

Kev Ua Noj Haus Nyab Xeeb

Kev ua noj haus yog ib qho ua rau tsev neeg thiab phooj ywg tau los nyob ua ke, siv ib qho hluav taws xob koj los ua noj yam muaj tswv yim thiab tuaj yeem tau so. Tab sis koj puas paub tias kev siv hluav taws ua noj yog ib lub hauv paus nab npawb ib ua rau tsev kub hnyiab thiab ua rau raug mob hauv tsev? Txuas ntxiv no yog qee cov lus qhia txog kev nyab xeeb uas tuaj yeem tiv thaiv cov kev kub hnyiab no.

“UA NOJ HAUS NROG KEV CEEV FAJ”

- » Yuav tsum muaj kev ceev faj! Yog tias koj ncaws dab ntub lossis qaug cawv tsis txhob siv qhov cub lossis qhov cub txawb hauv av.
- » Nyob hauv tsev mov thaum koj tab tom kib, ci, lossis hau zaub mov noj. Yog tias koj tawm ntawm tsev mov txawm yuav yog ib pliag xwb los xij, tua lub qhov cub tso.
- » Yog tias koj raws, xwv, lossis kib zaub mov, nco ntsoov los kuaj xyuas tas li, nyob twb ywm hauv tsev thaum tseem tab tom ua zaub mov noj, thiab siv sijhawm ceebtoom koj tias koj tab tom ua zaub mov noj.
- » Muab cov khoom uas yuav txais hluav taws - taws rauv qhov cub, diav ntoo, khoom qhwv zaub mov, phuam lossis ntaub – kom deb ntawm koj lub qhov cub txawb av.

Yog tias koj muaj ib qho hluav taws cig (roj kub hnyiab) thaum ua zaub mov noj thiab xav tua hluav taws...

- » Ntawm lub qhov cub txawb av, npog cov nplaim taws uas yog swb lub hau npog kom tshaj lub yias thiab tua qhov cub. Tso lub hau npog twj ywm kom txog thaum nws txias.
- » Yog cov qhov cub ncu khoom noj, tua lub ua kom kub thiab kaw lub qhov rooj twb ywm.

Yog tias koj muaj teeb meem txog tua cov hluav taws cig...

- » Tsuas yog tawm mus! Thaum koj tawm, kaw lub qhov rooj tom koj qub qab kom thaiv cov nplaim taws.
- » Hu rau 9-1-1 lossis tus npawb xwm txheej khub ntxhob hauv cheeb tsam thaum nyob sab nrauv lub tsev.



Ua Zaub Mov thiab Menyuam Yaus

Muaj qhov “chaw seem rau menyuam yaus nyob” yam tsawg kawg 3 kauj ruam ib puag ncig lub qhov cub thiab thaj chaw yuav muab cov zaub mov kub lossis cov dej kub txawb rau.

QHOV TSEEB

- ! Lub hauv paus ua rau hluav taws kub tsev mov yog kev ua noj tsis muaj neeg saib.
- ! Hluav taws kub tsev mov feem ntau yog cuam tshuam nrog lauj kaub txawb av.



Koj Cov Chaw nrhiav Ntaub ntawv KEV NYAB XEEB

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