



# Nyob Noj Qab

Ib daim ntawv xov xwm rau cov tswvcuab ntawm lub koom haum Central California Alliance for Health



Lub Rau Hlis Ntuj Xyoo 2021 | PHAU 27, TSAB XOY XWM 2



KEV PIB LUB XYOO KAWM TSHIAB

## Kev txhaj tshuaj tiv thaiv txhawm rau kom rov qab mus kawm ntawv

Lub tswvyim ntawm kev rov qab mus kawm ntawv uas tau muaj kev hloov pauv txij thaum pib muaj kab mob COVID-19, tab sis qhov kev xav kom peb cov menyuam tau txhaj tshuaj tiv thaiv kab mob nyob rau ntawm tsev kawm ntawv tsis muaj lawm.

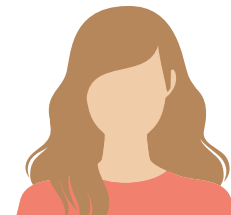
Qhov kev pib xyoo kawm tshiab ze yuav los txog lawm, thiab koj tus menyuam tej zaum yuav raug txhaj tshuaj tiv thaiv kab mob ua ntej rov qab mus kawm ntawv. Tam sim no yog lub sijhawm zoo txhawm rau pib los npaj rau lub xyoo kawm tom ntej! Koj tuaj yeem pib tau los ntawm kev hu rau koj tus menyuam tus kws kho mob. Nug tej yam tshuaj tiv thaiv kab mob uas koj tus menyuam yuav tsum tau txhaj thiab ua kev teem caij sib tshib. Cov kev teem caij sib tshib tuaj yeem ua tau ua ntej, yog li ntawd hu rau koj tus menyuam tus kws kho mob tam sim no.

COV TUB NTXHAI S KAWM UAS YUAV PIB COV QIB KAWM NYOB RAU HAUV TSEV KAWM NTAUV YUAV TSUM TAU SIV COV TSHUAJ TIV THAIV KAB MOB RAW S LI HAUV QAB NO:



Tsev kawm menyuam yaus qib npaj hloov nce (TK) thiab tsev kawm menyuam yaus (K):

- Tshuaj tiv thaiv kab mob Polio
- Tshuaj tiv thaiv kab mob DTaP
- Tshuaj tiv thaiv kab mob Hep B
- Tshuaj tiv thaiv kab mob MMR
- Yuav tsum tau muaj tshuaj tiv thaiv kab mob varicella (ua qoob) ntxiv rau tus yuav mus kawm tsev kawm ntawv menyuam yaus



Dhau li ntawm cov tshuaj tiv thaiv kab mob saum toj lawm txog qib kawm thib 7 yuav tau txhaj ntxiv:

- Tshuaj tiv thaiv kab mob Tdap
- Pov thawj ntawm tshuaj tiv thaiv kab mob varicella (ua qoob)

California cov niam txiv tsis tuaj yeem thov zam kev txhaj tshuaj tiv thaiv kab mob rau lawv cov menyuam txhawm rau kom mus kawm ntawv tau.



Raws qab peb nyob rau Facebook!

Soj qab saib:

- Cov lus qhia thiab cov kev pab cuam rau Medi-Cal cov tswvcuab.
- Cov ntaub ntawv txog zej zog hauv zos.
- Cov kev hloov kho dua tshiab txog kab mob COVID-19.

Nrhiv peb tau ntawm [facebook.com/TheAllianceForHealth](https://www.facebook.com/TheAllianceForHealth)



**RAU KEV PAUB NTXIV** thiab cov chaw muaj ntaub ntawv, mus saib [shotsforschool.org](https://shotsforschool.org).

## Puas yog kab mob COVID-19 ua rau koj tus tub ntxhais hluas tsis muaj kev kaj siab?

Kev ua neej nyob nrog kev ntshai thiab kev txwv ntawm kab mob COVID-19 yeej txaus uas ua rau txhua tus neeg tsis muaj kev kaj siab, tab sis cov tub ntxhais hluas tej zaum tseem yuav raug feem cuam tshuam tsis zoo tshwj xeeb. Tej zaum lawv yuav plam cov phooj ywg zoo ib yam li cov koom txoos tseem ceeb xws li koob tsheej, cov koob tsheej kev ua kis las lossis koob tsheej kev kawm tiav.

Nws yog qhov raws li ib txwm rau koj tus tub ntxhais hluas hnov tau tu siab ncuu cov sijhawm no. Tab sis koj yuav qhia tau li cas yog tias lawv xav tau kev pab txhawb fab txoj kev xav me ntsis ntxiv? Mes Kas Lub Tsev Kawm Kho Mob Menyuam (American Academy of Pediatrics; AAP, raws li sau hauv lus Askiv) qhia kom koj saib rau cov tsos mob uas koj tus tub ntxhais hluas tab tom ntsib:

- Cov kev hloov pauv kev xav lossis kev coj cwj pwm uas tsis raws li ib txwm. Puas yog koj tus tub ntxhais hluas pheej txob taus? Puas yog lawv sau ntawv lossis sib tham nrog lawm cov phooj ywg tsawg tshaj li tau xav tseg?



- Tu ncuu kev nyiam tej yam dab tsi uas lawv tau siv txhawm rau kev kaj siab.
- Pw tsaug zog nyuaj lossis pw tsaug zog zoo dhau lawm.
- Cov teeb meem tsig txog cim xeeb lossis kev xav.
- Tu ncuu kev nyiam huv ntiag tug.

### Txoj hauv kev uas koj tuaj yeem pab tau

Ib ntawm cov yam uas zoo tshaj plaws uas koj tuaj yeem ua tau txhawm rau pab tus neeg hluas uas tab tom ntsib kev nyuaj yog qhia kom lawv paub tias muaj koj pab lawv. Paub txog lawv li kev hnov tau tu siab thiab npau taws.

Dhau li no lawm, ua ib tus qauv zoo. Ua tib zoo ua kom koj tus kheej xav txog qhov zoo tas li xwb. Nthuav tawm kev xav rau fab zoo tias txhua yam yuav zoo zuj zus tuaj. Lub AAP thiab lwm cov kws tshwj xeeb fab kev noj qab haus huv kuj qhia kom koj:

- ☑ **Sib tham nrog koj tus tub ntxhais hluas yam uas ua lub siab ncaj ncees.** Kho tej cov ntaub ntawv uas tsis raug twg txog kab mob COVID-19 uas tej zaum lawv muaj nyob rau txoj hauv kev uas tsis pub muaj kev kub ntxhov, raws qhov tseeb. Tsom kwm rau qhov tseem ceeb ntawm zej tsoom kev nyob sib nruv deb txhawm rau cheem qhov kev sib kis ntawm tus vais lav.
- ☑ **Pab txhawb kom lawv sib nug moo ntsoov.** Tso cai lawv siv sijhawm sib tham ua vis dis aus nrog rau cov phooj ywg thiab cov neeg lawv hlub. Qhia lawv ua nkees oos lais nrog cov phooj ywg.

- ☑ **Yaum lawv mus taug kev lossis khiav ua si sab nrauv.** Txawm tias tawm mus sab nrauv xwb los yeej tuaj yeem pab tau. Kev tawm qoj ib ce sab nrauv ntxiv kuj tuaj yeem pab tau ntau ntxiv. Dhau li no lawm ua tib zoo xav txog kev coj tsev neeg mus taug kev ua si tom qab noj hmo tag. (Nco qab ntsoov ceev kev nyob sib nruv deb yam tsawg kawg 6 feet los ntawm lwm tus neeg.)
- ☑ **Coj lawv mus ua cov kev ua ub ua no uas lawv tuaj yeem ua tau ntawm tsev.** Tej zaum koj lub chaw saib ntawv hauv zos kuj muaj cov phau ntawv es lev taus niv hauv oos lais. Pab txhawb koj tus neeg hluas los ua cov vis dis aus qoj cev. Tej zaum lawv kuj muaj kev kaj siab uas tsim lub vev xaib tso tawm vis dis aus ntawm lub neej ncuu sijhawm qhov kev sib kis kab mob loj. Lossis lawv tuaj yeem mus ncig saib tau lub tsev khaws puav pheej cuag li yog tiag.
- ☑ **Siv lub sijhawm nyob ua ke kom muaj nuj nqis.** Muab kev koom nrog kev ua ub ua no lossis kev sib tham txog koj tus tub ntxhais hluas li kev xaiv uas muaj lub hom phiaj mloog lawv hais kom zoo.
- ☑ **Pab txhawb cov haujlwm uas ua txhawm rau kev kaj siab.** Cov kev ua ub ua no uas tsim xws li kev tsim cov qauv lossis kos cov duab uas tuaj yeem ua tau rau cov neeg hluas muaj kev hnov tau tias kaj siab thiab muaj yeej.
- ☑ **Muaj ciam txwv rau kev saib xov xwm txhua noob.** Qhov no tuaj yeem pab tau txhua tus neeg nyob rau hauv tsev neeg nyob tau ntsiag to.

**KOJ PUAS XAV TIAS KOJ TUS TUB NTXHAI HLUAS MUAJ KEV NYUAJ SIAB LAWV?** Sib tham nrog koj tus menyuam tus kws kho mob yog tias koj muaj cov kev hnyav siab txog koj tus tub ntxhais hluas li kev noj qab haus huv fab siab ntsws. Tus kws kho mob tuaj yeem qhia tau koj txog tej cov kauj ruam uas los ua tom ntej.



## Puas Yog Hnov Tau Tias Tu Siab lossis Nyuaj Siab? Peb Nyob Ntawm No Txhawm rau Pab Koj.

Feem cuam tshuam tsis zoo ntawm kab mob COVID-19 thiab zej tsoom kev nyob sib nrug deb tuaj tsim ua tau rau muaj cov kev hnov tau nyuaj siab thiab ntshaus siab.

Yog tias koj muaj ib lub sijhawm nyuaj, **koj tsis txhob nyob ib leeg.**

Central California Alliance for Health (lub Alliance) ua haujlwm nrog rau Beacon Health Options (Beacon) txhawm rau txuas koj rau cov kev pab cuam kev noj qab haus huv fab siab ntsws thiab kev txhawb nqa.

Yog tias koj muaj cov kev hnov ntxhov siab, nyuaj siab lossis ntshaus siab tshiab lossis ntau ntxiv tuaj, hu rau Beacon tawm tus xov tooj:

**855-765-9700**

(TTY: Ntaus **7-1-1**), 24 xuab moos rau ib noob, 7 noob rau ib vij.

Lossis mus saib lawv lub istawsnev ntawm **[beaconhealthoptions.com](http://beaconhealthoptions.com)**

Yog tias koj muaj xwm txheej ceev, tos tsis taus.

**Hu rau 911.**

### Puas xav tau kev pab txog lus nug fab kev kho mob?

Hu rau Lub Alliance Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg Mob, 24 xuab moos rau ib noob, 7 noob rau ib vij ntawm ntawm tus xov tooj: **844-971-8907** (TTY: Ntaus **7-1-1**)

### Puas xav tau kev pab txog kev txhawb nqa txoj kev xav?

Hu rau tus Xov Tooj Cawm Coj Sia Pov Thaiv Kev Tua Tus Kheej Hauv Teb Chaws (National Suicide Prevention Lifeline), 24 xuab moos rau ib noob, 7 noob rau ib vij:

**Lus Askiv: 800-273-TALK (8255)**

**Lus Xab Pes Niv: 888-628-9454**

## Alliance Cov Kev Pab Cuam Txhais Lus

Txhawm rau pab kom cov tswvcuab muaj kev sib tham tau zoo zog nrog lawv tus kws kho mob thiab nrog peb, lub Alliance muaj kev pab txhais lus los ntawm xov tooj thiab tim ntsej tim muag. Peb los kuj muab kev txhais tswvcuab cov ntaub ntawv uas sau ua ntaub ua ntawv. Txhua cov kev pab cuam no yuav tsis xam nqi rau koj.

Cov tswvcuab nug tau rau:

- Tus kws txhais lus Piav Tes (American Sign Language; ASL, raws li sau hauv lus Askiv).
- Ib tug kws txhais lus uas tau txais kev xyaum lawm.
- Alliance cov ntaub ntawv uas tau sau ua ntawv xuas, luam tawm ua tus niam ntawv loj lossis kaw ua suab.
- Alliance cov ntaub tawv uas tau muab sau ua hom lus uas lawv yuav nkag siab.

Yog tias koj xav hu rau Alliance Cov Kev Pab Txhais Lus, lossis muaj cov lus nug, thov hu rau Alliance Lub Chaw Pab Cuam Tswvcuab (Alliance Member Services Department) ntawm tus xov tooj **800-700-3874**. Rau Tus Xov Tooj Pab Cov Tsis Hnov Lus lossis Hais Lus Tsis Tau, hu rau **800-735-2929** (TTY: Ntaus **7-1-1**).

KEV NOJ QAB NYOB ZOO NTAWM COV TIB NEEG.  
KEV NOJ QAB NYOB ZOO NTAWM COV ZEJ ZOG.

[www.ccah-alliance.org](http://www.ccah-alliance.org)



# Kev kuaj xyuas ACE

Cov Kev Tau Ntsib Dhau Los Thaum Yau Uas Tsis Zoo (Adverse Childhood Experiences; ACEs, raws li sau hauv lus Askiv) yog cov xwm txheej raug mob rau tus menyuam lossis tus hluas lub neej. Lawv yog teeb meem li ib txwm muaj, thiab ob feem peb ntawm cov neeg laus yeej tau ntsib qhov xwm txheej raug mob yam tsawg kawg ib zaug. Cov ACE tuaj yeem tshwm sim tau rau txhua tus neeg thiab tej zaum yuav muaj feem cuam tshuam rau kev noj qab haus huv rau ncuu sijhawm ntev. Qhov kev kuaj cov ACE los ntawm koj tus kws kho mob yuav pab txiav txim tias seb koj lossis koj tus menyuam puas muaj kev pheej hmoo rau kev noj qab haus huv ntxiv. Qhov no yuav pab koj tus kws kho mob ua kev saib xyuas koj lossis koj tus menyuam kom zoo zog.

## Hom ntawm cov ACE thiab Kev Ntxhov Siab

Cov ACE suav nrog cov kev ntxhov siab loj xws li:

- Kev ua phem fab lub cev, txoj kev xav lossis kev sib daj sib deev.



- Kev tsis muaj kev saib xyuas zoo fab lub cev lossis txoj kev xav.
- Kev tsis ruaj khov ntawm tsev neeg. Qhov no suav tau nrog kev muaj mob fab siab ntsws, kwv tij txheeb ze raug kaw, kev quav tshuaj, kev sib nrauj lossis kev plam tus neeg hlub tam sim.
- Kev ua phem lossis thab plaub nyob rau lub zej zog.

Cov menyuam lub cev tuaj yeem daws tau qee xwm txheej kev ntxhov siab, xws li kev ua tiav teg dej num loj ntawm tsev kawm ntawv. Qhov kev ntxhov siab rau fab zoo hom no tuaj yeem tsim tau qhov los thaiv qhov kev ntxhov siab, uas pab lawv daws lwm cov xwm txheej kev ntxhov

siab nyob rau tom ntej. Kev ntxhov siab los ntawm ACE txawv li kev ntxov siab txhua noob, thiab muaj ntau dhau lawm yuav tsis zoo rau kev noj qab haus huv. Qhov koj ntxov siab no tuaj yeem muaj tau feem cuam tshuam tsis zoo rau kev loj hlob ntawm tus menyuam lub cev thiab siab ntsws, uas ua rau muaj teeb meem kev noj qab haus huv xws li mob hawb pob, mob ntshav qab zib thiab kab mob plawv. Nws kuj tuaj yeem tsim ua rau muaj feem cuam tshuam tsis zoo rau kev coj cwj pwm, kev kawm thiab kev noj qab haus huv fab siab ntsws.

Cov ACE Li Kev Paub Txog Cuab Yeej Saib Xyuas Tus Kheej rau Cov Neeg Laus: <https://www.acesaware.org/wp-content/uploads/2019/12/Self-Care-Tool-for-Adults.pdf>

Cov ACE Li Kev Paub Txog Cuab Yeej Saib Xyuas Tus Kheej rau Cov Menyuam: <https://www.acesaware.org/wp-content/uploads/2019/12/Self-Care-Tool-for-Pediatrics.pdf>

## Cov Hauv Kev Tswj Kev Ntxhov Siab

Cov xov xwm zoo txhawm tias cov ACE yuav tsim kev pheej hmoo kev noj qab haus huv ntxiv los, lawv yuav tsis tsim ua rau muaj teeb meem kev noj qab haus huv. Thaum cov neeg laus muab kev saib xyuas thiab kev txhawb nqa rau cov menyuam, cov menyuam hnov tau tias nyab xeeb thiab muaj kev ruaj ntseg. Qhov kev hnov

tau no yog qhov zoo rau cov menyuam lub paj hlwb thiab lub cev. Lwm feem xyuam kev ua neej nyob rau fab zoo rau koj thiab koj tus menyuam suav nrog:

- Kev muaj kev sib raug zoo.
- Kev pw tsaug zog txaus.
- Kev noj haus zoo.
- Kev qoj ib ce tas li.
- Kev xyaum xab tib thiab xab mas thib.

- Kev nkag mus saib toj roob haus hav chaw zoo nkauj.
- Ua kev saib xyuas kev noj qab haus huv fab siab ntsws thaum xav tau.

Ua ke nrog, txhua yam uas tseem ceeb no tuaj yeem pab txo tau cov feem cuam tshuam uas tsis zoo uas tej zaum yuav tshwm sim ntawm ACEs.



# Koj daim ntaub npog qhov ncauj-qhov ntswg kuj muab tau kev pab ntau ntxiv

Koj daib ntaub npog ntsej muag tuaj yeem muab tau kev pov thaiv rau qhov kev sib kis tus kab mob khaus laus nas vais lav. Tab sis qhov tab tom haum nkaus yog qhov tseem ceeb. Cov Chaw Tswj thiab Pov Thaiv Kab Mob (Centers for Disease Control and Prevention; CDC, raws li sau hauv lus Askiv) muab cov lus qhia no txhawm rau kom tau txais kev pab tau zoo los ntawm koj daim ntaub npog qhov ncauj-qhov ntswg.

## Coj lub kom tab tom haum nkaus

Cov kev sib kis ntawm tus vais lav feem ntau yog kis los ntawm cov hmoov qaub caug uas ya saum huab cua los ntawm kev sib tham, hnoos lossis kev ua pa. Koj yuav tsum tau ua kom ntseeg siab tias koj lub looj ntsej muag tab tom haum nkaus lawm txhawm rau kom cov hmoov qaub ncaug nkag lossis tawm tsis tau.

Los ntsuam xyuas qhov uas tab tom haum, muab koj ob txhais tes pos ncig tus ntug koj daim ntaub npog qhov ncauj-qhov ntswg. Koj yuav tsum tsis hnov cov cua khiav nkag thiab tawm thaum koj ua pa. Tam sim no tso koj ob txhais tes rau tom hauv ntej tawm daim ntaub npog qhov ncauj-qhov ntswg. Tsim nyog koj yuav tsum hnov cov cua sov tawm los ntawm koj lub qhov ncauj.

Ob peb txoj hauv kev los txhim kho kom haum.

## Coj daim ntaub npog qhov ncauj-qhov ntswg uas muaj txoj kab tus caj ntswg.

Thaum haum nkaus koj tus caj ntswg lawm, nws tuaj yeem thaiv tau tsis pub cua tawm sab sauv ntawm koj daim ntaub npog qhov ncauj-qhov ntswg.

## Siv txoj hlua zawm kom haum lossis txoj hlua zawm daim ntaub npog qhov ncauj-

**qhov ntswg.** Qhov no yog cov cuab yeej uas tuaj yeem coj tshooj tau daim ntaub npog qhov ncauj-qhov ntswg uas siv tag pov tseg lossis daim ntaub npog qhov ncauj-qhov ntswg txhawm rau ua kom nws haum zoo ntxiv.

**Lub pob caus thiab muab ntsaws.** Khi ib lub pob rau txoj hlua khuam pob ntseg ntawm daim ntaub npog qhov ncauj-qhov ntswg txhua sab kom ze rau tus ntug ntawm daim ntaub npog qhov ncauj-qhov ntswg li koj tuaj yeem ua tau. Tom qab ntawd muab tais thiab ntsaws daim ntaub ntxiv rau hauv qab lub pob caus txhawm rau kom npog txhua cov kem khoob.

## Cov txheej ntaub ntawm daim ntaub

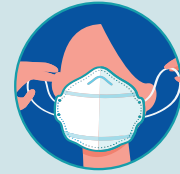
Daim ntaub npog qhov ncauj-qhov ntswg uas muaj ntau txheej ntaub yuav lim tau cov hmoov qaub ncaug zoo tshaj li daim ntaub npog qhov ncauj-qhov ntswg uas muaj ib tshooj. Txhua tshooj ntsim nyog yuav tsum tau tsim los ntawm daim ntaub ntom-ntom tab sis tuaj yeem ua pab tshab tau mus los. Yog tias koj tuav daim ntaub npog qhov ncauj-qhov ntswg tsum mus rau qhov chaw muaj duab ci, tsim nyog koj yuav tsum tsis pom duab ci tshab daim ntaub.

Tej zaum koj kuj yuav sim looj ib lub ntxiv. Koj tuaj yeem coj tau daim ntaub npog qhov ncauj-qhov ntswg uas siv tag pov tseg tuaj hauv qab daim ntaub npog qhov ncauj-qhov ntswg, lossis koj tuaj yeem coj tau ob daim ntaub npog qhov ncauj-qhov ntswg. Tab sis txhob siv ob daim ntaub npog qhov ncauj-qhov ntswg uas siv tag pov tseg ua ke. Lawv tsis yog tawm qauv los siv kom haum thiab kev coj ob daim yuav tsis zoo.

Lus Askiv: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

Lus Xab Pes Niv: <https://espanol.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

## Ob peb txoj hauv kev los txhim kho kom hauv:



**Coj daim ntaub npog qhov ncauj-qhov ntswg uas muaj txoj kab tus caj ntswg.** Thaum haum nkaus koj tus caj ntswg lawm, nws tuaj yeem thaiv tau tsis pub cua tawm sab sauv ntawm koj daim ntaub npog qhov ncauj-qhov ntswg.



**Siv txoj hlua zawm kom haum lossis txoj hlua zawm daim ntaub npog qhov ncauj-qhov ntswg.** Qhov no yog cov cuab yeej uas tuaj yeem coj tshooj tau daim ntaub npog qhov ncauj-qhov ntswg uas siv tag pov tseg lossis daim ntaub npog qhov ncauj-qhov ntswg txhawm rau ua kom nws haum zoo ntxiv.



**Lub pob caus thiab muab ntsaws.** Khi ib lub pob rau txoj hlua khuam pob ntseg ntawm daim ntaub npog qhov ncauj-qhov ntswg txhua sab kom ze rau tus ntug ntawm daim ntaub npog qhov ncauj-qhov ntswg li koj tuaj yeem ua tau. Tom qab ntawd muab tais thiab ntsaws daim ntaub ntxiv rau hauv qab lub pob caus txhawm rau kom npog txhua cov kem khoob.

**+** **RAU KEV PAUB NTXIV** txog cov ntaub npog qhov ncauj-qhov ntswg, mus saib lub CDC istawsnev ntawm: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).

# 5 txoj hauv kev txo cov kob piam thaj uas tau txhab ntxiv



Yog tias koj ua tib zoo mloog cov ncauj lus xov xwm txog khoom noj, tej zaum koj yuav hnov cov khoom noj uas muaj kob piam thaj ntxiv. Thiab tej zaum koj yuav ua xyem xyav tias: Tej yam koom qab zib ntawd tuaj yeem muaj feem tsis zoo rau koj li kev noj qab haus huv tau li cas?

Qhov xub thawj, nws yog qhov tseem ceeb uas nco qab ntsoov tias cov kob piam thaj tshwm sim nyob rau ntau cov khoom noj uas ib txwm muaj, suav txij li mis txog rau txiv hmab txiv ntoo. Tab sis qhov ntawd tsis yog teeb meem rau ntawm no.

Dhau ntawm, peb tab tom sib tham txog kob piam thaj, kua qab zib thiab cov koom qab zib khes laus lij (caloric) uas tau txhab ntxiv mus rau cov koom noj thaum lawv raug ua lossis npaj. Thiab yog tias lawv cov khes laus lij tsim tawm ntawm koj cov khoom noj ntau dhau lawm, tej zaum koj yuav tsis muaj chaw txaus rau lwm txoj hauv kev xaiv khoom noj. Cov khoom noj uas muaj ciam txwv kob piam thaj txhab ntxiv yog tau txuas rau kev txo kev pheej hmoo mob rog thiab qee yam kab mob uas kho zoo tsis tu qab.

## Piam thaj txhab ntxiv nyob qhov twg?

Txhua tus yeej paub tias cov khob noom, ncuav qab zib, cov khev thiab cov dej qab zib xaus das raws li ib txwm muaj cov kob piam thaj txhab ntxiv. Tab sis cov kob piam thaj txhab ntxiv kuj tau teev npe nyob rau cov ntawv lo ntawm pob khoom noj raws li cov npe uas sib txawv li kaum tawm lub. Cov ntawd muaj: kab tsib, kua qab zib, suab thaj thiab ntau lo lus uas tom kawg xaus rau qhov ose (xws li fructose lossis dextrose).

Cov kob piam thaj txhab ntxiv tuaj yeem yog tau ib feem ntawm cov khoom noj zoo—koj tsis tas yuav zam cov khoom noj ntawd txhua yam. Txawm li cas los, koj tsim nyog yuav tsum tau muaj ciam txwv rau cov khoom noj ntawd kom tsawg tshaj li 10% ntawm koj cov khes laus lij txhua noob. Txhawm rau pab txo:



**1.** Xaiv cov txiv hmab txiv too qab zib raws li ib txwm rau ua khoom qab zib lossis khoom noj txom ncauj. Txhab ntxiv txiv hmab txiv ntoo (dhau li ntawm piam thaj) rau cov khoom noj xis lis aws. Ua cov ncuav txiv laum huab xeeb nrog rau txiv tsawb lossis txiv qab zib los hloov jelly lossis jam.



**2.** Nrhiav yuav cov khoom noj uas muaj kob piam thaj txhab ntxiv tsawg lossis tsis muaj hlo li. Piv txwv, xaiv cov kua mis qaubau kawj (yogurt) uas qab tsem tsawv (hloov cov uas qab heev) thiab noj cov txiv hmab txiv ntoo uas koj nyiam noj ntxiv. Sim haus cov poom kua txiv aiv paum uas tsis qab zib lossis cov txiv hmab txiv ntoo uas tsis qab zib lossis cov kua txiv raws li ib txwm qab los hloov cov poom kua txiv uas qab zib.



**3.** Pauv koj cov dej qab zib xaus das raws li ib txwm, kua txiv lossis dej qab zib haus txhawb zog rau dej lossis mis.

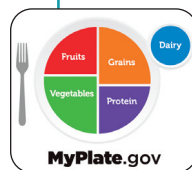


**4.** Thaum coj mus ci, sim siv ib nrab piam thaj uas pov zoo siv xwb. Cov hwb tsam uas muaj, tsis muaj leej twg yuav ntsia pom.



**5.** Ua cov khob noom, cov ncuav qab zib, thiab lwm yam khoom noj qab zib noj uas kev kho qee zaus.

Muab cov ntsiab lus tawm los ntawm: Academy of Nutrition and Dietetics; American Heart Association; U.S. Department of Agriculture



**KEV MUAJ CIAM TXWV COV KOB PIAM THAJ TXHAB NTXIV** yog ib ntawm cov kev txawj ntse ntau yam uas koj tuaj yeem ua tau los pab ua kom ntseeg siab tias muaj kev npaj rau kev noj khoom noj uas muaj kev noj qab nyob zoo. Rau cov tswvyim ntxiv, ntsuam xyuas ntawm **choosemyplate.gov**.



# Pib thaum ntxov thiab mus cuag kws kho hniav mus ntxiv—tab txawm tias yog ncuaj sijhawm muaj kab mob COVID-19 los yuav tau mus

Nws yog kev nyab xeeb uas ua kev teem caij mus ntsib koj tus kws kho hniav. Nws yog qhov tseem ceeb heev uas yuav tau ua kev saib xyuas hniav mus tas li, tshwj xeeb rau cov menyuam. Ntau lub chaw ua haujlwm kws kho hniav tau muaj kev hloov pauv txhawm rau ua kom ntseeg siab tias cov neeg mob thiab cov neeg ua haujlwm muaj kev nyab xeeb los ntawm kab mob COVID-19. Koj tus kws kho hniav thiab lawv cov neeg ua haujlwm tau muaj kev cog lus rau kev ceev kev qib lawv cov khw kuaj mob thiab kev nyab xeeb txhawm rau kom koj thiab koj tsev neeg tuaj yeem tau txais kev saib xyuas kho hniav uas tseem ceeb mus ntxiv.

Qee cov qauv cai ntsuas kev nyab xeeb uas cov chaw ua haujlwm tau siv muaj xws li:

- Kev ua kev teem caij rau cov neeg mob kom tsawg txhawm rau kom muaj cov neeg mob tsawg nyob rau lub khw kuaj mob.
- Tu tej khoom siv hauv lub chaw ua haujlwm txhua noob, tom qab txhua tej tus neeg mob siv.
- Cov neeg ua haujlwm koj hnab looj tes, cov ntaub npog qhov ncauj-qhov ntswg, cov looj thaiv ntsej muag thiab hnab cov khaub ncaws thaiv kab mob.

Kev ua kev saib xyuas peb cov hniav yog qhov tseem ceeb. Qhov no muaj txiaj ntsig rau peb li kev noj qab haus huv xam uas ke tag nrho nyob rau peb ib sim neej. Nws tsis ntxov dhau rau koj tus menyuam lawm uas los teeb tsa kev saib xyuas nrog tus kws kho hniav thiab pib muaj tus cwj pwm kev noj qab haus huv zoo nyob rau hauv qhov ncauj. Nws yog qhov tseem ceeb uas yuav tau koj tus menyuam mus cuag tus kws kho hniav los ntawm lawv lub noob yug xub thawj (lossis thaum lawv tuaj thawj tus

hniav). Menyuaam mos cov hniav yog qhov tseem ceeb uas yuav tau ua kev saib xyuas rau vim tias lawv:

- Muaj kem khoob rau kev noj qab nyob zoo ntawm cov hniav mus ib txhis.
- Pab txhawb kev noj khoom noj txhawm rau kev nyoj qab nyob zoo, suav nrog cov khoom noj tawv zoo ib yam li cov txiv aiv paum thiab zaub ntug hauv paus.
- Pab txhawb kev tsim kho cov qauv kev hais lus kom zoo.

Kev mus ntsib tus kws kho hniav tas li kuj tuaj yeem pab kho tau qhov kab noj hniav thaum tseem me. Thaum uas koj tab tom npaj ua kev zoo siab rau koj tus menyuam lub noob yug thawj zaug, nco tsoov hu tus kws kho hniav txhawm rau ua lawv qhov kev teem caij kho hniav thawj zaug. Thaum koj hu rau tus kws kho hniav, qhia qhov kev teem caij rau lawv paub tias yog rau koj tus menyuam lub noob yug thawj zaug lossis thawj tus hniav. Qhov no tej zaum yuav pab tau koj tau txais qhov kev teem caij ceev zog tuaj.



**YOG TIAS KOJ MUAJ LUS NUG** txog cov kev pab cuam kho hniav rau Medi-Cal cov tswvcuab, hu rau Denti-Cal ntawm tus xov tooj **800-322-6384** (TTY: Ntaus **800-735-2922**) lossis mus saib lub Denti-Cal lub istawsnev ntawm **dental.dhcs.ca.gov**.

## Alliance lub istawsnev tshiab yuav los sai-sai no!

Peb tau muaj kev zoo siab uas tshaj tawm tias peb yuav qhib peb lub istawsnev tshiab nyob rau lub caij ntuj sov no. Tam sim no, nws yuav yooj yim zog qub uas los nrhiav cov ntaub ntawv hauv oos lais txog koj lub phiaj xwm kev noj qab haus huv.

Soj qab saib cov kev hloov kho dua tshiab ntxiv uas yuav los txog sai-sai no.



## Peb tau mob siab saib xyuas kom tau raws li koj siab xav

Peb xav kom koj txaus siab nrog koj tus kws kuaj mob thiab peb cov kev saib xyuas. Tab sis muaj qee yam koj yuav tsis txaus siab. Thaum muaj tej yam teeb meem tshwm sim li ntawd, peb xav paub txog tej ntawd.

Yog koj tsis zoo siab nrog ib tug kws kho mob lossis ib lub chaw kuaj mob ntawm tus kws kho mob, qhov zoo tshaj ces tham nrog lawv ua ntej. Hais qhia rau ib tug neeg hauv lub chaw kuaj mob paub txog yam tshwm sim rau koj. Hais kom lawv pab daws qhov teeb meem no.

Yog tias koj tsis zoo siab nrog rau koj li kev tau ntsib nyob rau hauv tsev kho mob lossis lwm lub chaw kho mob, koj tuaj yeem thov los sib tham tau nrog tus kws tu neeg mob, tus neeg ua haujlwm zej tsoom lossis tus pab txhawb neeg mob.

Yog koj tau txais ib daim ntawv nqi rau cov nqi saib xyuas uas raug pab them nqi duav roos los ntawm Alliance lawm, hu rau lub chaw tsim daim ntawv nqi rau ntawm tus xov tooj uas nyob ntawm koj daim ntawv nqi. Qhia lawv paub tias koj muaj Alliance tam li koj lub chaw tuav pov hwm thiab thov kom lawv los sau nyiaj ntawm peb ncaj nraim.

Koj tuaj yeem sau ib daim ntawv hais qhov tsis txaus siab (los kuj hu uas daim ntawv tsis zoo siab) yog tias koj tsis zoo siab nrog:

- Qhov kev saib xyuas mob uas koj tus kws kho mob tab tom muab lossis txog hauv kev koj raug kho nyob rau hauv lub chaw ua haujlwm.
- Muaj peev xwm tau txais kev saib xyuas raws li qhov koj xav tau.



Yog koj xav tham nrog peb txog qhov teeb meem no, peb yeej tuaj ntawm no pab koj. Koj tuaj yeem sau tau daim ntawv tsis txaus siab (los kuj hu ua daim ntawv tsis zoo siab) lossis thov hais kom rov qab txiav txim dua (qhov kev tsis pom zoo nrog Alliance li kev txiav txim) los ntawm kev hu xov tooj rau Lub Chaw Pab Cuam Tswvcuab ntawm tus xov tooj **800-700-3874**. Koj tuaj yeem sau tau ib daim ntawv tsis txaus siab lossis ib daim ntawv thov hais kom rov qab txiav txim dua xa mus lossis sau rau hauv peb lub istawsnev, [www.ccah-alliance.org/complaints.html](http://www.ccah-alliance.org/complaints.html).

- Cov kev pab cuam uas koj tau txais los ntawm Alliance

Muaj lwm cov laj thawj uas tej zaum koj xa qhov kev tsis txaus siab rau peb. Nws muaj sau tseg rau hauv koj Phau Ntawv Tswvcuab.

Koj tuaj yeem sau ib daim ntawv thov hais kom rov qab txiav txim dua tuaj rau peb yog koj tsis zoo siab nrog:

- Ib qho txiav txim saib uas peb tau hloov kho lossis tsis kam lees cov kev pab cuam. Kias thaum koj qhia peb paub txog koj qhov tsis txaus siab lossis thov hais kom rov qab txiav txim dua, peb yuav los saib xyuas txog qhov ntawd. Peb yuav ua txhawb yam raws li qhov peb tuaj yeem pab tau koj. Yog koj tseem tsis zoo siab tom qab peb daws koj qhov teeb meem lawm, peb yuav qhia rau koj txog cov khauj ruam hais mus ntxiv tom ntej rau koj.

**Alliance Daim Ntawv Qhia Txog Tshuaj uas muaj kev hloov pauv muaj kev pib siv tau mus nyob rau Lub Plaub Hlis Ntuj Tim 1, 2021**

**COV KEV TXHAB NTXIV RAU DAIM NTAUV QHIA TSHUAJ**

Xarelto 2.5mg



**NYOB NOJ QAB** yog luam tawm rau cov tswvcuab thiab cov neeg muab kev koom tes hauv zej zos ntawm CENTRAL CALIFORNIA ALLIANCE FOR HEALTH, 1600 Green Hills Road, Suite 101, Scotts Valley, CA 95066; xov tooj (831) 430-5500 lossis (800) 700-3874, ext. 5513, website [www.ccah-alliance.org](http://www.ccah-alliance.org).

Cov ntsiab lus hauv NYOB NOJ QAB yog los ntawm coob tus kws kho mob los. Yog koj muaj kev txhawj xeeb lossis muaj lus nug txog tej yam lus uas yuav tsim tau tej yam tsis zoo rau koj txog kev noj qab haus huv, thov hu rau koj tus kws kho mob.

Cov duab thaj thiab cov duab teeb no tej zaum yog siv cov neeg ua qauv yees duab.

Member Services Project Specialist

Quality and Health Programs Supervisors

Quality and Health Programs Manager

[www.ccah-alliance.org](http://www.ccah-alliance.org)

Yomayra Gomez

Desirre Herrera  
and Mao Moua

Deborah Pineda