npaj muab xov tooj rau tus raug mob los pom cov teeb meem yog tias tus neeg teb hais li.



Txhob hu 9-1-1 tiag thaum koj muab koj cov minyuam xyaum.

Pab koj cov minyuam xyaum

hu thiab tham nrog 9-1-1 hauv internet ntawm http://www.kiddiesgames.com/en/games/call_911.swf

Xov tooj xwm ceev rau neeg siv xov tooj nqa ntawm tes

Nyob hauv nroog Sacramento **(916) 264-5151**

Hu lwm qhov hauv tuam nroog Sacramento los **(916) 874-5111**

A photograph showing a woman with long, curly brown hair and glasses, wearing a light blue ribbed sweater, sitting on a striped couch. She is looking towards a television screen in the background. Two young boys are sitting next to her on the couch, also looking at the television. The boy in the middle is wearing a dark blue shirt, and the boy on the right is wearing a light green t-shirt. The room is brightly lit, and the television screen is out of focus, showing some indistinct blue and white shapes.

**Kev Ceeb Toom Txog Xwm Ceev
(Emergency Alert System (EAS))**

Kev Ceeb Toom Txog Xwm Ceev (EAS)

Qhov EAS yog ib txoj kev tshaj lus ceeb toom txog tej yam uas ntsig txog txoj sia thiab lub neej tam sim ntawd. Txoj kev no tshaj tau lus rau neeg pej xeem hauv xov tooj cua, TV, thiab ntawm cov chaw siv kheev npaum. Lus ceeb toom ntawm EAS yuav hais tau txog ob peb nplov kev nyob xwb, txog ib ceg zos dav, txog lub tuam nroog, txog ib thaj chaw loj heev, txog ob peb lub xeev los txog tag nrho lub teb chaws. Qhov EAS tshaj tau lus ceeb toom xwm ceev los ntawm qeb teb chaws, lub xeev los yog zej zog. Txhua lub chaw ua hauj lwm xov tooj cua, TV thiab kheevnpaum raug txoj cai khoo yuav tsum tshaj lus ceeb toom los ntawm tsoom fwm Ameskas txog xwm ceev uas ntuj tsim thiab neeg tsim. Tab sis lawv muaj cai txiav txim saib seb lawv puas yuav tshaj lus ceeb toom los ntawm lub xeev thiab zej zog.

YOG MUAJ KEV PUAS TSUAJ RAUG ZE

- ◆ Khoo tus kheej kom nyob tus tus thiab ua siab ntev.
- ◆ Ua li cov neeg ua hauj lwm xwm ceev hais.
- ◆ Mloog lus tshaj tawm thiab lus qhia hauv koj lub xov tooj cua thiab TV.
- ◆ Saib xyuas seb puas muaj neeg raug mob.
- ◆ Pab cov neeg uas raug mob sab raws li txoj kev uas xub pab neeg mob thiab nrhiav neeg los pab lawv.
- ◆ Siv teeb tsoom xyuas saib puas muaj dab tsi puas. Tsis txhob siv teev qhaim los nta faiv fab.
- ◆ Saib seb puas muaj hluav taws thiab lwm yam yuav ua tau teeb meem.
- ◆ Hnia seb puas muaj nkev dim – pib ntawm lub taub rhaub dej. Yog koj hnov pa nkev tsw los ntshai tsam dim, tua qhov chaw nta loj, qheb qhov rais thiab khiav nraum zoov sai sai.
- ◆ Tua tej yam khoom siv uas puas lawm.
- ◆ Muab koj tej tsiaj kaw los khi.
- ◆ Yog koj muaj sij hawm – hu koj tsev neeg mus qhia lawv saib koj mus qhov twg thiab thaum koj xav tias koj yuav txog – ces tsis txhob siv lub xov tooj ntawm tes lawm. Tsuas rov siv yog muaj teeb meem uas yuav txo tau siav xwb.
- ◆ Xyuas cov neeg nyob ze koj – haj yam xyuas zoo yog muaj cov laus los cov neeg xiam.

YOG KOJ RAUG QHIA KOM “NYOB NTAWM KOJ NYOB”

Tsoom fwm zej zog hais tau rau kom koj nyob twj ywm hauv koj lub tsev los chaw ua hauj lwm (“nyob ntawm koj nyob”). Yog muaj li no:

- ◆ Coj tej tsiaj los hauv tsev.
- ◆ Kaw thiab xauv tag nrho txhua lub qhov rais thiab qhov rooj sab nraud.
- ◆ Tua tag nrho kiv cua thiab cua sov cua txias.
- ◆ Kaw qhov cub nte lub qhov rooj.
- ◆ Nrhiav kom tau koj pob khoom siv hauv tsev thaum muaj xwm txheej loj (saib sab ntawv 9)
- ◆ Saib zoo kom lub xov tooj cua ua hauj lwm.
- ◆ Mus rau ib lub chaw sab hauv uas muaj qhov rais thiab qhov rooj tsawg tshaj plaws uas nyob siab tshaj npoo av.
- ◆ Yog thaum muaj teeb meem li tshuaj lom, ghiav mus nyob rau ib ghou chau siab vim tias tej txhia pa tshuaj hnyav dua cov pa zoo. Txawm tias qhov rais kaw lawm los cov pa hnyav no tseem nkag tau rau hauv chaw qab lawj.
- ◆ Txav deb ntawm cov qhov rais.
- ◆ Thaum muaj xwm ceev, mloog cov xov xwm tseeb tshaj ntawm neeg coj ntawm koj lub zos.
- ◆ Mloog xov xwm ntxiv tshaj tawm hauv xov tooj cua. KFBK 1530 AM yog tshooj uas raug xaiv thib ib qhia xov xwm ceeb toom huav ib thaj tsam Sacramento; KXJZ 88.9 FM yog tshooj ob; es KSTE 650 AM yog lwm tshooj mloog tau.



Fais fab tuag

- ◆ Thaum muaj xwm ceev, yog fais fab tuag lawm es koj tsis muaj ib lub xov tooj cua noj roj, siv koj lub xov tooj cua hauv tsheb (yog tsis muaj teeb meem).
- ◆ Muaj lub tubyees thiab lub tub naj kuab kawm zoo li zoo tau.

Nyob ntawm koj nyob

Thaum muaj xwm ceev tej khoom siv nyob ntawm qhov yus nyob ntawd yuav tas sai sai thiab tej zaum yuav tsis muaj sij hawm mus nrhiav los ntxiv. Nws yog ib qho tswv yim zoo rau koj sau cia seb koj muaj dab tsi thiab saib nws nyob qhov twg. Xav txog saib puas mus yuav ob peb daig ntaub pua thas xim tsev thiab ob peb pob ntaub nplaum yas uas koj siv thaum ua tsev nkaum thaum muaj xwm ceev.

Red Cross Chaw Nyob

Yog xwm txheej loj raug neeg coob heev los cov teeb meem ntawd muaj ntev li ob peb hnub, tej zaum Red Cross yuav qheb lawv cov chaw nyob. Npaj mus rau ib qho chaw no yog:

- ◆ muaj xwm txheej txog khoom lom neeg nyob ntawm thaj tsam koj nyob
- ◆ dej nyab loj tuaj
- ◆ koj lub tsev raug puas ntsoog loj
- ◆ tub ceev xwm los lwm cov neeg coj hauv zos kom koj khiav tawm.

Red Cross chaw nyob muaj zaub mov, chaw nyob ib ntus thiab kev xub pab neeg mob dawb rau neeg khiav tsev.

911 Rov Qab

Tuam nroog Sacramento muaj ib qho “911 rov qab” xov tooj xwm ceev tshaj tawm lus. Cov koom haum xwm ceev siv tau qhov no hu neeg ceeb toom lawv txog xwm ceev uas raug lawm thaj chawm.

Tub ceev xwm ncig

Thaum muaj kev khiav teeb meem, tub ceev xwm yuav ncig saib xyuas koj thaj tsev.

Ua li cas tua nkev

Yog koj pom tsev puas los hnov pa nkev dim los hnov tsw mam li ua li no xwb.

1. Lub pob ntswj tua loj nyob ib sab ntawm lub ntsuas nkev ntawm tus pas hlau nkev nkag.
2. Siv ib rab ciaj tig lub pob ib feem plaub rov rau sab xis los sab laug.

Thaum no lub pob yuav tig txiav tus pas hlau. Kev khiav rau nkev tuag lawm. Tsis txhob Rov nta nkev lawm; cia koos pas nis nkev mam nta.



Ua li cas tua faiv fab

1. Nrhiav koj lub taub tua faiv fab.
2. Saib kom paub lub tub faiv fab loj, lub pob faiv fab los fuse (ntau zaus yog lub pob los fuse loj tshaj plaws ntawm cov pob faiv fab).
3. Siv ib sab tes xwb, thawb tus tes rau sab "off" (los rho lub pob fuse loj)

Kev paub khoom lom los tua tau neeg

Tej tsheb thauj khoom lom tau los tua tau neeg los HAZMAT yuav tsum muaj ntawv lo muaj lej thiab lus qhia tias yam khoom thauj ntawd yog yam phem npaum li cas. Saib ntawv ntixiv hauv internet ntawm <http://www.phmsa.dot.gov/public/protect>

YOG KOJ RAUG QHIA KOM KHIIV TAWM

Yog cov neeg coj hauv zos kom koj tawm ntawn tsev koj lub, yeej yog vim muaj dab tsi nws yog ib qho zoo uas koj mloog lawv tam sim ntawd. Mloog lus qhia hauv koj lub xov tooj cua los TV. Lawv yuav qhia tseeb kom koj mus rau ib qho chaw. Nco cov lus ntawm no:

- ◆ Hnav tsho ntev, ris ntev thiab rau khau khov.
- ◆ Nqa koj pob khoom khiav puas tsuaj (saib ntixiv txog qhov no ntawm daim ntawv 4).
- ◆ Nrog neeg zov mi nyuam sib tham zoo thiaj li paub yuav ua li cas.
- ◆ Npaj muab koj cov tsiaj mus nyob lwm qhov (saib ntixiv hauv daim ntawv 6 ntawm ib sab).
- ◆ Tua fais fab, dej thiab nkev propane.
- ◆ Cia nkev av nta nws (yog lawv tsis kom koj tua).
- ◆ Muab koj tej khoom muaj nuj nqes xauv zoo cia.
- ◆ Xauv koj lub tsev.
- ◆ Siv cov kev neeg coj hais kom siv; tsis txhob siv kev txiav koj xav tias yuav luv dua. Tej zaum nws yuav siv tsis tau.
- ◆ Yog tau, nrog lwm cov neeg tsav tsheb ua ke.
- ◆ Txav deb ntawm xaim faiv fab uas poob hauv av.

KEV TAWM TSEV MUAJ NTAU TSHOOJ

Thaum muaj kev xwm ceev hauv ib lub tsev muaj ntau tshooj:

- ◆ Khiav ntawm qhov chaw ntawd ceev ceev.
- ◆ Tawm raws li daim ntawv uas muaj npaj qhia kev tawm thaum muaj xwm txheej.
- ◆ Saib seb qhov rooj puas kub tso mam qheb.
- ◆ Thaum muaj hluav taws tsis txhob siv cov cav nqa neeg nce tsev.
- ◆ Siv theem ntaiv ze tshaj uas tsis muaj hluav taws thiab pa taws.
- ◆ Nkag hauv qab cov pa taws.

Nyeem txog kev pab neeg xiam oo qhab thaum muaj kev khiav teeb meem hauv internet ntawm: www.fema.gov/plan/prepare/specialplans.shtm

Yog koj tawm tsis tau lub tsev:

- ◆ Ua siab tus tus.
- ◆ Mus rau ib lub chav uas muaj qhov rais nraum zoov thiab muaj xov tooj.
- ◆ Nyob qhov chaw uas cov ua num cawm neeg pom tau koj.
- ◆ Muab ib daig ntaub dawb me ntsis co.
- ◆ Qheb qhov rais - tab sis muab kaw yog pa taws los.
- ◆ Muab khaub ncaws los ntawv nav phees ntsaws tej qho dim pa ntawm qhov rooj.
- ◆ Pab lwm tus.

YOG KOJ DAIG RAU IB QHO CHAW MUAJ TEEB MEEM KHOOM LOM

- ◆ Yog koj pom ib qho xwm txheej, hu 9-1-1. Yog tau, muab npe thiab los tus lej tshuaj rau tus neeg txais xov tooj pab saib seb yog dab tsi (saib ntawv ntawm ib saib hais tias "paub khoom lom").
- ◆ Nce kom siab, mus rau sab cua tshuab thiab pem hauv dej ntawm teeb meem.
- ◆ Tsis txhob tsuj los kov tej khoom txej.
- ◆ Tsis txhob nqus pa nkev, pa phem los pa taws.
- ◆ Yog tau, muab ntaub npog qhov ncauj thaum koj tawm.
- ◆ Yog koj tau nyob ntawm cov tshuaj, kom cov tua hluav taws saib xyuas seb koj puas raug cov tshuaj ntawd tso koj mam li mus.

**Kev Xub Pab Neeg Mob thiab
Kev Cawm Siav**



Automated External Defibrillators los AEDs

AED yog ib cov menyuam computer uas muab xaim txuas tau rau neeg mob lub hauv siab. Lub AED ntsuas tau ib txhia teeb meem plawv uas toob kas siv faiv fab kho, es nws muab faiv fab tso rau lub plawv li toob kas. Yog koj xyaum, AED yoojyim siv. Yog koj ua CPR tamsid thiab tsis pub nrhau ob peb nas this es siv lub AED, qhov uas tus neeg yuav ciaj hayjam muaj ntxiv.

Koj kawm tau ntxiv txog AED hauv internet ntawm koom haum American Heart Association ntawm <http://www.americanheart.org/presenter.jhtml?identifier=3011859>.

Kawm CPR thiab kev xub pab neeg mob

Thaum muaj xwm ceev koj yuav paub dua yog tias koj twb kawm kev cawm siav thiab kev xub pab neeg mob lawm. Hu ob lub koom haum American Heart Association (916) 446-6505 thiab American Red Cross (916) 993-7070) txog cov hoob kawm.

Teeb Meem Ntawm Txoj Kev Cawm Siav los CPR

Ntuav yog qhov teeb meem uas pom ntau tshaj plaws ntawm txoj kev cawm siav no. Yog tus neeg pib ntuav, muab nws lub tob hauv tig rau ib sab es sim muab cov ntuav dig tawm los so. Ua cov kev cawm siav ntxiv.

Qhov kis mob tau ntawm tus neeg mob rau tus neeg cawm siav muaj tsawg heev. Cov neeg plawv them no muaj heev tshab plaws tom tsev – cov txheeb ze los phooj ywg yog cov siv cov kev cawm siav no. Txawm tias koj siv cov kev cawm siav no rau ib tug neeg yus tsis paub los qhov uas yus yuav kis tau mob muaj tsawg heev. Tsis tau muaj ib qho sau tseg txog neeg kis mob HIV los AIDS thaum lawv siv cov kev cawm siav no li.

Muab los ntawm "Learn CPR," University of Washington nrog cai.

KEV CAWM SIAV THIAB KEV XUB PAB NEEG MOB

Cardiopulmonary resuscitation (CPR) los kev cawm pib plawv thiab ntsws yog ib yam kev cawm neeg uas cawm tau ib tug neeg uas lub plawm nres lawm. Thaum no lub plawv them lawm tsis nyem ntshav mus. Cov ntshav tsis ntsawj lawm ces qhov nt-sawj no poob rau xoom thiab tsis hnov plawv nrhia lawm. Thaum plawv nres no, muaj 10 feeb xwb ces tus neeg tsis nco qab thiab tsis hnov yus lawm.

CPR yuam ntshav muaj pa siav kom ncig mus rau lub hlwb, plawv, thiab lwm cov siab ntsws tseem ceeb es kom tej no tsis txhob puas. CPR pab tau ib tug neeg mob li no ciaj kom luag siv tau lwm yam kev nyuaj dua li defibrillation los txoj kev siv faiv fab pib plawv kom nrhia yog. Yog ib tug neeg lam los pom tus neeg plawv them es pib ua CPR kiag thaum ntawd, qhov uas tus neeg mob ntawd yuav ciaj nce ob npaug.

SIV TES XWB CPR RAU COV LAUS (CPR YOOJYIM MENTSI)

Siv txoj kev no yog koj tsis tau kawm kev cawm siav CPR

1. HU

Saib seb tus neeg mob puas hnov koj thiab ua tau li cas. Yog nws teb tsis tau los ua tsis tau li cas, hu 911 ces rov qab los rau ntawm tus neeg raug mob. Tus neeg tuav xov tooj xwm ceev mam pab qhia koj txoj kev cawm siav.



2. NIAS

Yog tus neeg mob tsis ua pa li neeg, tsis hnoos los tsis txav, pib nias nws lub hauv siab. Thawb lub hauv siab mus rau hauv 1 1/2 mus rau 2 nti hauv nruab nrab ob lub txiv mis. Nias kom ceev li 100



zaus tauj ib nas this kom ceev tshaj ib zaug tauj ib feeb. Cia lub hauv siab sawv rov los rau qhov qub tso mas li nias dua.

Nias li ntawd kom txog thaum neeg tuaj pab.

KEV CAWM SIAV RAU NEEG LAUS THIAB MINYUAM 8 XYOO LOS LOJ DUA (TSHUA THIAB NIAS)

Siv txoj kev no yog koj twb kawm dua CPR lawm es tsis ntshai siv yam kev qub.

1. HU

Saib seb tus neg mob puas hnov koj thiab ua tau li cas. Yog nws teb tsis tau los ua tsis tau li cas, hu 911 ces rov qab los rau ntawm tus neeg raug mob. Tus neeg tuav xov tooj xwm ceev mam pab qhia koj txoj kev cawm siav.



2. TSHUAB

Muab tob hauv tsa rov qab es mloog seb tus neeg puas ua pa. Yog nws tsis ua pa xws li neeg ua, tuav nws txiv ntswg kaw. Npuav nws lub qhov ncauj nrog koj lub es tshuab kom koj pom nws lub hauv siab sawv tso. Tshuab ob pas. Ib pas yuav tsum ntev li ib feeb.



3. NIAS

Yog tus neeg mob tseem ua tsis tau pa li neeg, tsis hnoos los tsis txav, pib nias nws lub hauv siab. Thawb lub hauv siab mus rau hauv 1 ½ mus rau 2 nti 30 zaus ntawm nruab nrab ob lub txiv mis. Nias kom ceev li 100 zaus tauj ib nas this kom ceev tshaj ib zaug tauj ib feeb. Cia lub hauv siab sawv rov los rau qhov qub tso mas li nias dua.



4. ROV UA DUA

Rov siv tiag ob pas thiab nias 30 zaus kom txog thaum neeg tuaj pab. Tsis txhob tsum qhov niam hauv siab no ntev tshaj 10 feeb.

NCO NTSOOV: Cov pa thiab kev nias li no yog tib yam rau ib tug neeg los ob tug neeg kev cawm siav. Ntawm ob tug neeg kev cawm siav tus nias hauv siab theem thaum tus tshuab pa tshuab lawm.

Ua Pa Txawv Txawv

Nco ntsoov hais tias tej zaum ib tug neeg plawv theem lawm los nws yuav ua pa txawv ob peb nas this. Qhov ua pa txawv txawv no yog lub hlwb qhov chaw khoo pa tseem tshaj xov rau lub cev txawm hais tias ntshav tsis khiav lawm. Qhov ua pa txawv no nrov tau li neeg nyooj, ua pa tsis tau, los ua qaj. Nws ploj li 2 rau 3 nas this tom qab. Tus neeg ua pa li no toob kas kev cawm siav CPR tamsid. Tus neeg ntawd toob kas pa heev es koj thiaj li muab tau rau nws xwb.

KEV CAWM SIAV RAU MINYUAM MUAJ 1 TXOG 8 XYOO

SAIB ZOO: TEJ YAM TXAWV NTAWM COV LAUS DUB DUB.

1. HU

Saib seb tu neeg mob puas hnov koj thiab puas ua tau li cas. **Yog muaj koj ib leeg nrog tus minyuam xwb ua cov kev cawm siav CPR ob nas this ua ntej koj hu 911.** Tus tuav xov tooj xwm ceev pab yuav qhiav koj txoj kev cawm siav.



2. TSHUAB

Muab tob hauv tsa rov qab es mloog seb tus neeg puas ua pa. Yog nws tsis ua pa xws li neeg ua, tuav nws txiv ntswg kaw. Npuav nws lub qhov ncauj nrog koj lub es tshuab kom koj pom nws lub hauv siab sawv tso. Tshuab ob pas. Ib pas yuav tsum ntev li ib feeb.



3. NIAS

Yog tus neeg mob tseem ua tsis tau pa li neeg, tsis hnoos los tsis txav, pib nias nws lub hauv siab. **Thawb lub hauv siab mus rau hauv 1/3 mus rau ib nrab qhov ntawm nws lub hauv siab tob.** Nias 30 zaus ntawm nruab nrab ob lub txiv mis. Tsuas siv ib sab luj tes xwb. Nias kom ceev li 100 zaus tauj ib nas this kom ceev tshaj ib zaug tauj ib feeb. Cia lub hauv siab sawv rov los rau qhov qub tso mas li nias dua.



4. ROV UA DUA

Rov siv tiag ob pas thiab nias 30 zaus kom txog thaum neeg tuaj pab. Ua li no tsib lwm los li ob nas this es hu 911 yog tsis tau hu. Muab lub automated external defibrillator los AED yog muaj ib lub. Rov ua CPR li toob kas. Tsis txhob tsum qhov niam hauv siab no ntev tshaj 10 feeb.

KEV CAWM SIAV RAU MINYUAM MOS UAS TSIS TAU MUAJ IB XYOOS



1. HU

Qw thiab maj mam npuaj tus minyuam lub xwb pwg. Yog tias tus minyuam tis hnov los tsis ua li cas muab nws pw ntxeev tiaj. Yog koj ib leeg nrog tus mi nyuam nyob xwb siv cov kev cawm siav ib nas this ua ntej koj hu 911. Tus tuav xov tooj xwm ceev pab yuav qhiav koj txoj kev cawm siav.



2. TSHUAB

Tsa lub pob tsaig (tabsis txhob tsa heev heev) es mloog nws ua pa. Saib seb lub hauv siab puas sawv. Xuas seb puas ua pa tshuab koj sab phlu.

Yog tus minyuam mos tsis ua pa, muab koj lub qhov ncauj npuav nws lub qhov ncauj thiab qhov ntshwg es maj mam tshuab ob pas. Ib pas yuav tsum ntev li ib feeb. Koj ua ib pas yuav tsum pom tus minyuam lub hauv siab sawv ib zaug.



3. NIAS

Maj mam nias lub hauv siab 30 zaus. Muab koj ob tug los peb tug ntev tes tib hauv plawv ntawm ntawm nws hauv siab hauv qab ob lub txiv mis. Nias kom qes 1/3 ntawm nws lub hauv siab tob. Cia lub hauv siab rov sawv rau qhov qub tso mam li nias dua.

4. ROV UA DUA

Rov siv tiag ob pas thiab nias 30 zaus kom txog thaum neeg tuaj pab. Ua li no tsib lwm los li ob nas this es hu 911 es rov ua pa thiab nias hauv siab li toob kas. Tsis txhob tsum qhov niam hauv siab no ntev tshaj 10 feeb.

Sudden Infant Death Syndrome (SIDS)

SIDS yog thaum ib tug minyuam mos tsis tau muaj 1 xyoos cia li tuag es sawv daws txawm kuaj zoo zoo los nrhiav tsis tau hais tias yog vim li cas.

Yuav Ua Li Cas Qhov Yuav Raug SIDS Thiaj Li Tsaug Mi Ntsis Rau Koj Tus Minyuam Mos:

- ◆ Muab tus minyuam pw ntxeev tiaj tsaug zog.
- ◆ Siv ib daig pas rwb pua pw uas ceev thiab tawv rau tus minyuam lub txaj pw uas raws cov kev uas tsis muaj teeb meem tam sim no.
- ◆ Tshem tog hauv ncoo, pam tawv yaj, khoom ua si ntim rwb thiab lwm yam khoom mos tawm los ntawm tus mi nyuam lub txaj pw.
- ◆ Muaj khaub ncaws pw rau koj tus minyuam hnav kom koj tsis tau muab lwm yam vov nws.
- ◆ Muab koj tus minyuam tso kom nws ko taw nyob ntawm ko taw txaj.
- ◆ Saib zoo kom tus minyuam lub tob hau txhob vov thaum nws tsaug zog.
- ◆ Ua kom koj tus minyuam sov tab sis tsis txhob sov nrhau.
- ◆ Tau taub zoo cov kev teeb meem ntawm pam mos mos.
- ◆ Txhob siv txaj rau neeg laus, txaj dej, xas loos zaum los lwm qhov chaw mos mos rau tus mi nyuam pw.

Muab los ntawm: National SIDS/Infant Death Resource Center (NSIDRC). Muaj ntawv ntawv ntawm <http://www.sidscenter.org> los (866)-866-7437.

Roog tsheb tiv thaiv minyuam

Yuav tsum muab minyuam yaus pav rau ib yam uas zoo (xws li lub roog tsheb minyuam) kom txij thaum lawv muaj 6 xyoo los hnyav txog li 60 phaus. Yog xav paub ntawv txog qhov no, tiv tauj tub ceev xwm Highway Patrol hauv koj lub zos los saib internet ntawm <http://www.chp.ca.gov/community/safeseat.html>.

Pob Khoom Tom Tsev Xub Pab Neeg Mob

- Tej koj yuav tsum muaj:
- ◆ Hnab looj tes pov tseg tau
 - ◆ Ntaub huv los qhvw kom ntshav theem.
 - ◆ Khoom ntxuav los xus npus thiab ntaub tua kab mob los siv tua kab mob.
 - ◆ Tshuaj pleev tua kab mob kom txhob kis tau mob.
 - ◆ Tshuaj pleev nqaij kub hnyiab kom txhob tau kab mob
 - ◆ Ob peb yam ntaub nplaum loj thiab me.
 - ◆ Kua ntxuav qhov muag los yang qhov muag los siv yang ub no kom huv.
 - ◆ Tus ntsuas cev sov uas tsis muaj cov kua hlau ci ci hu ua Mercury no.
 - ◆ Tshuaj kws kho mob muab uas koj niaj hnuv noj xws li insulin, tshuaj plawv thiab tshuaj nqus kom ua tau pa. Koj yuav tsum pauv tshuaj kom txhob tag kas nuv.
 - ◆ Khoom kho mob xws li khoom ntsuas ntshav qab zib thiab ntsuas ntshav siab.
 - ◆ Txiab
 - ◆ Tus mi nyuam ciaj uas nyem rho plaub

Koj pob khoom kho no muaj tau cov tshuaj no thiab lwm yam uas tsis yog kws kho mob muab:

- ◆ Tshuaj aspirin los lwm yam tshuaj mob ib ce
- ◆ Tshuaj raws plab
- ◆ Tshuaj mob plab
- ◆ Tshuaj kom tso tau quav
- ◆ Ib yam thee thaiv tshuaj lom (siv yog lub Poison Control Center hais kom siv)

Paub tias: lub koom haum American Academy of Pediatrics tsis pom zoo siv cov kua ipecac siv pab neeg mob hauv tsev lawm.

Muab los ntawm cov lus qhia ntawm tsoom fww Amekas pawg neeg Department of Homeland Security, http://www.ready.gov/first_aid_kit.html.

KEV XUB PAB NEEG UAS KHOOM DAIG CAJ PAS

Qhov no yog cov ruam taug pab rho khoom daig caj pas rau ib tug laus los minyuam uas tseem nco qab.

NEEG LAUS UAS TSEEM NCO QAB

Ruam 1

Saib seb tus neeg puas hais tau lus los hnoos. Yog tsis tau, ua raws li yav tom ntej no.

Ruam 2

Nyem nws lub plab (Heimlich Maneuver):

- ◆ Sauv nraum qab tus neeg es muab koj ob txhais caj npab khawm nws duav.
- ◆ Muab ib sab tes nyem ua ib lub nrig es muab tog muaj ntiv tes loj tib rau ntawm tus neeg hauv plab uas nyob hauv qab nws cov tav tab sis siab dua nws lub puj ntaws.
- ◆ Muab sab tes uas tsis ua nrig tuav sab ua nrig es nyem lub hauv plab cauj cauj thiab rov sab saud. Tsis txhob nyem cov tav. Cia cov zog koj siv mus rau ntawm koj ob txhais tes.

Ruam 3

Ua ntxiv kom qhov khoom daig ntawd tawm.

Qhov nyem plab no siv tau rau cov neeg uas rog rog los cov muaj ib plab mi nyuam ntev lawm thiab.

Yog tus neeg los mi nyuam ntawd tsis nco qab lawm siv cov kev cawm neeg los CPR. Yog koj pom khoom nyob hauv lub caj pas los qhov ncauj, muab rho tawm.

MINYUAM UAS TSEEM NCO QAB MUAJ 1 RAU 8 XYOO

Ruam 1

Saib seb tus neeg puas hais tau lus los hnoos. Yog tsis tau, ua raws li yav tom ntej no.

Ruam 2

Nyem tiag nws lub plab (Heimlich Maneuver) kom txog thaum cov khoom nrhia tawm.

Ruam 3

Nyem tau plab rau cov minyuam uas rog rog heev thiab.

Yog tus neeg los mi nyuam ntawd tsis nco qab lawm siv cov kev cawm neeg los CPR. Yog koj pom khoom nyob hauv lub caj pas los qhov ncauj, muab rho tawm.

MINYUAM MOS (Tsis Tau Muaj 1 Xyoos) Uas Tseem Nco Qab



Ruam 1

Saib seb tus minyuam mos quaj los hnoos puas tau. Yog tsis tau, mus rau ruam tom ntej.



Ruam 2

Npuaj nrob qaum 5 teg.

Ruam 3

Nias hauv siab 5 teg.

Kev xub pab neeg daig caj pas muab los ntawm #Learn CPR: You Can Do It, ua tawm hauv internet (<http://www.depts.washington.edu/learncpr/choke-conscious.html>) los ntawm University of Washington nrog cai.

Ruam 4

Rov qab ua ruam 2 thiab 3 kom caj pas tshab los kom txij thaum tus minyuam tsis nco lawm. Yog tus minyuam tsis nco lawm, siv kev cawm CPR. Yog koj pom khoom nyob hauv lub caj pas los qhov ncauj muab rho tawm.



KEV XUB PAB NEEG UAS POOB DEG

Ceeb faj heev kom tsis txhob kov raug tus neeg poob deg. Txawm nws tsis txhob txwm los ib tug neeg poob deg uas ntshai lawm ua tau tus pab nws poob deg thiab.

Yog tus neeg tseem nco qab:

- ◆ Thawb tej yam khoom uas tog rau nws los cia nws tuav ib tug tog khaub ntev ntev, ib tug pas ntoo, khaub ncaws los lwm yam khoom. Neeg pab yuav tsum tsis muab lawv tus kheej tso rau kev phem thiab.
- ◆ Hu kev pab ntawm 911.

Yog tus neeg tsis nco qab lawm:

- ◆ Yog koj yuav tsum nkag hauv dej mus txog tus neeg poob deg, coj ib lub khoom ntab nrog koj yog tau. Rho tus neeg tawm hauv dej tam sid es ua zoo tuav nws lub caj dab thiab nrob qaum kom ncaj. Thaum mus txog nraum nruab nqhuab los tawm hauv pas dej lawm, muab tus neeg tso ntxeev tiaj.
- ◆ Yog tus neeg tsis ua pa lawm saib caj pas seb puas daig es muab qheb. Yog nrhau ob peb feeb es tus neeg tseem tsis ua pa thiab ces pib cov kev cawm siav CPR tamsid (saib qhov qhia ua CPR, daim ntawv 18). Hu kev pab ntawm 911.
- ◆ Yog tus neeg nco qab, thaum koj tos neeg pab tuaj kom txog, kho kom tus neeg sov (muab pam, tsho loj, los lwm yam vov) thiab pw.

QAUG DAB PEG

Koj theem tsis tau qaug dab peg thaum pib mob lawm. Cia nws ua kom nrhau.

Tej qhia tau hais tias qaug dab peg:

- ◆ Caj npab thiab ko taw co heev heev.
- ◆ Qhov muag dov rov rau sab saum tob hau.
- ◆ Ua pa siv siv zog thiab muaj qaub ncaug nrog los ua npuas ntawm qhov ncauj.
- ◆ Muaj tej tug mas cia li tsis ua pa ib pliag lawm.
- ◆ Tus neeg mob tom tau nws tus nplaig heev txog qhov los ntshav kom daig caj pas.

Thaum qaug dab peg:

- ◆ Hu neeg pab xwm ceev mob tam sid.
- ◆ Txhob yuam ntsaws khoom rau hauv tus neeg qhov ncauj. Koj yuav ua tau rau koj thiab los tus neeg ntawd raug mob.
- ◆ Pab tus neeg pw kom nws tsis txhob ntog es raug mob.
- ◆ Tshem tej yam ua muaj tau teeb meem kom deb ntawm tus neeg.
- ◆ Tsis txhob yuam zog rau los tuav tus neeg mob kom ceev.

Thaum qhov qaug dab peg tag lawm:

- ◆ Saib seb tus neeg puas ua pa. Yog tsis ua, pib siv cov kev ua pa cawm (saib ruam 2 ntawm qhov CPR uas hais tias “Tshuab” no).

Tshuaj Ntau Nrhu Lom

Noj tshuaj ntau nrhu lawm yog ib txog kev lom neeg. Thiab txhob saib hais tias kev qaug cawv tsis ua li cas. Cawv xwb los cawv nrog lwm yam tshuaj tua tau neeg.

CEEB FAJ: Neeg qaug cawv los qaug tshuaj ua tau neeg raug mob. Xyuam xim.

1. Yog tus neeg tsis nco lawm, hu 911. Yog tus neeg nco hu Position Control ntawm (800) 876-4766.
2. Xyuas tus neeg kev ua pa. Yog tsis ua pa lawm los ua tsis muaj zog qheb caj pas. Yog ob peb feeb nrhau es tus neeg tseem tsis ua pa thiab, pib ua pa cawm tamsid (saib ruam 2 ntawm qhov CPR ua hais tias “Tshuab” no).
3. Thaum tos kev pab tuaj:
 - a. Saib kev ua pa.
 - b. Muab daim pam los tsho loj kho kom tus neeg sov.
 - c. TXHOB muab dej ntov tus neeg ntsej muag.
 - d. Txhob muab khoom pub rau tus neeg noj los haus yog 911 los Position Control tsis kom muab.
4. Yog tsis nco lawm muab tus neeg dov pw ib sab kom nws caj pas tsis daig yog nws ntuav.



Txoj Saw Tes Ceeb Toom Kev Mob

Saib zoo seb neeg mob puas muaj saw tes ceeb toom. Txoj saw yuav qhia seb tus neeg muaj kev mob li cas. Yuav qhia nws tus lej ID thiab ib tug lej xov tooj hu mus noog lwm yam ntxiv.

Los Ntshav: Raug Tob Hau

- ◆ Hu neeg pab xwm ceev. Cia ib tug kws kho mob kho qhov mob ntawd.
- ◆ Nej zaus ceeb faj tias raug caj dab lawm yog thaum twg muaj raug tob hau sab. Cia kom lub caj dab thiab tob hauv txhob txav.
- ◆ Thaum koj nyeb kom ntshav tu tsis txhob sib sib zog nyem. Yog pob ntseg los ntshav, TSIS TXHOB sim muab nyem hauv pob ntseg kom tu.
- ◆ TSIS TXHOB muab kua, luam yeeb los lwm yam tshuaj rau tus neeg mob. Tej no zais tau kom yus tsis pom tej yam mob tseem ceeb xwb.

Los Ntshav: Sab Hauv Cev

Tej yam uas qhia hais tias muaj:

- ◆ THnoos los ntuav ntshav los tso quav tso zis muaj ntshav.
 - ◆ Tawv txias, nplaum nplaum thiab tsis muaj xim; plawv nrhia ceev ceev tab sis tsis muaj zog; tob hau kiv kiv.
1. Nrhiav kom tau neeg kho mob xwm ceev pab tam sid.
 2. Cia kom tus neeg pw twj ywm ua lub cev xooob xooob es tsa ko taw me ntsis. Ua siab tus tsis txhob ntshai es kho kom tus neeg sov.
 3. TSIS TXHOB muab khoom rau tus neeg mob noj los haus.

KEV XUB PAB LOS NTSHAV: NQAIJ TO

Txoj kev zoo tshaj theem kom ntshav tu yog muab qhov chaw to nias kom ceev. Koj ib leeg xwb tsis txhob sim zawm los pav ceev kom ntshav tu. Txhob pub kom tus neeg mob ntawd cov ntshav kov tau koj daim tawv. Yog yuav tsum siv, siv ob peb tshooj khoom los niam.

- ◆ Nyem ruaj ruaj tsis tso kom txog li 5 mus rau 15 nas this. Neeg coob mas ntshav tu thaum ob peb nas this nrhau lawm xwb.
- ◆ Yog los ntshav ntawm ko taw, tes, ceg los caj npab es tsis muaj pob txha lov muab ceg mob ntawd tsa kom siab dua tus neeg lub plawv.
- ◆ Yog ntshav ntswg los hlob hlob ntau zaus koj theem tau yog koj zaum es muab qhov ntswg nyem. Nyem kom ceev txog li 10 nas this tsis txhob tso.

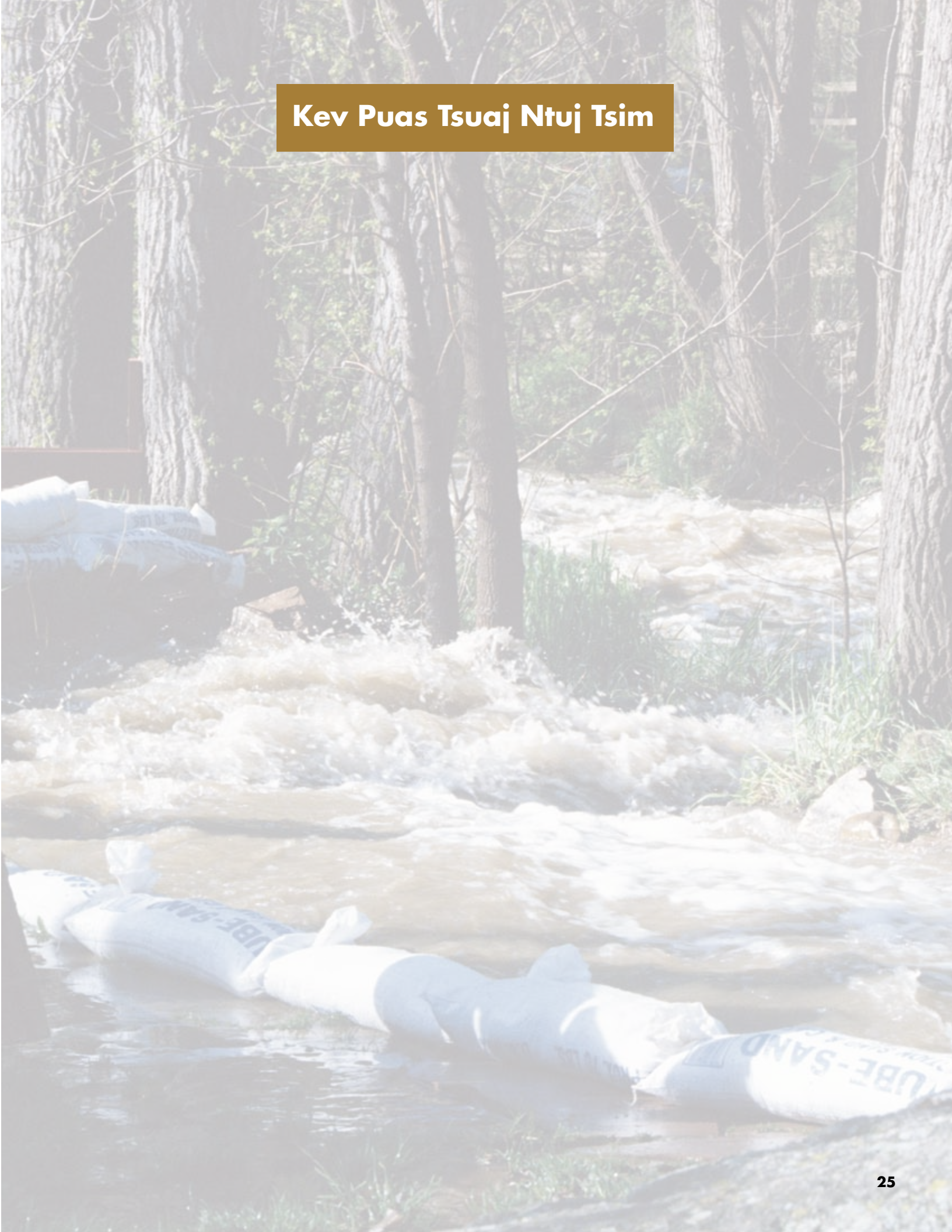
POB TXHA LOV

- ◆ Hu neeg ua hauj lwm xwm ceev los kom lwm tus mus hu neeg ua hauj lwm xwm ceev tuaj pab tamsid.
- ◆ Yog tus neeg yuav tsis raug mob ntxiv tamsid TSIS TXHOB muab nws txav.
- ◆ Yog tus pob txha tawm sab nraum daim tawv TSIS TXHOB sim muab nws thawb rov qab rau qhov qub chaw.
- ◆ TSIS TXHOB sim muab pob txha lov ua kom ncaj. Cia kws kho mob los ib tug neeg kawm los ua qhov ntawd. Yog koj yuav tsum txav los tshem tus neeg muab qhov lov ntawd ua kom tsis txhob txav npaum li koj ua tau.
- ◆ Ua kom tus neeg sov es txhob pub dej thiab tshuaj muaj zog rau nws. Tsis txhob tsa ob txhais ceg yog koj ntshai tias tsam ceg, caj dab, nrob qaum los tob hau raug mob lawm.

FAIS FAB TUA

- ◆ Tsis txhob rawm kov ib tug neeg uas tau chwv fais fab lawm. Ua ntej koj kov tus neeg ntawd, koj yuav tsum paub tias faiv fab tua lawm tso.
- ◆ Yog tus neeg tseem chwv ib txog xaim los ib txog xaim faiv fab loj poob, siv ib tug pas qhuav muab txoj xaim txas mus. Yog av ntub tsis txhob mus ze tus neeg. Hu neeg pab ntawm 911.
- ◆ Yog tsis muaj teeb meem es koj mus tau ze saib seb tus neeg puas ua pa. Yog ob peb feeb nrhau es tus neeg tsis ua pa, pib CPR los kev cawm tamsid (saib qhov hais txog CPR hauv tshooj no).

Kev Puas Tsuj Ntuj Tsim



Neeg tuav zej zog ua li cas paub tias dej nyav nyab?

Automated Local Evaluation in Real Time los ALERT, uas lub koom haum National Weather Service taab, tshaj xov rau koom haum tuav zej zog yog dej yuav nyab tau. Sacramento qhov ALERT tshaj nws xov tas mus li txog seb dej thiab nag ntau npaum li cas. Lub no qhia ua ntej txog dej siab.

Insurance dej nyab

Cov insurance thaiv tsev coob tsis them nyiaj rau tsev puas los ntawm dej nyab. Vim li ntawd, insurance dej nyab uas yus yuav ntxiv zoo yuav rau txhua tus neeg muaj tsev thiab neeg muaj lag luam, tsis hais nws thaj av nyob hauv ib qho chaw FEMA tau hu ua chaw dej nyab (Special Flood Hazard Area los SFHA) los tsis nyob. Tej zaum neeg nyob sab nraum cov chaw SFHA no txais tau ib qho "preferred-risk policy" (PRP) pheej yig mentsis.

Insurance dej nyab tsis yog rau neeg yuav tsev xwb. Neeg xauj tsev yuav tau los tiv thaiv lawv cov nqe khoom thiab. Tsis tas li, cov pej xeeb Sacramento uas tsis tau PRP yuav tau insurance dej nyab pheej yig dua rau qhov nroog Sacramento nyob hauv National Flood Insurance Program uas tiv thaiv dej nyab thiab nws qhov Community Rating System.

Yog koj nyob hauv nroog Sacramento, koj noog tau seb koj lub tsev puas nyob hauv SFHA yog koj hu nroog Sacramento xovtooj "floodplain information line" ntawm (916) 808-5061. Kaw tseg lus qhia koj lub npe, chaw nyob, thiab tus lej tax assessor's parcel number (APN). Ib tug neeg sawv cev ntawm nroog mam li teb koj li ob hnuv tom qab. Neeg nyob lwm qhov chaw hu tuam nroog Sacramento xovtooj "flood zone information hotline" ntawm (916) 874-7517. Yog koj tsis paub koj tus lej APN, koj hu tau lub hoobkas County Assessor's Office ntawm (916) 875-0700.

Yog xav paub ntxiv txog insurance dej nyab, hu neeg muag insurance ze koj los hu koom haum National Flood Insurance Program ntawm (888) 379-9531 mus noog neg pab koj los saib hauv internet ntawm <http://www.fema.gov/business/nfip/index.shtm>

Zoo nkaus li txhua thaj chaw nyob hauv Ameskas teb, nroog Sacramento yeej tsis muaj qhov uas yuav tsis raug kev puas tsuaj ntuj tsim. Tsis muaj heev heev tab sis muaj tau dej nyab sai, av qeeg thiab hluav taws kub hav zoov.

DEJ NYAB

Av nyob tuam nroog Sacramento muaj tau qhov dej loj thiab dej me nyab.

Sacramento nyob ib thaj av dav heev uas dej nyab es muaj ob tug dej Sacramento thiab American River ntw. Ob tug dej no thiab cov dej Arcade Creek, Ruble Creek, Elder Creek, Laguna Creek, Hagginwood Creek, thiab Consumnes River thiab ntaum tus dej me thiab kwj faim uas hla thaj chaw no nyab tau nrhau cov kwj deg yog los nag hlob hauv hav thiab saum roob. Cov av uas lawv muab coj los npuab thaiv cov dej no puas tau rau qhov dej tshoob, ces nws nyab tau ib thaj tsam ze los dav sai sai.



UA NTEJ LOS NAG LOJ

- ◆ Muab ntawv insurance, lwm yam ntaub ntaw thiab lwm yam khoom muaj nqes cia hauv ib lub tub xauv tom tsev tso nyiaj. Yog koj khaws tom tsev, nco ntsoov nqa nrog koj thaum koj tawm mus sab nraud.
- ◆ Saib koj cov kev cai insurance yuav tsev thiab xauj tsev seb puas muaj thaiv dej nyab. Yog koj tsis tau muaj, yuav ib qho insurance thaiv qhov no.
- ◆ Muaj roj nyob hauv koj lub tshab tas mus li. Yog tsis muaj faiv fab lawm, tej zaum poob roj yuav ua tsis tau haujlwm.
- ◆ Paub tej kev zoo mus ntawm koj tsev los qhov chaw ua haujlwm mus rau av siab uas tsis muaj teeb meem. Nco ntsoov saib TV los mloog xovtooj cua nrhiav txoj kev zoo tshaj tawm hauv koj ib thaj tsam ua ntej koj khiav koj lub tsev. Cov tshooj xovtooj cua uas tshaj tawm xov xwm ceeb toom rau thaj tsam Sacramento yog KFBK 1530 AM, KXJZ 88.9 FM thiab KSTE 650 AM.
- ◆ Khaws hnab av xuab zeb, ntoo daim, phais yas, ntoo thiab lwm yam khoom xab ub no xwm ceev ze tes kos thaiv tau dej. TSIS TXHOB tib hnab xuab zeb npuab kiag rau koj taw tsev. Muab tib deb mentsis kom dej los txhob txog lub tsev.
- ◆ Thaum los nag hlob, vaj tse nquag raug puas rau qhov dej nyab kev. Haj yam muaj tseeb rau cov kev uas qhov dej txhaws lawm. Muab nplooj thiab khoom sw tshem ntawm cov qhov dej kev no ntawm koj txoj kev.



THAUM DEJ NYAB

- ◆ Txhob mus tej qho chaw uas raug raug dej nyab.
- ◆ Tsis txhob sim hla dej ntws uas tob tshaj koj hauv caug. Dej ntiav li 6 ntiw xwb los tseem ua tau rau koj ntog es dej muaj zog muab koj tshoob mus.
- ◆ Tsis txhob sim tsav tsheb hla ib txog kev uas dej nyab; tej zaum koj yauv raug daig ntawd.
- ◆ Yog koj lub tsheb muaj teeb meem es tuag, muab tso tseg es nce mus qhov chaw siab tam sid.
- ◆ Tsis txhob mus xauj tej chaw dej nyab. Tsis txhob sim nkag tej chaw uas tub ceev xwm muab xov tsis pub nkag lawm.
- ◆ Tsis txhob mus tej qhov uas yus tsis toob kas mus. Yog koj yuav tsum tau tawm mus nraum nag loj, hnav khaub ncaws sov thiab ob peb tshooj khaub ncaws uas xoob. Qhia lwm tus hais tias koj mus qhov twg.
- ◆ Siv xovtooj thaum muaj muaj xwm ceev los yog koj yuav tsum qhia txog tej yam phem xwb.
- ◆ Yog zoo li dej yuav nyab tiag es muaj sijhawm, muab tej khoom muaj nqes tshem mus rau cov xaab tsev siab.
- ◆ Yog tub ceev xwm zej zog hais kom khiav tawm tsev, khiav mus rau ib qho chaw tsis muaj teeb meem ua ntej dej nyab txiav kev.
- ◆ Ua ntej koj mus, rho faiv fab rau txhua cov khoom siv faiv fab es yog chaw tso faiv fab hais, tua faiv fab ntawm lub pob fuse thiab tua nkev ntawm lub pob ntsuas.

Paub tej yam ceeb toom

Thaum muaj xwm ceev dej nyab, nroog thiab tuam nroog Sacramento siv tau ntau txog kev qhia koj txog seb uas li cas thiab kev khiav tawm uas muaj.

- ◆ **911 rov qab rau koj lub tsev.** Sacramento cov neeg xa xov xwm teeb meem siv tau “911 rov qab” hu koj lub tsev qhia koj txog khiav tawm tsev. Mloog zoo zoo rau xov xwm khiav thiab lus qhia khiav txog nrhiav kev pab yog koj toob kas kev pab khiav koj lub tsev.
- ◆ Mloog cov suab quab tub ceev xwm. Thaum muaj xwm ceev, tub ceev xwm thiab cov tub tua hluav taws siv lawv cov tswb thiab pajtaub pab ceeb toom neeg pejxeem txog qhov xwm ceev.
- ◆ Nta TV los xovtooj cua. Thaum muaj nag hlob los yog yus hnov tswb quaj, nta TV los xovtooj cua es mloog ib tshooj huav zos txog txog xwm ceev thiab kev khiav. Tshooj xovtooj cua xov xwm ceev thib ib rau Sacramento yog KFBK, 1530 AM.

Thaum lawv tshaj tawv tias SAIB ZOO dej nyab

- ◆ Tshem tej yam khoom muaj nqes rau cov xaab siab hauv koj lub tsev.
- ◆ Sam roj kom puv koj lub tsheb tsam lawv yuav kom khiav.

Thaum lawv tshaj tawm kom CEEB FAJ dej nyab

- ◆ Nta xovtooj cua thiab TV huav zo mloog lus qhia thiab lwm yam txog.
- ◆ Yog lawv koj khiav, khiav tawm sai li sai tau.

Thaum lawv tshaj tawv tias SAIB ZOO dej nyab ceev

- ◆ Ua zoo saib tej yam uas qhia tau tias dej nyab ceev no es npaj khiav thaum hnov kiag tias khiav.

Thaum lawv tshaj tawm tias CEEB FAJ dej nyab ceev

- ◆ Yog koj ntseeg tias dej twb pib nyab ceev lawm, khiav tamsid rau qhov tej zaum koj muaj ob peb feeb khiav dim xwb.
- ◆ Khiav mus av siab kom deb ntawm dej ntws, dej me, thiab qhov dej kev.
- ◆ Tsis txhoj tsav tsheb lug hla tej uas lawv muab thaiv kev. Tej no yog luag thaiv kom koj txhob raug mob.
- ◆ Yog koj lub tsheb tuag hauv dej uas sawv sai sai, cia pov tseg tamsid es nce mus rau av siab.

Cov chaw uas koj muab tau lus ntxiv txog:

- ◆ “Be Flood Ready; Tips for City of Sacramento Residents to Prepare and Protect Their Property From Flood Hazards,” sau los ntawm City of Sacramento Department of Utilities (http://www.cityofsacramento.org/utilities/pubs/Flood_ready.pdf)
- ◆ “How to Fight Flooding at Home,” sau los ntawm California Department of Water Resources (http://www.water.ca.gov/floodmgmt/docs/brochure_floodfightingathome.pdf).
- ◆ “Be Winter Wise; Winter Weather and Flood Preparedness, Before, During, and After the Storm,” sau los ntawm California Governor’s Office of Emergency Services (http://www.water.ca.gov/floodmgmt/docs/be_winter_wise.pdf).
- ◆ Ntaub ntau txog insurance dej nyab los ntawm Sacramento Area Flood Control Agency. http://www.safca.org/flood_insurance.htm
- ◆ “Living Next to a Levee” phau ntawv sau los ntawm California Department of Water Resources http://www.arfcd.org/_pdf/leveebrochure.pdf.

THAUM AV QEEG
KHOOV LOS PW HAUV AV.

NKAUM

Khiav NKAUM hauv qab ib lub rooj khov, los lwm lub rooj tog. Yog tsis tau, khiav nkaum npuab ib daig phab ntsa sab hauv es xuas caj npab npog koj lub tobhau thiab caj dab. Txav deb ntawm chaw phem ze qhov rais, khoom dai, tsom iav los rooj tog siab.

TUAV

Yog koj nkaum hauv qab ib lub rooj tog khov, TUAV nws es npaj nrog nws txav. Nyob twj ywm li ntawd kom av tus thiab zoo txav tso.

TOM QAB NAG LOJ NRHAU

- ◆ Tsis txhob rov nta nkev. Cia cov neeg kho ub no nta.
- ◆ Tsis txhob noj khoom noj nyoos los khoom hauv kaspoos yog nws ntub cov dej nyab lawm.
- ◆ Mloog lus ntawm zej zog txog seb dej haus puas zoo haus. Yog koj tsis paub, muab dej rhaub los lim ua ntej koj hauv. Muab dej hauv qhov dej av nqus tawm thiab kuaj tso mam li hauv.
- ◆ Txav deb ntawm chaw puas tsuaj; yog koj nyob khaum kev rau cov neeg cawm siav thiab ua lwm yam num xwm ceev thiab ib pliag ho raug koj thiab.
- ◆ Tsis txhob kov tej khoom faiv fab ciaj nyob tej chaw ntub ntub. Yog tej qho khoom faiv fab tau ntub dej, kom lawv kuaj tso mam li siv.
- ◆ Txav deb ntawm xais faiv fab uas tus lawm thiab kav nkev uas puas lawm. Qhia tamsid rau koospasnis faiv fab los nkev, tub ceev xwm los tub tua hluav taws.
- ◆ Siv teeb tsom – txhob siv teeb roj nkev, ntais txhuam los teev qhaim – los xauj tsev; tsam muaj tej yam kub tau nyob sab hauv.
- ◆ Mloog xovtooj cua los TV saib seb puas muaj lus tshaj tawm los lus qhia ntawm cov neeg coj nroog.
- ◆ Hu rau koj tus neeg tauj thaum muaj xwm ceev uas nyob sab nraud kom luag tej thiaj li paub saib seb koj nyob li cas thiab koj nyob qhov twg.
Su contacto debe ser un familiar o amigo que viva fuera del área, a quien previamente le haya pedido servir como su punto de contacto central en caso de separarse de su familia.

AV QEEG

Npaj ib leeg thiab tsev neeg

- ◆ Paub cov chaw tsis raug mob hauv txhua lub hoob – hauv qab rooj khov los npuab daim phab ntsa sab hauv.
- ◆ Paub cov chaw txaus ntshai – qhov rais, tsom iav, tej khoom dai, qhov cub tawg, tej rooj tog siab siab.
- ◆ Xyaum khiav. Muab kiag koj tus kheej tiag tiag thiab koj cov menyuam mus rau tej chaw tsis raug mob. Xyaum kev “khoov thiab nkaum.”
- ◆ Kawm kev xub pab neeg raug mob thiab cawm siav los CPR (cardiopulmonary resuscitation) ntawm ceg Red Cross hauv zos los lwm lub koom haum zos.
- ◆ Paub koj lub tsev kawm ntawv ze cov kev cai txog tso minyuam tawm thaum muaj xwm ceev.
- ◆ Txias txim saib seb koj tsev neeg yuav sib ntsib qhov twg yog nej raug faib lawm.
- ◆ Khaws ib daig ntawv muaj xov tooj xwm ceev.
- ◆ Xaiv ib tug txheeb ze los phooj ywg nyob sab nraum xeev California uas tsev neeg hu tau mus qhia seb sawv daws nyob qhov twg thiab nyob li cas tom qab muaj av qeeg.



AV QEEG

Npaj tsev

- ◆ Kawm tua nkev, dej thiab faiv fab tsam cov kav raug puas (saib daim ntawv 16).
- ◆ Saib lub chaw pa taws tawm, ru tsev thiab taw phab ntsa seb puas khov. Saib zoo tias koj lub tsev ntsia zoo zoo rau daim txiag xismas tsev. Yog koj muaj lus noog, hu ib tug neeg muaj license ua tsev.
- ◆ Muab taub dej kub thiab lwm tej khoom loj uas txav tau pav kho kho kom tsis txhob rub tau xaim faiv fab tu.
- ◆ Muab tej khoom uas tawg tau los hnyav hnyav tso theem txee hauv qab.
- ◆ Pav tej nroj uas dai thiab ntoo nruab duab thiab tsum iav uas hnyav hnyav (haj yam yuav tsum pav cov uas dai sab saum txaj).
- ◆ Nruab tes kaw rau qhov rooj txee kom txhob qheb thaum av qeeg.
- ◆ Cia tej kua uas kub tau thiab cig tau xws li xim, tshuaj tua kab los tshuaj ntxuav ub no nyob hauv txee los kaw zoo zoo hauv cov txee qes.
- ◆ Khaws khoom noj xwm ceev, dej thiab lwm yam khoom siv, thiab tshuaj, pob khoom xub pab kho mob thiab khaub ncaws.

TOM QAB AV QEEG TAS

- ◆ Saib xyuas seb puas raug mob.
- ◆ Saib seb puas muaj tej yam teeb meem xws li hluav taws, nkev dim, xaim faiv fab puas, xaiv faiv fab loj puas los poob, khoom poob hauv tej chaw rau ub rau no, ncej tso pa hluav taws uas vau lawm los puas lawm thiab ntoo pheb los vau lawm.
- ◆ Saib kom zoo tias txhua lub xov tooj puav leej khwb. Xov tooj uas tsis khwb siv cov xaim xov tooj tab sis ua tsis tau dab tsi tseem ceeb.
- ◆ Muab tej khoom los tshuaj uas yuav yog tau teeb meem tu.
- ◆ Paub hais tias yuav muaj av qeeg me ntxiv tom qab. Cov me no cov ntau yeej me dua zaum xub qeeg tabsis lawv yeej ua tau ub no puas.

Tej zoo ua thaum av qeeg

Thaum nyob hauv ib lub TSEV SIAB, txav mus npuab ib daig phab ntsa sab hauv yog koj tsis nyob ze rooj. Muab caj npab thaiv tob hau thiab caj dab. Tsis txhob siv tshob thauj neeg elevator hauv tsev.

Thaum nyob NRAUM ZOOV, txav mus rau ib qho chaw tsis muaj ntoo, paib, tsev, los xais faiv fab thiab ncej faiv fab uas poob thiab vau.

Thaum nyob nraum KEV SIDE-WALK ZE TSEV, nkaus hauv qab qhov rooj tiv thaiv koj tus kheej kom txhob raug pob zeb, iav, los lwm yam khoom poob raug koj.

Thaum koj TSAV TSHEB, txav mus rau ntawm ib sab kev es theem. Txav deb ntawm qab choj thiab xaim faiv fab. Nyob twj ywm hauv tsheb kom tsis co lawm tso.

Thaum nyob hauv TAJLAJ NEEG COOB COOB LOS LWM QHOV CHAW PEJ XEEM, txav dej ntawm cov txee rau khoom saib uas poob tau. Tsis txhob khiav mus tom qhov rooj tawm.

Thaum nyob hauv CHAW SAIB KIS LAS LOS TSEV SAIB NAAM, nyob twj ywm hauv koj lub rooj, khoov kom qes tshaj koj lub rooj es muab caj npab thaiv tob hau thiab caj dab.

Txawm koj nyob qhov twg los, paub tiv thaiv koj tus kheej thiab koj tsev neeg thaum muaj av qeeg. Xyaum tawm hauv koj lub tsev es saib seb cov chaw koj npaj tawm puas thaiv thiab saib seb nws puas yuav muaj dabtsi thaiv tau thaum av qeeg. Xyaum tua koj cov faiv fab thiab dej. Paub tua nkev tabsis tsis txhob xyaum tua tiag tiag. Thaum muaj av qeeg es koj tua nkev lawm, yuav tsum yog koj lub koospasnis nkev rov nta xwb thiaj li tsis raug mob.

Muab los ntawm: California Office of Emergency Services, Preparedness – Earthquake Program, <http://www.oes.ca.gov>.



Thaum hluav taws hav zoov yuav kub

- ◆ Mloog xov xwm thiab lus qhia hauv koj lub xov tooj cua siv roj.
- ◆ Thaub koj lub tsheb rau hauv chaw nres tsheb los nres nraum ib qho chaw dav es tig rau sab uas khiav dim tau.
- ◆ Cia yuam sij nyob rau hauv chaw nta (taxis ua zoo txhob xauv koj tus kheej rau sab nraud).
- ◆ Kaw qhov rooj thiab qhov rais tsev tsheb tab sis txhob xauv.
- ◆ Muab tsiaj kaw rau ib lub chav es npaj kev tu lawv yog koj yuav tsum khiav (saib qhov “Yog koj muaj tsiaj yug” hauv qhov “Npaj Tos Xwm Ceev” ntawm daim ntawv 6).
- ◆ Npaj chaw nyob ib ntus sab nraum qhov chaw muaj teeb meem.
- ◆ Kaw qhov rais tsev, qhov cua, cov vuas qhov rais thiab cov ntau tuab vov qhov rais.
- ◆ Muaj ntaub qhov rais nyias rho tawm.
- ◆ Muab nkev tua ntawm lub taub ntsuas. Tua tus nplaim taws hlawv nkev thiab taub nkev propane thiab.
- ◆ Qheb daim hlau npog cub tawg es kawm daim ntxaij qhov rooj.
- ◆ Muab tej rooj tog kub tau txav rau hauv plawv chav tsev deb ntawm qhov rais.
- ◆ Nta ib lub teeb hauv ib chav kom pom kev thaum ncho ncho pa taws.
- ◆ Muab cov txuag dej ywg nyom tso rau saum ru tsev los ze tau roj nyob saum npoo av.
- ◆ Txuas dej rau ru tsev kom ntub.
- ◆ Txuas dej kom ntub los rho nroj tsuag kom deb 15 fiv ntawm koj tsev.
- ◆ Sau koj pob khoom tsev neeg siv thaum muaj puav tsuaj loj (xyuas sab ntawv 9 ntawm ib sab).
- ◆ Yog lawv hais tias kom khiav tawm, khiav tam sid. Saib xyuas seb hluav taws thiab pa taws puas pauv kev thiab puas pauv ceev los qeeb.

HLUAV TAWS

Neeg coob zus coob zus mus nyob rau tej hav zoov zoo nkauj thiab rooj deb ntaum Sacramento ib nicg no. Ntawm cov chaw no neeg yuav tse thiab tej neeg tuaj saib zoo nyob tej chaw zoo nkauj no heev tab sis qhov uas yuav muaj hluav taws kub muaj tseeb heev. Ntau zaus cov hluav taws kub hav zoov no pib me me tsis pos ces kub mus rau lwm qhov ceev ceev. Nws kub nroj, ntoo thiab vaj tse. Npaj ua ntej nrog koj tsev neeg seb nej yuav mus qhov twg thiab nej yuav ua li cas yog hluav taws yuav kub nej lub tsev los chaw ua si. Lub koom haum Red Cross Ameskas muab cov lus qhia raws li no:

- ◆ Cov hluav taws hav zoo no, cov ntau yog neeg hlawv. Xyuas saib seb koj yuav ua li cas txhawb thiab xyuum txoj kev tsis muaj teeb meem hluav taws hav zoov.
- ◆ Tiv tauj ceg neeg tua hluav taws (fire department), ceg neeg saib xyuas kev nob qab nyob zoo (health department) los ceg neeg saib xyuas hav zoo (forestry office) seb cov cai tseem ceeb khoo hluav taws muaj li cas.
- ◆ Paub kom zoo hais tias tsheb tua hluav taws tuab tau txog koj lub tsev.
- ◆ Ua kom lawv paub zoo tias hauj ke kev tsev tsheb nyob qhov twg thiab ua kom pom koj lub npe thiab lej chaw nyob.
- ◆ Tshaj qhia txog tej yam teeb meem uas yuav ua tau hluav taws kub hav zoo.
- ◆ Qhia mi nyuam txog kev kom tsis muaj teeb meem hluav taws. Khaws ntais cia kom lawv muab tsis tau.
- ◆ Npaj ob peb txog kev ko taw thiab tsheb khiav ntawm koj lub tsev mus.
- ◆ Npaj seb pawg neeg nyob ze koj yuav koom tes sib pab li cas thaum hluav taws kub tag lawm. Xav seb koj yuav ua li cas pab neeg nyob ze koj yog lawm yuav tsum tau tej yam txawv me ntsis.
- ◆ Tu koj lub ru tsev thiab cov kav txais dej nag kom tas mus li.
- ◆ Tsawg tshaj los saib xyuas koj tus ncej tso pa taws ib zaug ib xyoos thiab nruab ib qhov khoom thaiv txim taws.
- ◆ Nruab ib lub tswb ntsuas pa taws rau ib txheej havu koj lub tsev. Niaj hli muaj sim thiab pauv roj tsawg tshab los ib zaug tauj ib xyoos.
- ◆ Qhia koj tsev neeg siv lub tua hluav taws thiab seb nws nyob qhov twg.
- ◆ Khaw ib tug ntaiv cia uas txij ru tsev.
- ◆ Xav seb puas zoo nruab ntoo thaiv qhov rai los cov ntaub qhov rais uas tuab thiab tsis kub hnyiab.
- ◆ Cia ze tes tej khoom tsev siv uas zoo ua twj tua hluav taws: rab hlau sua teb, rab taus, rab kaw tes los kaw siv roj, lub thoob thiab rab duav yawm av.
- ◆ Xav txog kev kom tsis txhob muaj teeb meem hluav taws thaum koj cog nroj tsuag thiab kho ub no nraum koj lub tsev.
- ◆ Xaiv tej khoom thiab nroj tsuag uas yuav pab thaiv tau hluav taws es tsis yog ua kom nws kub ntxiv.
- ◆ Kho ib thaj chaw huv 30 mus rau 100 fiv dav nicg koj lub tsev.
- ◆ Nej zaus txiav nyom, sua nplooj, thiab tshem ceg ntoo thiab pas ntoo tuag tawm. Luaj tawm tag nrho tej nroj tsuag uas yuav kub tau.
- ◆ Txiav hauv ntoo kom muaj nrug li 15 fiv thiab muab cov ceg uas ze 15 fiv hauv av txiav tawm. Txiav tej ceg tuag uas dai sab saum tsev thiab tej hmab uas nce tsev lawm.
- ◆ Muab taws tum ze tshaj los nrug 100 fiv ntawm tsev thiab kom nyob siab sawm toj.
- ◆ Muab tshauv taws qhov cub tso rau hauv ib lub thoob hlau, tsau dej ob hnub es muab faus rau hauv av pob zeb.
- ◆ Cia nkev roj, khaub hlab lo roj thiab lwm yam khoom kub hnyiab tau rau hauv kas poom uas pom zoo ntim es muab tso rau tej qho chaw zoo kom deb lub hauv paus tsev.

HUAB CUA TXAWV HEEV

Tuam nroog Sacramento muaj npe rau caij ntuj so kub thiab caij ntuj no txias. Yog tsis npaj thiab muaj kev tiv thaiv zoo, neeg thiab tsiaj muaj mob tau. Qee zaus, huab cua txawv txaus hu ua xwm ceev. Txawm cov coj muab thiab tsis muab hu ua xwm ceev no los, ua tej yam kev tiv thaiv uas sawvdaws xav tau zoo siv.

MOB LOS NTAWM SOV

Neeg lub cev txawj tawm hws kom txias. Tabsis muaj tej lub sijhawm, tawm hws xwb tsis txaus. Tej lub sijhawm no, tus neeg lub cev nce kub ceev ceev. Cev kub heev tua tau lub hlwb los lwm cov siab ntsws tseem ceeb. Neeg qaug kev sov thaum lawv lub ces ua tsis tau li cas kom txias lawm.

Muaj ob peb yam ua tau rau lub cev kho tsis tau kom txias lawm thaum tshav kub heev. Thaum vaum vaum heev, cov hws yuav tsis yaj sai ces theem lub ces qhov tso pab sov tawm. Lwm yam uas ua tau rau neeg muaj teeb meem dua yog muaj pes tsawg xyoo, rog, ua npaws, dej tsis txaus, mob plawv, muaj teeb meem ntxhov siab los mob hlwb, ntshav khiav tsis zoo, tiv tshav kub, thiab siv tshuaj nais maum muab thiab haus cawv.



Ua li cas tiv thaiv kev mob los ntawm sov.

- ◆ Maj mam mentsis es tsis txhob ua tej yam siv siv zog. Txhob rawm ua si los ua lwm yam nraum zoov.
- ◆ Ua zoo, txhob cia tshav kub tawv. Nyob hauv ntxoov ntxoo, hnav khaub ncaws tiv thaiv, thiab siv tshuaj plev lej loj (SPF thiab UVA, qhia seb thaiv sab hnub muaj zog npaum li cas).
- ◆ Txuag faiv fab yog tsis yog siv tso cua txias.
- ◆ Yog koj lub tsev tsis muaj cua txias, ib hnub mus ob peb xoosmoos rau ib lub tsev qheb rau sawvdaws uas muaj cua txias.
- ◆ Hnav khaub ncaws nyiam thiab sib.
- ◆ Da dej txias los muab phuam ntub dej txias so.
- ◆ Hnav khaub ncaws kom haum huab cua:
 - Hnav khaub ncaws xoob, sib thiab nyias, xim dawb thiab vov yus daim tawv ntau li ntau tau.
 - Ntoo ib lub kaus mom dav dav thaum mus nraum zoov.



- ◆ Hauv dej kom txaus txaus, txawm hais tias koj nqhis los tsis nqhis. Dej yog yav kua uas zoo haus tshaj plaws thaum muaj xwm ceev tshav kub. Txhob hauv dej txias txias heev rau qhov nws ua tau rau yus cov nqaj sib qhaib.
- ◆ Txhob hauv tej kua uas muaj cawv thiab caffeine.
- ◆ Yog koj noj tshuaj kom dej tshawg thiab naim maum kom txhob hauv kua ntau ntau, noog seb koj yuav tsum haus npaum li cas thaum huab cua sov.
- ◆ Yog koj noj tshuaj, noog koj tus naim maum seb koj puas yuav tsum tau ceeb faj thaum kub heev.
- ◆ Yog koj yuav tsum ua haujlwm nraum zoov, so heev heev nkaum ntxoov ntxoov los hauv tsev.

- ◆ Thaum ua haujlwm tej qho sov sov, nrog ib tug phoojywg ua.
- ◆ Tsis txhob siv tshuaj ntsev yog naim maum tsis hais kom siv.
- ◆ Tsis txhob tseg minyuam, neeg laus los neeg mus tsis taus, los tsiaj nyob ib tug hauv tshab kaw ib zaug li.

Heat Stroke

Heat stroke yog yam mob tshav ntuj kub uas teeb meem loj tshaj. Nws mob thaum lub cev khoo tsis tau nws qhov txias thiab kub lawm. Ces nws kub tuaj ceev ceev es nws tawm tsis tau hws lawm – ib yam uas lub cev toob kas ua kom txias. Yog khoo tsis tau nws kub tau txog 106 degree los siab dua hauv ib pliag li 10 rau 15 nasthis xwb. Yog koj xoos xaim tias ib tug neeg mob heat stroke, hu 911. Tus neeg no yuav tsum raug kho heev heev kom nws thiaj li tsis tuag thiab tsis xiam oo qhab tas lub neej.

Tej yam ceeb toom thiab qhia tau tias mob heat stroke muaj:

- ◆ Cev kub heev li (tshaj 103 degrees F)
- ◆ Daim tawv liab liab, kub kub es qhuav qhuav (es tsis tawm hws)
- ◆ Plawv nrhia ceev ceev, muaj muaj zog
- ◆ Hnov tobhau mob ib teg ib teg
- ◆ Tobhau kiv
- ◆ Xeev siab

Qaug Tshav Kub

Qaug tshav kub yog ib yam mob tshav kub uas tsis tshua heev npaum heat stroke. Nws mob tau tom qab ob peb hnub tiv tshav kub thiab tsis hauv kua yog thiab txaus.

Tej yam ceeb toom thiab qhia tau tias qaug tshav kub muaj:

- ◆ Thawm hws heev heev
- ◆ Tawv tsis muaj xim
- ◆ Nqaj qhaib ceev ceev
- ◆ Nkees nkees
- ◆ Qaug qaug zog
- ◆ Tobhau kiv kiv
- ◆ Mob tobhau
- ◆ Xeev siab los nuav
- ◆ Daim tawv txias thiab ntub ntub
- ◆ Plawv nrhia ceev ceev tabsis tsis muaj zog
- ◆ Ua pa ceev ceev tabsis pa ntiav ntiav

Poobkas koj cov tsiaj kom txhob kub

Teeb meem mob tshav kub ua tau rau dev, miv, thiab lwm yam tsiaj lub hlwb thiab lwm yam siab ntsws puas. Tej uas qhia tau tias mob yog ua pa heev heev, zoo li qhov muag tsis pom kev, lub plawv nrhia ceev ceev, nyob tsis tau, qhis dej heev heev, tsis cus, ua npaws, kiv tobhau, mus tsis tau kev zoo, nplaig los qaub ncaug heev heev, ntuav ntuav, nplaig liab los xiav tsaus tsaus, thiab tsis nco qab lawm.

Yog ib tug tsiaj zoo li mob heat-stroke, maj maj ua kom nws lub cev txias raws li cov them no:

- ◆ Muab tus tsiaj txas mus rau ib qho chaw ntxoov ntxoo los muaj cua txias.
- ◆ Muab naajkuab hauv hnab yaas los phuam ntub dej txias los npuab nws tobhau, caj dab, thiab hauv siab, los muab nws raus dej txias (tsis txias heev heev).
- ◆ Cia tus tsiaj haus dej txias me me los cia nws yaim naajkuab.
- ◆ Coj tus tsiaj mus rau ib tug nais maum tsiaj sai li sai tau.

Cov kev qhia no yog muab los ntawm ntaub ntaw uas koom haum Human Society of the United States sau taum hauv internet ntawm <http://www.hsus.org>.

Kev mob los ntawm tshav kub ntawm neeg laus

Neeg laus 65 xyoos los laus dua raug muaj teeb meem tshav kub dua rau qhov ob peb yam:

- ◆ Neeg laus lub cev pauv tsis tau sai npaum cov hluas thaum huab cua pauv sai sai
- ◆ Neeg laus muaj dua qhov uas muaj mob tas mus li es ua rau lub ces pauv tsis tau thaum sov.
- ◆ Neeg laus mauj dua qhov uas noj tshuaj nais maum es cov tshuaj no ua rau lub ces pauv tsis tau kom txias thiab tawm tsis tau hws.

Ua li cas pab neeg txheeb ze laus thiab tej laus nyob ze koj

- ◆ Mus saib xyuas tej laus uas mauj tau teeb meem. Ib hnuv no, mus tsawg tshaj los ob zaug yog tau.
- ◆ Yog lawv chaw nyob tsis muaj cua txias, saib zoo kom xuaj tshaj los muaj ib lub kiv cua faiv fab.
- ◆ Yog lawv mus tsis taus, coj lawv mus rau tej qho chaw uas muaj cua txias.

Ua li cas pab neeg uas muaj kev mob los ntawm tshav kub

Kev mob los ntawm tshav kub yog ib yam xwm ceev uas tua tau yus. Yog koj pom tej yam uas qhia tau tias neeg muaj mob los ntawm tshav kub, hu 911 nrhiav kev pab tamsid es pib ua kom tus neeg txias. Ntawm no yog ib cov kev uas koj ua tau pab:

- ◆ Coj tus neeg mus rau ib qho chaw ntxoov ntxoo los mauj cua txias.
- ◆ Siv tej yam dabtsi los siv tau ua kom tus neeg txias mentsis. Koj muab nws raus los ywg dej txias hauv dab da dej los tau; muab yaas dej txuag dej txias rau nws; los thaum tsis vaum vaum, muab ib daig pam pua txaj ntub dej txias kauv nws es siv siv zog ntxuaj nws.
- ◆ Saib xyuas tus neeg qhov kub ntawd es siv kev ua kom txias tiag kom nws txias txog 102 degrees los qes dua.
- ◆ Yog cov neeg pab xwm ceev daig lwm qhov lawm es tuaj tsis sai, hu hoob maum lub hoob kho mob ceev (emergency) noog kev pab ntxiv.
- ◆ Tsis txhob muab cawv rau tus neeg haus.

Cov kev qhia no yog muab los ntawm ntaub ntaw uas tsoom fvw hoobkas Centers for Disease Control and Prevention ua tawm. Muaj ntawv ntxiv hauv internet ntawm <http://www.bt.cdc.gov/disasters/extreme-heat/>



LUS QHIA KOM TXHOB MUAJ TEEB MEEM HUAB CUA TXIAS

- ◆ Coj tsev neeg cov tsiaj los hauv tsev los rau chaw kaw tawm ntawm cov huab cua. Tib yam li no, tiv thaiv tej tsiaj txhu loj kom txhob no thiab.
- ◆ Yuav thiab ntim roj cia kom txaus tso pab sov rau tsev.
- ◆ Muab kav hlau tej qhwv thiab cia kais dej nrog kom tsis txhob kho.
- ◆ Thaum huaj cua txias, tej zaum tibneeg tig mus siv lwm yam khoom los hlawv kom sov es tsis xav txog kev ceeb faj teeb meem. Lawv qheb lawv tus kheej rau qhov teeb meem uas taws kub tsev. Khaws cov taub tua hluav taws nyob ze tes es ua zoo qhia kom sawvdaws paub siv.
- ◆ Tsis txhob nqa tej khoom hlawv hluav taws siv nraum zoov – xws li qhov cub ci nqaij, qhov cub qha nqaij los lwm yam khoom uas hlawv roj – los hauv tsev. Cov khoom no tso tau pa carbon monoxide uas tua tau tibneeg.
- ◆ Xyaum kom paub tua poob dej (tsam kav dej tawg).
- ◆ Hnav ob pib txheej khaub ncaws xoob, sib, thiab sov es txhob cia hnav ib txheej tuab tuab xwb. Cov sab saud yuav tsum yog ntaub muaj xov ceev ceev uas dej tsis txheem.
- ◆ Coj cov hnab looj tes xov paj (mittens). Nws sov dua cov hnab ntaub yaas (gloves).
- ◆ Ntoo kaus mom.
- ◆ Yog koj yuav tsum mus qhov twg, ua zoo saib kom koj lub tsheb kho zoo zoo thiab muaj khoom siv khiav tau tej kev; nqa khoom uas siv tau thaum muaj xwm ceev, es sam kom lub taub roj puv tshaj ib nrab.



KEV PAB NEEG MOB HYPOTHERMIA

Paub yam mob hypothermia

Kawm tej yam kev tseem ceeb paub hypothermia no:

Neeg laus

- ◆ Chee, qaug zog
- ◆ Tsis feeb meej, tes ua haujlwm tsis zoo
- ◆ Tsis nco qab, hais lus tsis meej
- ◆ Tsaug tsaug zog.

Minyuam me

- ◆ Tawv liab tshiab tshiab thiab txias txias
- ◆ Tsis cus, zog meme heev

Yog koj pom tej yam zoo li mob hypothermia li no, ntsuas seb nws kub li cas. Yog qes tshab 95 degrees, nws yog ib qho teeb meem loj; nrhiav kev kho tamsid.

- ◆ Yog tsis muaj kev kho mob, pib ua kom nws sov li no:
- ◆ Muab nws txav mus rau ib lub hoob los tsev uas sov.
- ◆ Yog tus mob hnav khawb ncaws uas ntub, muab hle.
- ◆ Ua kom nws lub cev hauv plawv sov ua ntej – hauv siab, caj dab, thiab pob tais – siv pav faiv fab yog muaj. Yog tsis muaj siv tawv tauj tawv hauv qab pam, khaub ncaws, phuam los pam pua txaj qhuav thiab xoox xoox.
- ◆ Kua sov pab tau tsa nws lub cev kom sov tabsis txhob muab pub cawv haus. Tsis txhob sim muab dej rau ib tug neeg haus uas tsis nco qab lawm.
- ◆ Thaum nws lub cev rov qab sov lawm, cia tag nrho nws lub cev (tobhau thiab) kauv nws pam thiab thiab nyob qhuav qhuav.

Ib tug neeg mob hypothermia heev heev tej zaum yuav tsis nco qab lawm thiab yuav zoo li plawv tsis nrhia thiab tsis ua pa. Tej tug zoo li no, maj mam tu tus neeg, es nrhiav kev pab xwm ceev tamsid. Txawm tias tus neeg zoo li nws tuag lawm los, siv kev cawm CPR rau nws. Ua CPR tiag tib lub sijhawm uas koj muab nws ua kom sov kom txog thaum nws hnov los thaum neeg kho mob tuaj txog. Muaj tej zaum, neeg mob hypothermia uas zoo li tuag lawm, lawv cawm tau rov qab los.

Rho los ntawm koom haum Centers for Disease Control cov lus npaj thiab sau hauv internet ntawm <http://emergency.cdc.gov/disasters/winter/staysafe/hypothermia.asp>

XWM CEEV PEJ XEEM MOB



Piav txog npaws (flu)

Avian flu (AI) los npaws noog yog ib yam mob uas muaj nyob hauv noog qus. Al tsis phem heev, coob coob tus noog muaj, thiab nws tsis ua teeb meem loj rau cov noog. Ib yam hu ua H5N1 no ua mob loj heev rau tej noog nyeg, kis tau ntawm noog rau neeg, thiab tua tau neeg tuag. Neeg lub cev thaiv tsis tau yam mob no heev li thiab tshuaj poobkas muaj tsawg tsawg xwb.

Pandemic flu yog ib yam npaws muaj zog heev uas ua rau neeg mob coob heev thiab phem heev thoob ntiqj teb no. Rau qhov neeg cov cev tiv tsis tau yam mob no heev, nws kis tau yoojyim heev ib tug rau ib tug. Saib xyuas xov xwm txog npaws tamsim no hauv tuam nroog Sacramento ntawm www.scph.com.

Muab los ntawm <http://www.pandemicflu.gov>

Sacramento County Public Health
(916) 875-5881

Xwm ceev uas peb xeem mob muaj tau yog ntuj tsim (ib phaum khaub thuas los lwm yam mob) los neeg tsim (kab mob neeg tsim). Ntau zaus nws mauj kab mob uas kiv tau – kab mob uas kiv thoob zej zog. Dej nyab, av qeeg thiab lwm yam kev puas tsuaj ntuj tsim ua tau ub no puas thiab theem dej ntshiab hauv los haujlwm lim dej qias, ces muaj tau xwm ceev mob raug peb xeem. Tus Sacramento County Public Health Officer, los tus tuav pej xeem kev noj qab nyob zoo, mam tshaj lws qhia seb yuav ua li cas thaum tej sijhawm no. Tabsis nws kuj muaj xiv tshaj lus tawm uas sawvdaws yuav tsum raws thiab. Koj saib tau lus tshaj tawm hauv Sacramento County Division of Public Health qhov chaw hauv internet ntawm <http://www.scph.com> ua ntej thiab thaum tseem tab tom muaj xwm ceev peb xeem mob.

Tiv thaiv koj thiab koj tsev neeg thaum muaj xwm ceev peb xeem mob. Ua raws li cov lus no:

- ◆ Mloog xovtooj cua thiab TV cov xov xwm qhia txog qhov teeb meem thiab seb yauv tsum ua li cas.
- ◆ Ua raws cov lus uas qhiav ua kom khoo tau kab mob kom tsis kis. Cov lus no muaj tau:
 - nyob twjywm hauv tsev thaum koj mob (cais)
 - nyob twjywm hauv tsev yog koj niam qhuav mus cuag ib tug txheeb ze los phoojywg zoo uas mob (cais saib)
 - txhob mus ti lwm tus (nyob ze tshaj los yog nrug 3 rau 6 fiv)
 - thaum hnoos, muab ntawv, tes tsho, los lub looj ntsej muag npog
 - ntxuav tes heev heev, los siv tshuaj ntxuav tes uas muaj cawv yog tsis muaj xus npus thiab dej ntw
 - coj ib lub looj ntsej muag (lub phais neeg los tiv thaiv phuas plav) thaum koj caiv tsis tau txav ze ntawm luag tej (xws li thaum caij tsheb zej zog los lwm qhov ti ti).
- ◆ Haj yam ceeb faj es ntxuav tes los siv lwm yam kev xaj aj thaum tu ib tug neeg mob hauv tsev neeg. Xav txog noog neeg uas hnoos hnoos thiab txham txham kom lawv coj lub looj ntsej muag kom kab mob txhob kiv heev heev.
- ◆ Npaj nrhiav kev tu koj tus kheej thiab koj tsev neeg yog tias neeg coob tom haujlwm thiab tom tsev mob. Paub hais tias tsam muaj teeb meem hauv lwm yam haujlwm (li faiv fab, laab muag khoom noj thiab lwm yam lag luam) thiab



- tias tsev kawm ntawv, chaw tu minyuam thiab lwm cov koom haum yuav raug kaw ib ntus.
 - ◆ Npaj “ib pob khoom xwm ceev tom tsev” uas muaj khoom txaus 3 rau 4 hnuv uas muaj tshuaj kho tej yam uas muaj thaum yus mob. Koj yuav nrhiav tau lus ntxiv hauv tshooj “Npaj Tos Xwm Ceev.”
 - ◆ Ua zoo raws tej lus uas cov neeg tuav peb xeem kev mob tau tshaj tawm li kom mus rau tej lub hoobkas mus txais kev qhia, tshuaj noj, thiab tshuaj poobkas.
 - ◆ Hu koj tus naim maum lub hoobkas noog saib seb yuav ua li cas yog thaum koj paub tias yuav muaj xwm ceem peb xeem mob.
- ◆ Tsis txhob mus hoob maum los hu 911 yog koj tsis mob thiab tsis muaj teeb meem loj.

KAB MOB LOJ THOOB NTIAJ TEB TSHWM

Tsoom fvw Meskas ceg neg tuav kev noj qab nyob zoo los U.S. Department of Health and Human Services (HHS) npaj tau ntaub ntaw txhij txhij ntawm <http://www.pandemicflu.gov> muaj lus txog kev npaj thiab kev khiav nws thaum muaj kab mob loj thoob ntiaj teb tshwm. Los lus pandemic no yog txhais tau tias mob loj tshwm thoob ntiaj teb. Ntawm no yog HHS ib co lus qhia txog tej yam uas koj ua tau yog muaj pandemic tawm.

Npaj tos mob loj thoob ntiaj teb tshwm:

- ◆ Ntim ib cov dej thiab khoom no txaus tsawg tshaj los 3 rau 4 hnuv. Koj yuav tsum muaj khoom seem ze tes thaum muaj pandemic yog koj mus tsis tau taj laj los taj laj tsis muaj khoom lawm. Txoj kev uas khaws khoom noj thiab dej kom txaus tsawg tshaj los 3 rau 4 hnuv kuj zoo rau sijhawm uas muaj lwm yam xwm ceev xws li faiv fab tuag thiab teeb meem ntuj tsim thiab.
- ◆ Saib xyuas cov tshuaj nais maum muab uas koj niaj zaus noj kom muaj tsis tu nyob hauv koj tsev.
- ◆ Khawm lwm yam tshuaj txaus txaus uas tsis yog nais maum muab thiab lwm yam khoom kho mob nyob ze tes, muaj li tshuaj mob ib ce, tshuaj mob plab, tshuaj hnoos thiab mob khaub thuas, thiab vistasmees.
- ◆ Nrog tsev neeg thiab lwm cov neeg koj hlub tham saib seb yog lawv mob, yuav uas li cas tu lawv, los yuav toobkas dabtsi tu lawv hauv koj tsev.
- ◆ Pab tej pab neeg hauv zos ua haujlwm dawb npaj thiab pab teb teeb meem xwm ceev.
- ◆ Koom tes nrog koj zej zog thaum lawv npaj tos npaws pandemic.

Txiav kev kis kabmob kom yau thiab kom txhob kis:

- ◆ Qhia koj cov minyuam kom siv xus npus thiab dej ntxuav tes heev heev es koj ua li ntawd thiab.
- ◆ Qhia koj cov minyuam siv ntawv npog thaum txham thiab hnoos.
- ◆ Qhia koj cov minyuam kom txav dej ntawm lwm cov minyuam thiab neeg laus npaum li ua tau yog lawv muaj mob. Nyob tsev, txhob mus haujlwm thiab tsev kawm ntawv yog koj mob lawm.



Npaws los influenza (hu ua "flu" no thiab) yog dabtsi?

Npaws yog ib yam mob kis tau uas yog tim yam kabmob hu ua influenza no. Nws ua tau rau neeg mob me me los loj loj es tej zaum ua tau neeg tuag. Txoj kev zoo tshaj uas kom tsis txhob tau npaws yog txhaj tshuaj poobkas txhua xyoo.

Txhua xyoo nyob huav Meskas teb, muaj li:

- ◆ 5% rau 20% neeg tau npaws;
- ◆ Tshaj 200,000 lej neeg raug pw hoob maum rau qhov muaj teeb meem npaws, thiab;
- ◆ Muaj li 36,000 tus neeg tuag tim npaws.

Ib txhia neeg xws li muaj neeg laus, minyuam me, thiab tej uas muaj lwm yam mob (xws li ua tsis tau pa, ntshav qab zib, los mob plawv) muaj qhov uas raug tau teeb meem loj ntawm npaws.

TEJ MOB UAS NPAWS UA TAU

Tej mob uas npaws ua tau muaj:

- ◆ Kub tobhau (kub heev rau neeg coob)
- ◆ Mob tobhau
- ◆ Nkees nkees heev
- ◆ Hnoos tsis tau dabtsi
- ◆ Mob cajpas
- ◆ Los ntswg los txhaws ntswg
- ◆ Mob ib ce nqaij
- ◆ Teeb meem plab xws li xeev siab, ntuav, thiab raws plab kuj mauj tau thiab tabsis cov no raug minyuam yaus dua neeg laus.

Npaj nyob tom tsev ib ntus

U.S. Department of Health and Human Services' Pandemic Flu Web site (<http://www.pandemicflu.gov/plan/individual/checklist.html>) muaj cov lus qhia li no txog tej yam khoom khaws ze tes thiaj li kav koj thaum koj nyob ntev tom tsev.

KHOOM NOJ UAS TISIS TX-AWJ LWJ THIAB KAV NTEV UAS KHAWS ZE TES

- ◆ Nqaij kaspoom uas cia li noj tau, ntsees, txiv, zaub, taum thiab soup
- ◆ Cov khoom noj protein bar thiab fruit bar
- ◆ Cereal thiab granola
- ◆ Peanut butter thiab txiv qab rog
- ◆ Txiv qhuav
- ◆ Crackers
- ◆ Kua txiv hauv kaspoom
- ◆ Dej hauv poom yas
- ◆ Khoom no minyuam mos thiab mis hauv kaspoom thiab lam hwj
- ◆ Khoom no rau tsiaj

KHOOM KHO MOB THIAB KHOOM XWM CEEV

- ◆ Tej khoom nais maum muaj li lub ntsuas ntshav qab zib
- ◆ Xus npus thiab dej los tshuaj ntxuav tes muaj cawv (60-95%)
- ◆ Tshuaj mob npaws li acetaminophen los ibuprofen
- ◆ Tus ntsuas cev kub
- ◆ Tshuaj raws plab
- ◆ Vistamees
- ◆ Teeb tsom
- ◆ Roj teeb
- ◆ Xovtooj cua nqa tau
- ◆ Tus qheb kaspoom
- ◆ Hnab khib nyawb
- ◆ Ntawv so ntswg, ntawv so quav thiab diaper minyuam uas pov tseg tau

NPAJ DEJ

Yog koj tsis paub seb koj cov dej puas hu, tsis txhob haus ua ntej muab nws lim. **Siv dej uas twb raug tua kabmob lawm los hau, ua noj, ua dej haus, thiab los txhuam hniav xwb.**



- ◆ Siv dej hauv poom yas uas tsis tau qheb rau dej nyab.
- ◆ Yog koj tsis muaj dej hauv poom yas, zoo qhov koj muab nws rhaub kom tsis muaj mob. Thaum koj nrhaub dej, nws tua cov kab coob uas nyob hauv dej uas ua tau rau neeg mob. Yog cov dej nro nro, muab ntaub huv lim los cia kom cov paug tog es siv cov ntsiab sab saud los rhaub. Rhaub cov dej kom npau ib nasthis, cia nws txias, es muab ntim taub huv muaj dabtsi npog.



- ◆ Yog koj nrhaub tsis tau dej, koj siv tau cov xus npus kua ntxhua khaub ncaws dawb hu ua bleach no tua kabmob. Bleach tua tau ib txhia tabsis tsis tag txhua tus kabmob nyob taus hauv dej. Yog cov dej nro nro, muab ntaub huv lim los cia kom cov paug tog es siv cov ntsiab sab saud los ntxiv bleach rau. Ntxiv 1/8 diav me me los li 8 tee cov bleach uas tsis tsw rau ib gallon dej. Muab do zoo zoo es cia nyob li 30 nasthis tso mam li siv. Muab ntim taub huv uas muaj dabtsi npog.

◆ Yog koj muaj ib lub qhov dej av uas raug nyab lawm, cov dej yuav tsum raug kuaj thiab tua kab mob tom qab nws nqeg lawm. Yog koj xoos xaim hais tias koj lub qhov dej muaj tej yam phem lawm, tiv tauj koj lub hoobkas toom fww tuav kev noj qab nyob zoo los lub tuas kev ua liaj ua teb seb yuav ua li cas.

Cov lus txog npaj dej no yog muab los ntawm U.S. Environmental Protection Agency cov ntawv sau rau hauv internet ntawm http://www.epa.gov/safewater/faq/pdfs/fs_emergency-disinfection-drinkingwater-2006.pdf.

Siv bleach npaj dej thaum muaj xwm ceev

Dej npaum	Dej ntsiab	Dej nro
1 quart	2 tee	4 tee
1 gallon	8 tee	16 tee
5 gallon	1/2 rab diav me me	1 rab diav noj mov



**KEV PHEM HEM TUA NEEG
THIAB KEV HEM**



Kev hem tua neeg thoob ntiag teb no

Tej kev puas tsuaj thiab raug mob uas hem neeg lub neej uas tshwm sim los ntawm lwm teb-chaws txhaum Ameskas txoj cai. Cov kev phem no lub hom phiaj yog hem thiab yuam pej xeem thiab ua kom tsoom fvw pauv kev cais los pauv ib thaj chaw los ib lub teb chaws kev ua dej num.



Kev hem tua neeg hauv lub teb chaws

Ib tub neeg los ib pab neeg uas siv kev ua neeg raug mob los hem hais tias yuav tua neeg es tsis muaj xiv, es ua tej no hauv Ameskas tej yog kev hem tua neeg hauv lub teb chaws. Cov neeg phem no ua tej no paub kev chim ntawm chaw ua num rau pej xeem los paub ib tug nai ua haujlwm, los kom nws tau kasmoo los pauv tes yam kev uas neeg ua.

Kev hem

Txawm hais tias tsis muaj ib yam tua raug kiag los cov lus hais los hem tias yuav ua rau neeg mob yeej txhais tau tias yog kev hem tuaj neeg no rau qhov nws ua rau neeg ntshai. Hnov hais tias ib tug neeg los ib pab neeg yuav npaj ua kom raug neeg thiab vaj tsev puas, los yuav ua kom haujlwm tseem ceeb theem, yuav ua tau neeg ntshai thiab txhawj.



IB COV LUS LOM NTAWM CEG NEEG SAIB XYUAS KOM TEB CHAWS AMESKAS TSIS MUAJ TEEB MEEM

Peb raug yuav txiav txim siab rau qhov pawg neeg phem hem neeg muaj qhov yuav ua phem rau sawv daws. Peb txawm ntshai los peb txawm npaj. Tsis txhob ntshai, npaj-ib tug neeg, ib tsev neeg, ib lub zej zog ib zaug.

Ceg neeg saib xyuas Ameskas ua ib cov hauj lwm pab neeg Ameskas npaj (“Ready Campaign”) kom zoo tos txhua yam xwm ceev. Npaj rau tej uas tsis khws muaj li thiab. Txawm hais tias peb yuav tsis paub tas mus li thaum lawv yuav tua peb los muaj ob peb yam yooj yim uas koj thiab koj tsev neeg ua tau npaj tos thaum cov neeg hem tua.

Koj muab tau cov xov xwm uas koj toob kas:

- ◆ Qheb internet ntawm www.ready.gov.
- ◆ Hu (800) BE-READY [237-3239] kom tau ntaub ntaw.

Peb cov tub rog, cov CIA, FBI, Ameskas pawg neeg kuaj neeg txawv teb chaws, pawg neeg saib kev ncig teb chaws, saib ciam teb, thiab peb cov neeg muaj cuab kav xub ceem xwm sawvdaws tua rog nrog kev phem hem tua neeg. Ceg neeg xyuas teb chaws cov hauj lwm no (Ready Campaign) yuav pab koj npaj thiab es koj thiab koj tsev neeg thiaj li tau nyob tsis ntshai.

COV KEV HEM THIAB KEV PHEM UAS MUAJ TAU

Tej yam phem uas muaj tau no muaj xws li riam phom uas ua tau puas ntsoog dav heev (nplaum, thiab los siv khoom tua cev, tshuaj lom los khoom kub lub cev uas yus tsis pom) es muaj qhov hom phiaj ua kom tej kev khiav hauj lwm thiab los tej lag luam theem. Chaw uaj lawv tua tau muaj xws li chaw ua faiv fab, tshav dav hlau ya txawv lwm teb chaws thiab lwm yam kev ncig, tej lub sij hawm teb chaws txawv sib sau ua kev, thiab tej yam uas sawv daws pom thiab muaj npe heev.

Zoo tib yam li txhua lub nroog hauv Ameskas teb Sacramento muaj chaw uas tsam raug tua. Zoo li txhua lub nroog hauv Ameskas teb, peb yuav tsum ceeb faj saib xyuas. Cov tub ceev xwm tuam nroog thiab cov tub ceev xwm hauv nroog, thiab ntau lub koom haum tsoom fvw ntawm teb chaws Ameskas, ntawm xeev, thiab ntawm zos niam hnuv ua hauj lwm kom tsim muaj cov kev hem tua neeg no. Muaj tej yam uas koj ua tau thiab:

- ◆ Paub tej uas niaj hnuv ua: Thaum koj niaj hnuv ua koj tej hauj lwm, ceeb faj. Kawm txog cov hauj lwm niaj hnuv khiav ntawm koj chaw nyob thiab koj chaw ua num. Yog koj tau taub txog tej niaj hnuv ua no nws yuav pab koj pom tej yam txawv.
- ◆ Ua kom pom: Paub cov neeg nyob ze koj. Saib seb puas muaj tej yam txaus xoos xaim xws li neeg ua tej yam txawv txawv hauv koj thaj tsev, koj chaw ua num los thaum koj ncig teb chaws.
- ◆ Muab tej koj hnov saib tseem ceeb: Yog koj hnov los paub neeg khav los tham txog kev npaj ua kom pej xeem raug mob los hais tias nws nyob hauv ib lub koom haum hem tua neeg, muab saib tseem ceeb es qhia rau tub ceev xwm tam sid.

QHEB NTAUV THIAB KHOOM XA TUAJ

Qhia tsev neeg, phooj ywg thiab neeg nrog koj ua num kom lawv saib zoom thaum lawv qheb ntauv thiab khoom xa tuaj. Ceeb faj cov ntauv los khoom uas:

- ◆ Yus tsis paub hais tias yuav tuaj los xa ntauv ib tug yus tsis paub tuaj.
- ◆ Tsis sau npe xa rau ib tug neeg tseeb tseeb.
- ◆ Sau npe rau ib tug uas tsis nyob qhov chaw ntauv lawm.
- ◆ Xuas tes sau es tsis muaj qhov chaw nyob xa tuaj los nyeem tsis tau.
- ◆ Ib sab loj dua ib sab los ua ua thooj, los muaj xaim tawm tuaj los pom lwm yam txawv txawv nyob hauv.
- ◆ Lub nroog ntauv lub thwj tsis yog lub nroog uas sau rau ntauv chaw xa tuaj.
- ◆ Muaj khij tej los lus tswj-xws li “personal” los “confidential.”
- ◆ Lo xa tees ntau ntau tshaj qhov uas tau lawm.
- ◆ Lam tau lam sau chaw nyob, sau ntauv tsis thwj.
- ◆ Muaj cov lus npe taw rau poj niam los txiv neej tsis yog lawm los tsis muaj npe li.
- ◆ Tej pob khoom lo los khub ub no.
- ◆ Muaj hmoov uas yus pom los kov tau.
- ◆ Muaj tej lo lus hem sau rau sab nraud.
- ◆ Muaj ntshiab tsw heev heev.
- ◆ Hnyav tshaj qhov khws.
- ◆ Nrov li nrhia nrhia los li faiv fab khiav.

HEM NPLAUM

Yog neeg hu tuaj hem hais tias muaj nplaum:

- ◆ Noog kom tau ub no txog qhov no nplaum li koj noog tau los ntauv tus neeg hu.
- ◆ Cia kom tus neeg hu nyob twj ywm hauv xov tooj es muab txhua yam nws hais sau tseg.
- ◆ Hnov thiab nco tej yam txawv txog tus neeg lub suab (hais tsis meej li lwm teb chaws neeg, hais tsis meej tsis tseeb, thiab lwm yam).
- ◆ Qhia tub ceev xwm thiab tus saib xyuas lub tsev koj nyob.

Yog koj nrhiav tau ib pob khoom los ib yam tshuab txaus xoos xaim:

- ◆ Tsis txhob kov.
- ◆ Tsis txhob siv xov tooj tsis muaj xaim los xov tooj nqa ntauv tes ze pob qhov ntauv.
- ◆ Kom neeg tawm qhov chaw ntauv es qhia tub ceev xwm tam sid.
- ◆ Hais seb pob khoom los tshuab ntauv zoo li cas.
- ◆ Thaum khiav tawm-nyob deb ntauv qhov rais thiab lwm yam uas yuav muaj teeb meem.



Koj yuav tsum muab tej ntauv ntau txaus xoos xaim ua li cas?

- ◆ Txhob co, hnua, kov, saj los saib ib pob khoom ze ze uas txaus xoos xaim.
 - ◆ Tsis txhob muab nqa, muab rau lwm tus saib, los cia rau lwm tus kov.
 - ◆ Yog thaum koj pib xoos xaim nws twb nyob hauv koj tes lawm, maj mam muaj tso ntauv ib qho dab tsi tiaj tiaj thiab tus tus es txhob kov lawm.
 - ◆ Qhia neeg nyob ib ncig ntauv es khiav qhov chaw ntauv nrog lawv.
 - ◆ Kaw tej qhov rooj es txhob pub lwm tus nkag qhov chaw ntauv.
 - ◆ Yog tau, muaj cua nkag tshab tsev ntauv tua kom txhob tshuab tej yam phem uas nyob tau hauv pob khoom ntauv mus lwm qhov.
 - ◆ Ntxuav koj ob txhais tes zoo zoo nrog xum npum thiab dej tom qab koj kov ib pob khoom txawv txawv.
- Qhia tub ceev xwm tam sid. Saib seb kev hem muaj heev nplaum li cas es hu 911 los cov xov tooj tsis muaj xwm ceev rau tub ceev xwm tuam nroog los tub ceev xwm zos.



Qhia txog tsam muaj nplaum

Hu 911. Thaum koj qhia txog tsam muaj nplaum tag, tej zaum lawv yuav kom koj saib xyuas koj lub tsev sai sai. Tsis muaj neeg paub koj qhov chaw ua num nplaum li koj thiab cov neeg nrog koj ua hauj lwm. Rau qhov koj paub zoo, koj yuav pom tej yam txawv sai tshaj cov tub ceev xwm.

Xov tooj tseem ceeb huav zos

Area code yog (916) yog tsis sau lwm tus.

XOVTOOJ XWM CEEV

Police/Fire/Rescue911
 TTY (nroog Sacramento).....732-0110
 Rau Xov Tooj Nqa Ntawm Tes:
 Hauv nroog Sacramento.....264-5151
 Nyo lwm qhov hu.....874-5111

XOVTOOJ TSIIS MUAJ XWM CEEV

2-11 (nroog thiab tuam nroog Sacramento)
 (24 xoosmoos lus qhia thiab kev pab
 qhia rau lwm qhov).....211
 TTY.....446-1434

3-11 (nroog thiab tuam nroog Sacramento)
 (24 xoosmoos lus qhia thiab kev pab
 qhia rau lwm qhov).....311
 TTY.....264-5011

Tuam nroog Sacramento tu
 operator875-5000

Tuam nroog Sacramento tub ceev
 xwm Sheriff874-5115
 TTY.....874-7128

Citrus Heights tub ceev xwm.....727-5500
 Elk Grove tub ceev xwm.....714-5115
 Folsom tub ceev xwm.....355-7231
 Galt tub ceev xwm.....(209) 366-7000
 Isleton tub ceev xwm.....777-7774
 Rancho Cordova tub ceev xwm.....362-5115
 Nroog Sacramento tub ceev xwm.....264-5471

LWM COV XOVTOOJ:

Amber Alert.....(800) 222-FIND [3463]
 American Red Cross.....993-7070
 Qhia txog tub sab/neeg
 phem.....443-HELP [4357]
 PG&E 24 xoosmoos
 kev pab.....(800) 743-5000
 Tshuj Lom Kev Pab.....(800) 876-4766
 Tuam nroog Sacramento Chaw tuav dej
 (hu qhia kav dej tawg los dej
 nyab kev).....875-7246
 SMUD 24 xoosmoos
 kev pab.....(888) 742-6883

KOOM HAUM SAIB XYUAS AMESKAS TEB TXOJ KEV QHIA CEEV FAJ

SIAB HEEV
Qhov Yuav Muaj Cov
Neeg Phem Tua Siab Heev

SIAB
Qhov Yuav Muaj Cov
Neeg Phem Tua Siab

TSA
Qhov Yuav Muaj Cov
Neeg Phem Tua Loj

CEEB FAJ
Qhov Yuav Muaj Cov Neeg
Phem Tua Muaj Li Me Ntsis

QES
Qhov Yuav Muaj Cov
Neeg Phem Tua Me Me

Thaum xyoo 2002, tsoom fww Ameskas ua tau “Koom Haum Saib Xyuas Ameskas Teb Txoj Kev Qhia Ceeb Faj” ua ib txog tshaj xov xwm txog qhov uas tsam muaj cov neeg phem tua. Txoj kev qhia no muaj kom ceeb faj txawv raws ob peb txheej heev txawv thiab xim txawv. Ntawm ib txheej txawv, tsoom fww Ameskas thiab zej zog yuav nruab ib txog kev ua hauj lwm tiv thaiv lub teb chaws uas haum txheej ntawd. Lub xeev California tau yuav txoj kev no kom muaj lus thiab kev qhia xws li lwm qhov es cov koom haum txawv thiaj li sib tham tau thiab kom neeg California thiab tej uas tuaj saib California thiaj li tau taub tib yam.






Ib Lo Lus Kawg

Tiv thaiv neeg tuam nroog Sacramento yog tshaj qhov hauj lwm rau koom haum tub ceev xwm, ceg neeg tua hluav taws, neeg kho mob ceev xwm, thiab neeg zej zog tuav kev noj qab nyob zoo ua xwb. Peb cov tsev neeg thiab phooj ywg nyob hauv no thiab es peb yuav ua ntxiv rau li peb ua tau ntawm tus kheej thiab ntawm hauj lwm kom tiv thaiv koj lub tsev thiab peb lub tsev. Tab sis peb xwb ua tsis tau. Peb yuav tsum txhua tus koom tes ua ua ke thiaj li yeej txoj kev phem no.

Kev kom yus lub teb chaws tsis muaj teeb meem pib tom tsev. Txawm yog coj ib tse neeg xyaum khiav hluav taws, pab ib tug neeg nyob ze kawm kev xub pab neeg raug mob, los yeem pab dawb ua hauj lwm xwm ceev, txhua yam uas ua yeej muaj txiaj ntsig thiab yuav coj peb ib ruam ze me ntis rau ib lub ze zog kaj huv thiab ib lub teb chaws tsis muaj teeb meem.

KOOM HAUM SAIB XYUAS AMESKAS TEB TXOJ KEV QHIA CEEV FAJ

Lub koom haum saib xyuas Ameskas teb txoj kev qhia ceev faj muaj kom ceeb faj txawv raws ob peb txheej txawv thiab xim txawv. Ib txheej hem thiab ceeb faj no muaj tau tshaj rau tag nrho Ameskas teb chaws, tshaj rau ib thaj chaw me mentsis, los rau ib yam lag luam los koom haum.

Risk of Attack	Recommended Actions for Citizens
 <p>GREEN Low Risk</p>	<ul style="list-style-type: none"> ➔ Develop a family emergency plan. Share it with family and friends, and practice the plan. Visit www.Ready.gov for help creating a plan. ➔ Create an “Emergency Supply Kit” for your household. ➔ Be informed. Visit www.Ready.gov or obtain a copy of “Preparing Makes Sense, Get Ready Now” by calling 1-800-BE-READY. ➔ Know how to shelter-in-place and how to turn off utilities (power, gas, and water) to your home. ➔ Examine volunteer opportunities in your community, such as Citizen Corps, Volunteers in Police Service, Neighborhood Watch or others, and donate your time. ➔ Consider completing an American Red Cross first aid or CPR course , or Community Emergency Response Team (CERT) course .
 <p>BLUE Guarded Risk</p>	<ul style="list-style-type: none"> ➔ <i>Complete recommended steps at level green.</i> ➔ Review stored disaster supplies and replace items that are outdated. ➔ Be alert to suspicious activity and report it to proper authorities.
 <p>YELLOW Elevated Risk</p>	<ul style="list-style-type: none"> ➔ <i>Complete recommended steps at levels green and blue.</i> ➔ Ensure disaster supply kit is stocked and ready. ➔ Check telephone numbers in family emergency plan and update as necessary. ➔ Develop alternate routes to/from work or school and practice them. ➔ Continue to be alert for suspicious activity and report it to authorities.
 <p>ORANGE High Risk</p>	<ul style="list-style-type: none"> ➔ <i>Complete recommended steps at lower levels.</i> ➔ Exercise caution when traveling, and pay attention to advisories. ➔ Review your family emergency plan and make sure all family members know what to do. ➔ Be Patient. Expect some delays, baggage searches and restrictions at public buildings. ➔ Check on neighbors or others who might need assistance in an emergency.
 <p>RED Severe Risk</p>	<ul style="list-style-type: none"> ➔ <i>Complete all recommended actions at lower levels.</i> ➔ Listen to local emergency management officials. ➔ Stay tuned to TV or radio for current information and instructions. ➔ Be prepared to shelter-in-place or evacuate, as instructed. ➔ Expect traffic delays and restrictions. ➔ Provide volunteer services only as requested. ➔ Contact your school or business to determine status of work day.

Cov lus no los ntawm Department of Homeland Security, es muab tau ntawm <http://www.dhs.gov/xlibrary/assets/CitizenGuidanceHSAS2.pdf> hauv internet.

Tshaj Ntxiv



TSHAJ NTXIV A: NTAUV RAU HNAB NYIAJ

Siv cov ntawv no khaws xovtooj tseem ceeb thiab xovtooj xwm ceev zej zog nrog koj.

Muab cov ntawv no luam. Sau lej xovtooj rau ntawm kab rau cov koom haum ceev nyob zos (muaj nyob daim ntawv 47 hauv tshooj no), muab ib daig txiav tawm zuj zus es muab rau koj tsev neeg. Khaws ib daig rau koj hnab nyiaj ho ib daig rau ntawm xov tooj.



Xov Tooj Tseem Ceeb Rau Yus

Kws Kho Neeg Laus _____
KwsKhoMinyuam _____
Kws Kho Tsiaj _____
Tsev Kawm Ntawv _____
XovtoojNtawmTes _____
XovtoojNtawmTes _____
Txiv Chaw Ua Num _____
Niam Chaw Ua Num _____
NeegZovMinyuam _____
Neeg Nyob Ze _____
LwmTus _____



Xov Tooj Tseem Ceeb Rau Yus

Kws Kho Neeg Laus _____
KwsKhoMinyuam _____
Kws Kho Tsiaj _____
Tsev Kawm Ntawv _____
XovtoojNtawmTes _____
XovtoojNtawmTes _____
Txiv Chaw Ua Num _____
Niam Chaw Ua Num _____
NeegZovMinyuam _____
Neeg Nyob Ze _____
LwmTus _____



Xov Tooj Tseem Ceeb Rau Yus

Kws Kho Neeg Laus _____
KwsKhoMinyuam _____
Kws Kho Tsiaj _____
Tsev Kawm Ntawv _____
XovtoojNtawmTes _____
XovtoojNtawmTes _____
Txiv Chaw Ua Num _____
Niam Chaw Ua Num _____
NeegZovMinyuam _____
Neeg Nyob Ze _____
LwmTus _____



Xov Tooj Tseem Ceeb Rau Yus

Kws Kho Neeg Laus _____
KwsKhoMinyuam _____
Kws Kho Tsiaj _____
Tsev Kawm Ntawv _____
XovtoojNtawmTes _____
XovtoojNtawmTes _____
Txiv Chaw Ua Num _____
Niam Chaw Ua Num _____
NeegZovMinyuam _____
Neeg Nyob Ze _____
LwmTus _____

TSHAJ NTXIV A: YUS TEJ NTAUB NTAUV

Luam rau koj thiab koj tsev neeg. Khaws ib daig rau ntawm xov tooj thiab muab ib daig rau ib tug neeg hauv koj tsev neeg hnav nyiaj.

Xov Tooj Tseem Ceeb Hauv Zos
Sacramento (916)

Xwm Ceev
Tubceevxwm/Tuahluavtaws/PabCawm.....911
TTY (Nroog Sacramento)..... 732-0110
Xovtooj Tes: Nroog Sacramento 264-5151
Xovtooj Tes: TuamNroog Sacramento874-5111
Tshuaj Lom Kev Pab(800)876-4766

Xovtooj tsis muaj xwm ceev
Tub Ceev Xwm.....
SMUD (888) 742-7683
PG&E (800) 743-5000

.....
.....
.....

Xov Tooj Tseem Ceeb Hauv Zos
Sacramento (916)

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Tubceevxwm/Tuahluavtaws/PabCawm.....911
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Tub Ceev Xwm.....
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PG&E (800) 743-5000

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XOV TOOJ XWM CEEV HAUV ZOS

Area code yog (916) yog tsis sau lwm tus.

XOVTOOJ XWM CEEV

Police/Fire/Rescue	911
TTY (nroog Sacramento)	732-0110
Rau Xov Tooj Nqa Ntawm Tes:	
Hauv nroog Sacramento	264-5151
Nyo lwm qhov hu	874-5111

XOVTOOJ TSIS MUAJ XWM CEEV

2-1-1 (nroog thiab tuam nroog Sacramento) (24 xoosmoos lus qhia thiab kev pab qhia rau lwm qhov).....	211
TTY.....	446-1434
3-1-1 (nroog thiab tuam nroog Sacramento) (24 xoosmoos lus qhia thiab kev pab qhia rau lwm qhov).....	311
TTY.....	264-5011
Tuam nroog Sacramento tu operator.....	875-5000
Tuam nroog Sacramento tub ceev xwm Sheriff	874-5115
TTY.....	874-7128
Citrus Heights tub ceev xwm.....	727-5500
Elk Grove tub ceev xwm.....	714-5115
Folsom tub ceev xwm.....	355-7231
Galt tub ceev xwm.....	(209) 366-7000
Isleton tub ceev xwm.....	777-7774
Rancho Cordova tub ceev xwm	362-5115
Nroog Sacramento tub ceev xwm	264-5471

LWM COV XOVTTOOJ:

Amber Alert	(800) 222-FIND [3463]
American Red Cross	993-7070
Qhia txog tub sab/neeg phem.....	443-HELP [4357]
PG&E 24 xoosmoos kev pab.....	(800) 743-5000
Tshuaj Lom Kev Pab.....	(800) 876-4766
Sacramento County Public Health.....	875-5881
Tuam nroog Sacramento Chaw tuav dej (hu qhia kav dej tawg los dej nyab kev)	875-7246
SMUD 24 xoosmoos kev pab.....	(888) 742-7683

XOV TOOJ TSEEM CEEB RAU YUS

Sau koj cov ntawv rau ntawm cov kab

Kho Mob (Medical):

Kws Kho Neeg Laus _____

Kws Kho Mi Nyuam _____

Kws Kho Tsiaj _____

Neeg Tij Tau Xwm Ceev:

Sab Nraum Xeev _____

Tsev Neeg _____

Neeg Nyob Ze _____

Lwm Tus _____

Khiav Thiab Rov Sib Ntsib

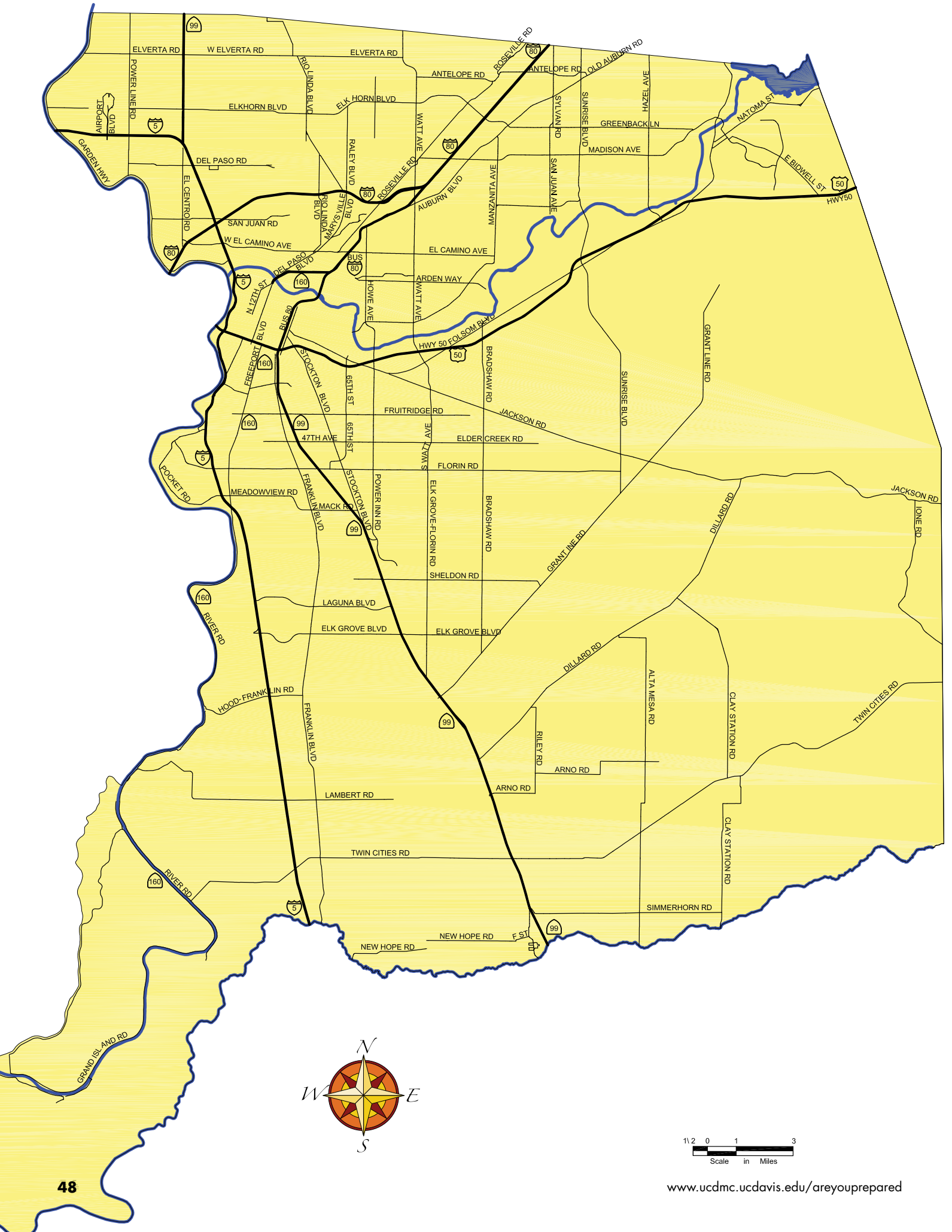
Chaw Tom Tsev _____

Chaw Tsev Kawm Ntawv _____

Txiv Chaw Ua Num _____

Niam Chaw Ua Num _____

Neeg Zov Mi Nyuam _____





PUBLIC HEALTH

Department of Health & Human Services

Division of Public Health

www.scph.com

Ann Edwards, *Tus Thawj Tuav*
Department of Health & Human Services

Glennah Trochet, M.D.
Tuam Nroog Sacramento Tus Saib Kev Noj Qab Nyob Zoo

Noog Lus Ntxiv: (916) 875-5881
Phau ntawv no txhawb los ntawm hoobkas Centers for Disease Control
Catalog of Federal Domestic Assistance (CFDA) tso cai 93.069
State of California, Emergency Preparedness Office ntawv cog lus 10-34



SACRAMENTO COUNTY BOARD OF SUPERVISORS
(COV NEEG SAWV CES NTAWM TUAM NROOG SACRAMENTO)

Phil Serna, District 1
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Cheeb Nroog Tus Hau Tuav Ib Ntus

Bruce Wagstaff
Tus Coj, Countywide Services Agency

www.saccounty.net

Tsib Hlis Ntuj 2011

XOV TOOJ XWM CEEV HAUV ZOS

Area code yog (916) yog tsis sau lwm tus.

XOVTOOJ XWM CEEV

Police/Fire/Rescue	911
TTY (nroog Sacramento)	732-0110
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Hauv nroog Sacramento	264-5151
Nyo lwm qhov hu	874-5111

XOVTOOJ TSIIS MUAJ XWM CEEV

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LWM COV XOVTTOOJ:

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American Red Cross	993-7070
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PG&E 24 xosmoos kev pab.....	(800) 743-5000
Tshuaj Lom Kev Pab.....	(800) 876-4766
Sacramento County Public Health.....	875-5881
Tuam nroog Sacramento Chaw tuav dej (hu qhia kav dej tawg los dej nyab kev)	875-7246
SMUD 24 xosmoos kev pab.....	(888) 742-7683

Koj saib tau phau ntawv no hau internet thiab luam ntxiv ntawm ntawm <http://www.ucdmc.ucdavis.edu/areyouprepared/>
thiab ntawm <http://www.scph.com> (ntawm no muaj txhais ua lwm cov lus)

Muaj lus ntxiv los ntawm pab Sacramento Region Community Emergency Response Team (CERT)
hauv internet ntawm <http://www.srccc.org>

*UC Davis Health System thiab ob peb lub koom haum thiab ceg ua num teb xum ceev hauv tuam
nroog Sacramento koom tes ua phau ntawv no.*



PUBLIC HEALTH

SACRAMENTO COUNTY
Department of Health & Human Services

DIVISION OF PUBLIC HEALTH
7001A East Parkway, Suite 600
Sacramento, CA 95823

Phone: (916) 875-5881
www.scph.com