

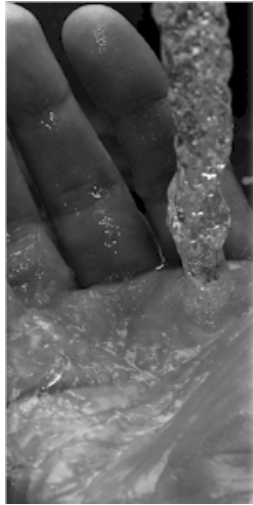
# Cwj Pwm Nyob Noj Qab Haus Huv

Kev xyaum coj tus cwj pwm nyob noj qab haus huv yog ib yam zoo.

Cov kauj ruam nram qab no yuav pab txuag tau kom kab mob tsis txhob kis hauv tsev thiab hauv zej zos.

Ntxuav koj ob txhais tes 20 xes nkoos:

tom qab siv hoob nab, npaj thiab noj zaub mov, hnoos, txham, hloov me nyuam yaus daim pawj thiab tu ib tug neeg mob.



## Siv caj npab

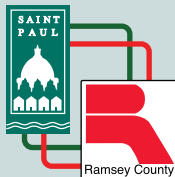
npog koj lub qhov ncauj thiab qhov ntswg thaum hnoos – tsis txhob siv koj sab tes do.



Nyob twj ywm  
hauv tsev thaum  
uas koj muaj mob

Kev txuag txhob nyob  
ze neeg tim chaw hauj  
lwm, tsev kawm  
ntawv, thiab hauv zos  
yuav pab kom sawv  
daws noj qab nyob  
zoo.

Saint Paul – Ramsey County  
Department of Public Health  
[www.co.ramsey.mn.us/ph](http://www.co.ramsey.mn.us/ph)  
651-266-2400



Community Action Partnership  
of Ramsey & Washington Counties  
[www.capr.org](http://www.capr.org)  
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