

QHOV TSEEB TXOG NTSHAUV

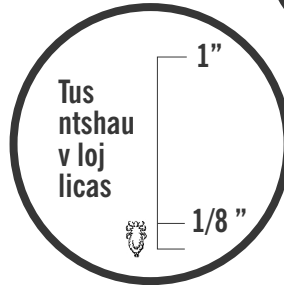
- ☞ Tus neeg plaubhau huv thiab tus neeg plaubhau tsis huv los yeej muaj peevxwm muaj tau ntshauv thiab. Thaum koj muaj ntshauv lawm yog ib yam uas nyuaj rau koj yuav tua kom lawv tuag kom tag.
- ☞ Ib lub taubhau ti ib lub taubhau yog ib txoj kev uas ntshauv kis tau yoojyim heev.
- ☞ Ntshauv tsis ndhia losis ya, tabsis lawv kag ceev heev. Tsiaj tsis muaj tibneeg cov ntshauv no.
- ☞ Taubhau khaus khaus yog ib yam uas qhia rau yus tias tej zaum yus muaj ntshauv txawm yog yus muab tshuaj tua tag lawm los tej zaug kuj tseem khaus thiab.
- ☞ Tshuaj tua ntshauv yuav tua lawv tuag feem ntau lawm, tabsis koj yuav tsum tau siv lub zuag losis tes los mus tshem cov nqi losis ntshauv kom tag.
- ☞ Txhob poob siab tom qab koj siv tshuaj los tua tag lawm es koj tseem pom muaj ntshauv. Yog koj pom muaj ces ua tibzoo nrhiav thiab muab tseem kom tag xwb.
- ☞ Ntshauv yuav tsum tau tibneeg ntshav los haus lawv thiab nyob tau. Yog lawv tsis tau ntshav haus ces 48 teev xwb lawv yeej tuag lawm. Cov nqi ntshauv mas yuav tsum yog li uas 6 nub mas lawv thiab li daug.
- ☞ Thaum koj siv cov tshuaj Nix, ib lub limtiam tom qab ntawd txhob siv ib yam dabtsis rau koj lub taubhau xws li creem rinse, hair spray, mousses, gels, losis cov dej uas neeg da da los ntub koj taubhau li.
- ☞ Siv cov tshuaj mayonnaise, kerosene, Vaseline, vinegar, losis lwm yam yuav tsis pab tua tau cov ntshauv tuag kom tag. Chais plaubhau los yeej tsis pab li thiab. Yog hais tias koj tsis xav siv tshuaj los tua li no ces, koj yuav tau siv zuag los ntsis cov ntshauv no tawm kom tag nkaus lawm xwb.



Ntshauv laus



Nqi ntshauv
nyob ntawd
txoj plaubhau



COV KEV PAB UAS MUAJ:

- Hu mus rau tus xovtooj no yog xav paub ntxiv (509) 323-2847
- Mus xyuas peb lub website ntawd: www.srhd.org



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Spokane, WA 99201-2095
509.324.1500 | 509.324.1464 TDD

NTSHAUV

Tshawb Xyuas
Nrhiav Tshuajrau
Thiab Ntsis



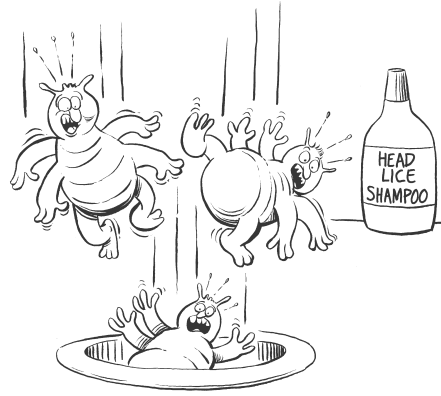
Hmong

TSHAWB XYUAS

Tshawb xyuas txhua tus neeg hauv koj tsev saib lawv puas muaj ntshauv thiab nqi ntshauv. Muab cov plaubhau ua tibzoo faib tshawb xyuas kom zoo. Nqi ntshauv mi mi heev li, lawv muaj ntsis dawb, kheej kheej li lub nqi thiab lawv nyob ze rau ntawv lub hauv paus plaub hau. Nqi ntshauv yuav pom yoojyim dua li tus ntshauv.

Ua ntej tshaj, mus tshawb xyuas ntawd cov plaub hau uas ze ntawd lub pobntseg thiab tom qab cej dab. Tom qab ntawd ua tibzoo tshawb xyuas cov plaubhau saib puas muaj nyob qhov twg.

Yog leejtwg uas nyob hauv koj lub tsev muaj ntshauv tsuas siv tshuaj rau tus ntawd xwb.



NRHIAV TSHUAJ RAU

Muab cov tshuaj uas tua ntshauv los tuav cov ntshauv ntawd xwb. Cov tshuaj tua ntshauv ntawd muaj muag nyob tom cov tsev muag tshuaj, tsev muag zaub mov noj thiab tom tsev khuaj mob. Cov tshuaj no yuav tua tsis tag cov ntshauv thiab cov nqi ntshauv tabsis yuav tua kom cov ntshauv tsawg mivntsis. Siv cov tshuaj no kom raws li uas daim ntawv qhia yus siv ntawd thiab siv raws li uas koj tus Kwstshuaj hais.

Muaj ib cov tshuaj mas siv rau thaum cov plaubhau ntub ntub, ib txhia siv rau thaum cov plaubhau qhuav qhuav.

Siv tshuaj ntau, ib nub siv ob peb zaug, losis siv tso rau saum taubhau ntev dua li uas daim ntawv hais yuav tsis pab koj dabtsi. Yog koj siv ntau dua li hais tej zaum tseem yuav ua rau koj muaj teeb meem thiab.

Tu koj lub tsev kom zoo kom huv, xws li: Ntxhua khaubncaws, phuam and ntaub pua chaw; nqus tsev thiab tu tej rooj tog nyob; thiab muab cov zuag ntsis plaub hau coj mus rau dej kub kom tag.

NTSIS

Tom qab muab cov tshuaj no los tua tag, siv lub zuag hlau los ntsis cov ntshauv thiab nqi ntshauv kom tag. Maj mam ua tibzoo ntsis cov ntshauv thiab cov nqi ntshauv kom tag raws lis uas koj pom.

Ntsis cov plaubhau mus rau sab uas koj yeej ib txwm tsis ntsis, qhov no, koj yuav nrhiav pom nqi ntshauv ntau dua. Koj siv tes, rau tes losis ib tus txhiab mus tais los tau thiab. Muab cov nqi ntshauv ntawd coj mus pov rau hauv chaw ntxuav tes, chaw dej losis thoob khib nyiab. Nqu qhov chaw uas neb ntsis plaubhau ntawd koj huv. Neb ob leeg yuav tsum tau mus hloov khaub ncaws tshiab.

Yuav tsum nco ntsoov siv lub zuag hlau coj los ntsis cov plaubhau no li uas ob lub limtiam, losis txog thaum uas koj nrhiav tsis pom nqi tshauv lawm mam li tso tseg.

Lub sijhawm no yuav tau siv sijhawm ntev, dag zog thiab siab ntev. Lub sijhawm ntsis plaubhau no yog ib thawj kauj ruam uas tseem ceeb heev!

ROV MUAB TSHUAJ NTXIV

Muaj ib cov tshuaj mas yuav tsum tau siv ob zaug 7-10 nub tom qab thawj zaug. Ua raws li uas koj ua thawj zaug thiab. Tom qab ntawd, ntsis cov nqi ntshauv thiab ntshauv kom tag li uas koj pom. Tshawb xyuas ib lub limtiam tom qab saib puas muaj ntshauv lawm losis tom qab koj ntsis cov nqi ntshauv tag.

