

Emergency Care – 911

English/Aakiv

When to Visit the Health Care Provider

In order to get the right medical care, you should understand the difference between urgent medical problems and a medical emergency.

Recognizing Urgent Medical Problems

There are many medical problems that need quick medical help even though they are not bad enough to cause you to die. If you have a medical problem like this, you should call your **primary care provider** (the **doctor, nurse**, or clinic that you see for regular care, not the health care provider in the emergency department of the hospital). If you do not have a primary care provider, you should call a hospital emergency department and ask to speak to a nurse.

Urgent medical problems are not emergencies that could cause you to die, but they are serious problems that should not wait. If you have any of the following problems, you should get medical help fast:

- **Fever** (a fever is a temperature higher than 100.4 F or 38 C)
- Ear pain
- **Vomiting, diarrhea**, or stomach pain that will not stop, especially in young or old persons. This can make your body lose fluid or dehydrate, which can lead to

Green Mong/Moobleeg

Thaum Twg Maam Moog Ntsib Kws Khumob

Yuav kuas tau txais kev khumob zoo, koj yuavtsum totaub qhov sis txawv ntawm kev khumob nthawv pis nthav hab mob kubceev.

Paub Tej Yaam Mob Nthawv Nthav

Muaj ntau yaam mob kws yuavtsum tau khu sai sai txawm tas yuav tsi mob txaus tuag. Yog koj muaj tej yaam mob le nuav, koj yuavtsum hu rua koj **lub tsev khumob** (tug **kws khumob, tug tu mob**, losyog lub chaw khumob koj ib txwm moog cuag, tsiyog chaav khumob kubceev huv tsev khumob luj). Yog koj tsi muaj lub tsev kho mob kws koj ib txwm moog, koj yuavtsum hu rua huv chaav khumob kubceev huv tsev khumob luj hab nug tug tu mob.

Cov mob kws mob nthawv nthav tsiyog cov kubceev kws yuav ua rua koj tuag, tabsis kuj yog yaam mob luj kws tog tsi taug. Yog has tas koj muaj cov mob nraag nuav, koj yuavtsum nrhav kev khu sai:

- **Kubceev** (kub tshaaj 100.4F losyog 38 C)
- Mob pob ntseg
- **Ntuav, thoj plaab**, mob plaab kws tsi zoo le, tshwjxeeb yog cov mog losyog cov laug. Mob le nuav yuav ua rua koj lub cev qhuav dlej, kws yuav muaj peevxwm ua mob luj.

White Hmong/Hmoobdawb

Thaum Twg Mam Mus Ntsib Kws khomob

Yuav kom tau txais kev khomob zoo, koj yuavtsum totaub qhov sib txawv ntawm kev khomob nthawv pis nthav thiab mob kubceev.

Paub Tej Yam Mob Nthawv Nthav

Muaj ntau yam mob uas yuavtsum tau kho sai sai txawm tias yuav tsis mob txaus tuag. Yog koj muaj tej yam mob li no, koj yuavtsum hu rau koj **lub tsev khomob** (tus **kws khomob, tus tu mob**, losyog lub chaw khomob koj ib txwm mus cuag, tsiyog chav khomob kubceev hauv tsev khomob loj). Yog koj tsis muaj lub tsev khomob uas koj ib txwm mus, koj yuavtsum hu rau hauv chav khomob kubceev hauv tsev khomob loj thiab nug tus tu mob.

Cov mob uas mob nthawv nthav tsiyog cov kubceev uas yuav ua rau koj tuag, tabsis kuj yog yam mob loj uas tos tsis taus. Yog hais tias koj muaj cov mob nram no, koj yuavtsum nrhiav kev kho sai:

- **Kubce** (kub tshaj 100.4F losyog 38 C)
- Mob pob ntseg
- **Ntuav, thoj plab**, mob plab uas tsis zoo li, tshwjxeeb yog cov mos losyog cov laus. Mob li no yuav ua rau koj lub cev qhuav dej, uas yog yuav muaj peevxwm ua mob loj.

worse health problems.

- | | | |
|---|---|---|
| <ul style="list-style-type: none"> • A cough that will not go away. • Vomiting or coughing up blood • Pain in your chest, stomach (abdomen), or head that will not go away and suddenly gets worse • Very bad headaches • Sudden change in your ability to see, such as seeing two of everything, or losing sight in one eye • Swelling of legs or arms • Very fast weight gain or loss • Not ever being hungry or eating less than usual for a long time • Blood in your bowel movement or stool • Pain when using the toilet or urinating • Any health problem that becomes much worse | <ul style="list-style-type: none"> • Nqu es tsi txawj zoo le • Ntuav losyog nqu tau ntshaav • Mob hauv sab, mob plaab, losyog taub hau es tsi txawj zoo le hab tognwm cale mob heev zuzjug • Mob taub hau heev heev • Tognwm koj cale tsi pum kev zoo, xwsle cale pum ib yaam ua ob yaam, losyog ib saab qhov muag cale tsi pum kev • Ceg losis npaab xaab xaab • Rog losyog ntxaus ceev heev • Tsi nov tshaib plaab le losyog tsi qaablus le yaav taag lug lawm • Tso quav tau ntshaav • Mob thaus moog siv chaav dlej lossis tso zig • Tej yaam mob kws ca le mob heev zuzjug tuaj | <ul style="list-style-type: none"> • hnoos tsis txawj zoo li • Ntuav losyog hnoos tau ntshav • Mob hauv siab, mob plab, losyog taub hau es tsis txawj zoo li thiab tosnwm ciali mob heev zuzjus • Mob taub hau heev heev • Tosnwm koj cia li tsis pom kev zoo, xwsli ciali pom ib yam ua ob yam, losyog ib sab qhov muag ciali tsis pom kev • Ceg losis npab ua phobvog • Nce losyog poob phaus ceev heev • Tsis hnov tshaib plab li losyog tsis qablos li yav tag los law • Tso quav tau ntshav • Mob thaum mus siv chav dej lossis tso zis • Tej yam mob uas cia li mob heev zuzjug tuaj |
|---|---|---|

Children can also have urgent medical problems.

Call a health care provider right away if you see any of the above symptoms or the following problems:

- Fever lasting more than two days
- Ear pain
- Crying, unable to be consoled
- Pulling on an ear or ears
- Very tired, unable to be awakened

These are examples of medical problems that should have help right away. If your problem is not on this list and you do not

Mivnyuas yau muaj peevxwm mob nthawv nthav hab.

Hu rua tsev khumob taamsim ntawd yog koj pum tej yaam cwjpw m le sau toj nuav lossis le cov nraag nuav:

- Kucev ntev tshaaj 2 nub
- Mob pob ntseg
- Quaj, es ntxag tsi ntsag le
- Ntsab ib saab pobntseg nqug lossis ob saab huvsi
- Nkeeg heev, tsaugzug tsa tsi sawv le

Cov nuav yog ib cov kev mob kws yuavtsum tau moog nrhav kev paab sai sai. Yog has tas koj qhov mob tsi has rua sau nuav hab koj tsi paub puas yog mob

Menyuam yaus muaj peevxwm mob nthawv nthav thiab.

Hu rau tsev khomob tamsim ntawd yog koj pom tej yam cwjpw m li saum toj no lossis li cov nram no:

- Kubcev ntev tshaj 2 hnuv
- Mob pob ntseg
- Quaj, es ntxias tsis ntsiag li
- Ntssab ib sab pobntseg rub lossis ob sab tibsib
- Nkees heev, tsaugzug tsa tsis sawv li

Cov no yog ib cov kev mob uas yuavtsum tau mus nrhiav kev pab sai sai. Yog hais tias koj qhov mob tsis hais rau sau no thiab

know if it is urgent, call your health care provider.

Recognizing Medical Emergencies

A medical emergency is a sudden illness or injury that needs care right away. This happens when a person's health problem may cause him or her to die or lose a limb like a finger, arm, leg, or something else. If they do not get help, they could have very bad problems or die. The following are examples of medical emergencies:

- Chest pain or pressure with sweating and shortness of breath
- **Loss of consciousness**, fainting
- Difficulty breathing
- A person may have eaten something poisonous or had too much medicine
- Bleeding that does not stop
- Bad injuries from a fall or accident
- **Rape** (sexual assault)
- Being beaten by someone
- When someone tries to kill him or herself, a suicide
- The start of **seizures** or **convulsions** or ones that do not stop
- A sudden numbness of or not being able to move (**paralysis**) an arm, leg, or one side of the body
- Loss of vision, not being able to move or

nthawv nthav, ces hu rua koj tug kws khumob.

Paub Tej Yaam Mob Kubceev

Mob kubceev yog ib qhov kev mob taamsim losyog raug mob kws yuavtsum khu taamsim ntawd. Nuav tshwmsim thaum ib tug tuabneeg muaj mob kws yuav ua rua nwg tuag lossis tu ib ce xwsle ntivteg, saab npaab, saab ceg lossis lwmyaam. Yog tsi tau kev paab, puab yuav muaj teebmeem luj lossis tuag. Tej yaam nraag nuav yog cov pevtxwv rua kev mob kubceev:

- Mob hauvsab lossis nruj nruj ua rua ntofws lug hab txugsav
- **Tsi neu qaab lawm (tuag ib tsig)**, tsaus muag
- Ua paa nyuaj
- Noj tau tej yaam tshuaj lom lossis noj tshuaj ntau dlhau lawm.
- Lug ntshaav tsi txawj tu le
- Raug mob nyaav vim poob lossis qaug lossis tsheb sisnraus
- Raug quabyuam dleev
- Raug lwmtug neeg ntaus
- Rov tua nwg tug kheej
- Pib **qaug (dlaab peg)** losyog **nrhaajteg nrhaajtaw** tsi tsum le
- Tognwm xwb cale loog lossis ua zug tsi tau (**ib ce tuag taag**) kws yog saab npaab, ceg, lossis ib saab cev
- Tsi pum kev lawm, ua tsi tau zug lossis tsi pum kev

koj tsis paub puas yog mob nthawv nthav, ces hu rau koj tus kws khomob.

Paub Tej Yam Mob Kubceev

Mob kubceev yog ib qhov kev mob tamsim losyog raug mob uas yuavtsum kho tamsim ntawd. Nov tshwmsim thaum ib tus neeg muaj mob uas yuav ua rau nws tuag lossis tu ib ce xwsli ntivteg, sab npab, sab ceg lossis lwmyam. Yog tsis tau kev pab, lawv yuav muaj teebmeem loj lossis tuag. Tej yam nram no yog cov pivtxwv rau kev mob kubceev:

- Mob hauvsab lossis nruj nruj ua rau ntohws lug thiab txogsiav
- **Tsis neu qab lawm (tuag ib tsig)**, tsaus muag
- Ua pa nyuaj
- Noj tau tej yam tshuaj lom lossis noj tshuaj ntau dhau lawm.
- Los ntshav tsis txawj tu li
- Raug mob hnyav vim poob lossis vau lossis tsheb sisnraus
- Raug quabyuam deev
- Raug lwmtus neeg ntaus
- Rov tua nws tus kheej
- Pib **qaug (dlaab peg)** losyog **nrhaajteg nrhaajtaw** tsi tsum li
- Tosnwm xwb ciali loog lossis ua zog tsis tau (**ib ce tuag tas**) uas yog sab npab, ceg, lossis ib sab cev
- Tsis pom kev lawm, ua tsis

see

- A sudden very bad headache, especially with neck pain or change in consciousness
- A change in mental ability, such as not knowing where you are or who your friends, family, or coworkers are
- When a woman starts to have a baby soon

In any of these situations, you can get medical help from the emergency medical system.

In most places you can reach the emergency medical system by calling **911 from any phone**. Stay calm, speak slowly and clearly, and explain your problem to the emergency person who answers the phone.

That person, the emergency operator, will send an ambulance, fire truck, or a special group of people trained for emergencies. As soon as the people arrive they will begin helping the sick or hurt person and will keep helping this person all the way to the hospital.

The 911 System

When you call 911 from any phone, you talk to a special emergency operator who will ask you about your problem. You should remain calm and speak as clearly as possible.

This is an example of how a call to 911 may go:

- Cale mob taubhau ceev ceev, tshwjxeeb yog mob cejdlaab nrug lossis cale novqaab (tuag ib tsig)
- Cale tsi meejpem, xwsle tsi paub tas koj nyob qhov twg, tsi paub koj tej phoojywg, tsev tuabneeg, lossis tej tuabneeg ua haujlwm uas ke
- Thaum ib tug quaspuj yuav yug minyuas sai sai

Yog koj muaj tej yaam le nuav, koj muaj cuabkaav tau kev paab lug ntawm lub chaw khumob kubceev.

Feem ntau koj cuag tau kev khumob kubceev kws yog hu **911 tau ntawm txhua lub xuvtooj**. Nyob tuabywv, has lug maaj maam hab has meej meej hab qha koj qhov teebmeem rua tug tuabneeg teb xuvtooj.

Tug tuabneeg ntawd maam xaa ib lub tsheb thauj tuabneeg mob, tsheb tua suav tawg, losyog paab tuabneeg kws kawm lug tshuajntsuam teebmeem kubceev. Thaum paub tuaj txug paub yuav pib paab tug mob losyog tug raug mob hab yuav paab nwg moog txug ndlua tsev khumob luj.

Kev Siv 911

Thaum koj siv xuvtooj hu 911, koj yuav tham nrug ib tug tuabneeg teb xuvtooj kubceev kws yuav nug txug koj qhov teebmeem. Koj yuavtsum nyob tug hab haslug meej le meej tau.

Qhov nuav yog ib qhov pevtxwv txug kev hu rua 911 le nuav:

tau zog lossis tsis pom kev

- Cia li mob taubhau ceev ceev, tshwjxeeb yog mob cejdab nrug lossis ciali novqaab (tuag ib tsig)
- Ciali tsis meejpem, xwsli tsis paub tias koj nyob qhov twg, tsis paub koj tej phoojywg, tsev neeg, lossis tej neeg ua haujlwm uas ke
- Thaum ib tug pojniam yuav yug menyuum sai sai

Yog koj muaj tej yam li no, koj muaj cuabkav tau kev pab los ntawm lub chaw khomob kubceev.

Feem ntau koj cuag tau kev khomob kubceev uas yog hu **911 tau ntawm txhua lub xovtooj**. Nyob twjywm, hais lus mab mam thiab hais meej meej thiab qhia koj qhov teebmeem rau tus neeg teb xovtooj.

Tus neeg ntawd mam xa ib lub tsheb thauj neeg mob, tsheb tua hluavtaws, losyog pab neeg uas kawm los tshuajntsuam teebmeem kubceev. Thaum lawv tuaj txog lawv yuav pib pab tus mob losyog tus raug mob thiab yuav pab nws mus txog ntua tsev khomob loj.

Kev Siv 911

Thaum koj siv xovtooj hu 911, koj yuav tham nrug ib tus neeg teb xovtooj kubceev uas yuav nug txog koj qhov teebmeem. Koj yuavtsum nyob tus thiab haislus meej li meej tau.

Qhov no yog ib qho pivtxwv txog kev hu rau 911 li no:

Operator: Hello, 911.

Refugee: My name is _____. My address is _____. I speak _____.

Operator: What is the problem?

Refugee: (Tell what is happening.) There is a medical emergency. Someone is _____. We need an ambulance.

If an **interpreter** is available, the 911 operator will get him or her to help you. Make sure you speak clearly into the phone, give the operator your name and address. If you do not speak English, tell the operator what language you do speak. Tell the operator what the problem is and if you need the police, fire truck, or ambulance. Do not hang up until the 911 operator tells you to do so.

The operator will send help to you as soon as possible. 911 is a free call from any phone and should only be used for emergencies.

Ambulance Services

Ambulance provide two types of services for you:

- The people in ambulances have special training in caring with medical problems.
- They provide safe transportation to the hospital for people with medical problems.

When you call 911 and tell

Tug teb xuvtooj: Nyob zoo, 911.

Tug thojnam: Kuv npe hu ua _____. Kuv chaw nyob yog _____. Kuv has lug _____.

Tug teb xuvtooj: Yog teebmeem dlab tsi?

Tug thojnam: (Qha le kws muaj tshwmsim.) Muaj mob kubceev. Muaj ib tug _____. Peb xaav tau tsheb thauj tuabneeg mob.

Yog muaj **tug txhaislug**, tug teb xuvtooj yuav kuas nwg lug paab koj. Koj yuavtsum has lug kuas meej meej rua huv xuvtooj, qha koj hab chawnyob rua nwg. Yog hastas koj tsi txawj haslug Aakiv, qha rua nwg seb koj has yaam lug dlaabtsi. Qha seb yog teebmeem dlaabtsi hab seb puas yog koj xaav tau tub ceevxwm, tsheb tua suavtagw, lossis tsheb thauj tuabneeg mob. Tsi xob khwb xuvtooj txug thaum tug teb xuvtooj 911 has kuas koj khwb.

Tug teb xuvtooj yuav xaa tuabneeg tuaj paab koj sai le sai tau. 911 yog hu dlawb xwb hab siv tau txhua lub xuvtooj hu, mas koj yuavtsum siv thaum muaj teebmeem kubceev nkaus xwb.

Tsheb Thauj Tuabneeg Mob

Tsheb thauj tuabneeg mob rua ob yaam kev paab:

- Cov tuabneeg huv lub tsheb thauj tuabneeg mob muaj kev kawm tshwjxeeb lug saibxyuas cov mob.
- Puab ua tuabzoo thauj tuabneeg mob moog rua tsev khumob luj,

Thaum koj hu 911 hab qha tug

Tus teb xovtooj: Nyob zoo, 911.

Tus thojnam: Kuv npe hu ua _____. Kuv chaw nyob yog _____. Kuv hais lus _____.

Tus teb xovtooj: Yog teebmeem dabtsis?

Tus thojnam: (Qhia li uas muaj tshwmsim.) Muaj mob kubceev. Muaj ib tus _____. Peb xav tau tsheb thauj neeg mob.

Yog muaj tus **txhaislus**, tus teb xovtooj yuav kom nws los pab koj. Koj yuavtsum hais lus kom meej meej rau hauv xovtooj, qhia koj thiab chaw nyob rau nws. Yog hais tias koj tsis txawj haislus Aakiv, qhia rau nws seb koj hais yam lus dabtsis. Qhia seb yog teebmeem dabtsis thiab seb puas yog koj xav tau tub ceevxwm, tsheb tua hluavtaws, lossis tsheb thauj neeg mob. Tsis txhob khwb xovtooj txog thaum tus teb xovtooj 911 hais kom koj khwb.

Tus teb xovtooj yuav xa neeg tuaj pab koj sai li sai tau. 911 yog hu dawb xwb thiab siv tau txhua lub xovtooj hu, mas koj yuavtsum siv thaum muaj teebmeem kubceev nkaus xwb.

Tsheb Thauj Neeg Mob

Tsheb thauj neeg mob rau ob yam kev pab:

- Cov neeg hauv lub tsheb thauj neeg mob muaj kev kawm tshwjxeeb los saibxyuas cov mob.
- Lawv ua tibzoo thauj neeg mob mus rau tsev khomob loj.

Thaum koj hu 911 thiab qhia tus

the operator that you have a medical problem, an ambulance will be sent to where you are as soon as possible.

It is important to remember that ambulances should only be used when their services are needed for an emergency. Ambulance services charge you money that you pay after they drive you to the hospital. Ambulances do not give free rides to clinics or health care provider's offices. Ambulances should be used when there is no other safe way to transport the sick person to the hospital.

Emergency Room Visits

If you go to a hospital emergency room to be seen for your medical problem, there are many things that may happen to you while you are there:

- A nurse at the front desk will ask you about your problem.
- You will have your **temperature, pulse,** and blood pressure taken.
- You will be seen right away by a health care provider if you have a very bad problem that cannot wait.

You may have to wait if your problem is not very bad. Emergency departments do not take appointments, and sometimes you may have to wait if other patients come in with a problem that is more serious than your problem.

Once you are taken in to see a health care provider,

teb xuvtooj hastas koj muaj mob, puab yuav xaa lub tsheb thauj tuabneeg mob tuaj rua koj qhov chawnyob sai le sai tau.

Ncu ntsoov tas tsheb thauj tuabneeg mob tsuas yog siv thaum muaj teebmeem kubceev nkaus xwb. Tsheb thauj tuabneeg mob kuas koj them nqe tomqaab thauj koj moog tom tsev khumob luj. Tsheb thauj tuabneeg mob yuav tsi thauj koj dlawb dlawb moog rua tom tsev khumob lossis moog ntsib kws khumob. Tsheb thauj tuabneeg mob tsuas siv thaum tsi muaj lwm txuj kev coj tug mob moog tom tsev khumob luj lawm xwb.

Moog Huv Chaav Khumob Kubceev

Yog koj moog huv chaav khumob kubceev vim koj raug mob, yuav muaj ntau yaam tshwmsim rua koj thaum koj moog txug:

- Ib tug tu mob yuav nug koj txug koj cov teebmeem.
- Yuav **ntsuag koj cev kub lecaag, mem teg,** hab ntshaav ntoj lecaag.
- Tug kws khumob yuav saib koj taamsim yog hastas koj qhov teebmeem yog mob luj hab yuav tog tsi taug.

Tej zag koj yuav tau tog yog tas koj qhov mob tsi luj pistsawg. Chaav khumob kubceev tsi taag teem sijhawm le, hab tejzag koj yuav tau tog yog hastas muaj lwmtug tuabneeg mob kws mob nyaav dlua koj.

Thaum coj koj moog ntsib kws khumob, puab yuav muab ib cev

teb xovtooj haistias koj muaj mob, lawv yuav xa lub tsheb thauj neeg mob tuaj rau koj qhov chawnyob sai li sai tau.

Nco ntsoov tias tsheb thauj neeg mob tsuas yog siv thaum muaj teebmeem kubceev nkaus xwb. Tsheb thauj neeg mob kom koj them nqi tomqab thauj koj mus tom tsev khomob loj. Tsheb thauj neeg mob yuav tsis thauj koj dawb dawb mus rau tom tsev kho mob lossis mus ntsib kws khomob. Tsheb thauj neeg mob tsuas siv thaum tsis muaj lwm txuj kev coj tus mob mus tom tsev khomob loj lawm xwb.

Mus hauv Chav Khomob Kubceev

Yog koj mus hauv chav khomob kubceev vim koj raug mob, yuav muaj ntau yam tshwmsim rau koj thaum koj mus txog:

- Ib tug tu mob yuav nug koj txog koj cov teebmeem.
- Yuav **ntsuas koj cev kub licas, mem tes,** thiab ntshav ntoj licas.
- Tus kws khomob yuav saib koj tamsim yog haistias koj qhov teebmeem yog mob loj thiab yuav tos tsis taus.

Tejzaum koj yuav tau tos yog tias koj qhov mob tsis loj pistsawg. Chav khomob kubceev tsis tag teem sijhawm li, thiab tejzaum koj yuav tau tos yog haistias muaj lwmtus neeg mob uas mob hnyav dua koj.

Thaum coj koj mus ntsib kws khomob, lawv yuav muab ib cev

you will be given a special piece of clothing (a gown) to change into, if necessary. Usually, a nurse will see you first to ask you about your problem. Then a doctor will see you.

After you have been examined, more tests, such as blood samples or X rays, may be needed. Once these tests are finished, you will be told what they learned from the tests and how to care for your medical problem.

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khaubdluag rua koj naav, yog hastas tsimnyog. Feem ntau, tug tu mob xub lug nug koj txog koj qhov teebmeem. Ces tug kws khumob le maam lug saib koj.

Tomqaab puab kuaj koj lawm, tejpgag puab yuav tshuajntsuam ntxiv, xwsle nqug ntshaav lossis yeeg dluab *X-rays*. Thaum tshuajntsuam taag, puab yuav qha koj seb puab tshuajntsuam pum dlaabtsi hab yuav khu koj qhov mob lecaag.

Cov Txajntsig: Raws le Kev Tawm Qha Noj Qaab Haus Huv rua tuabneeg Thoj Naam huv Minnesota. Minnesota Department of Health, 1998. Tau tso cai tsua Koomhum Moob Wausau coj rov lug khu dlua tsua ©2008. Muab txhais ua lug Moob Ntsuab hab muab txhais ua lug Moob Dlawb huv si. Muaj tsua sawv dlawg siv nyob huv www.hmonghealth.org. Tej zag kuj muaj luam tsua cov coj moog qha kev paub tsua lwm tug dlawb hab.

tsoos rau koj hnav, yog haistias tsimnyog. Feem ntau, tus tu mob xub los nug koj txog koj qhov teebmeem. Ces tus kws khomob li mam los saib koj.

Tom qab lawv kuaj koj lawm, tejpgaum lawv yuav tshuajntsuam ntxiv, xwsli nqus ntshav lossis yees duab *X-rays*. Thaum tshuajntsuam tag, lawv yuav qhia koj seb lawv tshuajntsuam pom dabtsis thiab yuav kho koj qhov mob licas.

Cov Txiaj Ntsig: Raws li Kev Tawm Whia Noj Qab Haus Huv rau neeg Thoj Nam huv Minnesota. Minnesota Departement of Health, 1998 tau tso cai rau Kooshaum Hmoob Wausau coj rov los kho dua rau ©2008. Muab txhais ua lus Hmoob Ntsuas thiab lus Hmoob Dawb huv si. Muaj rau sawv daws siv nyob hauv www.hmonghealth.org. Tej zaug kuj muaj luam rau cov coj mus qhia kev paub rau lwm tus dawb thiab.