

Phau Qhia Txog Kev Kho Mob Rau Cov Neeg thoj Nam Tawg Rog Hauv Minnesota



Minnesota Tuam Tsev Hauj Lwm Pab Fab Kev Kho Mob

Refugee Health Program

Kev Kho Mob Pab Cov Neeg Thoj Nam Tawg Rog

PO Box 64975

Saint Paul MN 55164-0975

Xov Tooj: 651-201-5414

Minnesota Tus Xov Tooj Rau Cov Tsis Txawj Hais Lus Asmeskas TDD/TTY: 651-201-5797

Yog koj nug, koj yuav tau phau ntawv no kom yog sau
cov ntawv loj loj Braille los yog hais lus hauv thev.

*Cov ntawv siv rau phau ntawv yog siv tsawg kawg nkcaum kaum feem pua los ntawm cov
khoom uas siv tas rov muab los tsim kom siv dua tau.*

To Taub Txog Minnesota Txoj Kev Tu Neeg Mob

Peb tau sau phau ntawv qhia txog kev kho mob no rau cov neeg thoj nam tawg rog tuaj nyob hauv lub xeev Minnesota. Peb vam tias phau ntawv no yuav teb tau nej cov lus nug txog kev kho mob hauv Minnesota. Peb to taub tias tsis muaj ib phau ntawv twg yuav teb tau txhua yam uas koj xav paub. Yog koj pom tias phau ntawv no tsis pab tau koj, hu xov tooj, sau ntawv, los yog mus cuag lub tuam tsev hauj lwm pab fab kev kho mob hauv koj lub zos (xyuas Tshooj A) kom pab koj ntxiv.

Ntau lo lus siv hais txog tej kev kho mob yuav nyuab uas to taub tsis yooj yim. Peb tau siv tej lus xws li “tsev kho mob” thiab “kev tshuaj ntsuam neeg thoj nam tawg rog kev muaj mob muaj nkeeg” uas koj yuav tau hnov thaum koj mus kho mob hauv Minnesota. Kom pab tau koj to taub cov lus no, tom kawg hauv phau ntawv no koj yuav nrhiav tau cov lus txhais lub ntsiab kom tseeb rau cov lus no. Cov lus no yuav sau dub dub thawj zaug uas tshwm hauv phau ntawv no.

Phau ntawv no tau muab txhais ua ntau yam lus rau ntau yam neeg thoj nam tawg rog hauv Minnesota.

Peb vam tias phau ntawv no yuav pab kom koj to taub txog Minnesota txoj kev kho mob.



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Minnesota Zoo Siab Txais Tos

*T*haum koj pib lub neej tshiab hauw xeev Minnesota, phau ntawv no yuav pab koj thiab koj tsev neeg kom to taub thiab kawm txog Minnesota txoj kev kho mob. Kev kho mob hauw Minnesota no tej zaum yuav txawv dua li hauw koj teb koj chaw, ces yuav ua rau koj tsis to taub zoo.

Phau ntawv no yuav qhia tej yam kev pab kho mob uas muaj nyob hauw Minnesota thiab seb koj yuav hu xov tooj rau qhov twg los yog mus cuag qhov twg thiaj tau kev pab. Thaum koj mus ntsib tsev kho mob, (kws kho mob (doctor), kws saib xyuas neeg mob (nurse), los yog lwmm tus) yuav muaj kev pab qhia koj txog tej yam mob uas tej zaum koj ho muaj. Peb yuav qhia koj txog tej cai thiab luag num uas koj muaj thiab yuav tau ua los saib xyuas koj tus kheej.

Thaum koj nyeem phau ntawv no, sau tej lus nug uas koj muaj txog koj txoj kev mob kev nkeeg los yog txog Minnesota txoj kev kho mob. Koj nrog tau lub chaw txais tos koj tham, tej koom haum, nroog tej tuam tsev hauj lwmm pab fab kev kho mob, los yog tsev kho mob/kws kho mob kom nrhiv tau cov lus teb rau koj tej lus nug.



Neeg Thoj Nam Tawg Rog Kev Kho Mob Hauv Minnesota



*Txhua tus
neeg thoj nam
taewg rog uas
tuaj nyob
hauv xeev
Minnesota
yuav tsum
raug mus
tshuaj
ntsucam laew
txoj kev mob
kev nkeeg ua
ntej 30 mus
rau 90 hnub.*

1

Tshooj

Tshuaj Ntsuam Neeg Thoj Nam Tawg Rog Kev Mob Kev Nkeeg Qhov tshuaj ntsuam neeg thoj nam tawg rog kev mob kev nkeeg no yog thawj ruam ntawm txoj kev kho mob nyob rau hauv Teb Chaws Ameskas (US). Nws yog ib qho tshuaj ntsuam uas koj yuav tsum muaj thawj 30 mus rau 90 hnub tom qab koj txog hauv xeev Minnesota. Nws txawv dua tej kev tshuaj ntsuam mob uas koj muaj nyob koj teb chaws, nws xyuas ntau yam dua. Nws txog sij hawm yuav tsum xyuas seb koj tej kev mob muaj li cas uas yuav ua kom koj ua tsis taus hauj lwm los yog mus kawm tsis taus ntawv. Qhov tshuaj ntsuam kev mob kev nkeeg no yuav pab koj pib ua koj lub neej tshiab nyob hauv Teb Chaws Ameskas.

Qhov tshuaj ntsuam neeg thoj nam tawg rog kev mob kev nkeeg muaj li nram no:

- Xyuas koj tej ntawv ntsib kev kho mob tim ub
- Xyuas koj tej kev mob uas muaj yav dhau los
- Ntsuam xyuas koj lub cev tag nrho
- Ntsuam xyuas tej yam kab mob txawv
- Muab **tshuaj tiv thaiv kab mob** los yog txhaj pab kom koj txhob kis tau kab mob
- Tshuaj ntsuam koj cov nqajj seb koj puas muaj **mob ntsws (TB)**

Txhua tus neeg thoj nam tawg rog uas tuaj nyob hauv xeev Minnesota yuav tsum tau raug mus tshuaj ntsuam kev mob kev nkeeg. Cov neeg nrhiav **chaw nyob txuag siav (asylum)** thiab cov neeg uas pej xeem pom zoo tawm lawv lub teb chaws (**parolees**) uas muaj cai tuaj rau Teb Chaws Ameskas xws li cov neeg khiav teb chaws Cuba thiab Hiati tuaj, yuav tsum tshuaj ntsuam lawv tej kev mob kev nkeeg.

Koj mus tshuaj ntsuam tau ntawm tej tuam tsev ua hauj lwm pab fab kho mob hauv koj zos (xyuas Tshooj A) los yog tej tsev kho/kws kho mob hauv koj lub **tsev kho mob uas koj ib txwm mus ntsib**.

Koj yuav tsum nqa cov nram no thaum koj mus tshuaj ntsuam kev mob kev nkeeg yog koj muaj:

- Ntaub ntawv txog koj tej kev mob yav dhau los thiab duab **xoo fais fab**
- Ntaub ntawv txhaj tshuaj tiv thaiv kab mob yav dhau los
- Lwm yam ntaub ntawv txog koj tej kev mob
- Tej tshuaj uas koj siv

Yog koj xav tau ib tus neeg uas hais koj yam lus, **tus neeg txhais lus**, tpab koj hais lus **nrog tsev kho mob (kws kho mob, kws saib xyuas neeg mob,** los yog lwm tus) thaum lub caij koj mus tom tsev kho mob, muaj kev pab tau (xyuas Tshooj 10).



Minnesota muaj kev (xyuas Tshooj 2) pab them cov nqi mus tshuaj ntsuam kev mob kev nkeeg.

Koj yuav tsum muaj daim ntawv them nqi kho mob yog li koj yuav tau hu xov tooj rau koj lub nroog lub tuam tsev hauj lwm pab fab kev kho mob kom koj tau daim ntawv no (xyuas Tsooj A). Yog tias koj yog ib tus neeg thoj nam tawg rog, tsis muaj ntawv them nqi kho mob, thiab nyob hauv Teb Chaws Ameskas tsawg tshaj 90 hnuv, koj lub tsev kho mob li sau nqi ntawm xeev Minnesota Lub Tuam Tsev Xyuas Txoj Kev Kho Mob (MDH). Kom koj lub tsev kho mob hu rau MDH ntawm tus xov tooj 651-201-5414 kom paub meej ntxiv.

Thaum ntsuam xyuas tau mob loj, luag yuav xa koj mus rau tus kws kho mob uas kawm los kho kiag qhov mob ntawd kho koj. Piv txwv, yog koj tau kab mob ntsws (TB), luag yuav xa koj mus rau lub tsev kho tus kab mob ntsws TB ntawd pab koj ntxiv.

Minnesota Lub Tuam Tsev Xyuas Txoj Kev Kho Mob (MDH) yog lub chaw loj uas taug qab cov neeg thoj nam tawg rog (thiab lwm yam neeg) thaum lawv tuaj txog hauv Minnesota. Cov tsev ua hauj lwm pab fab kev kho mob hauv nroog npaj cov kev tshuaj ntsuam kev mob kev nkeeg thiab xa cov ntaub ntawv tiav mus rau MDH.

Them Nqi Kho Mob Hauv Minnesota



*Tej cov neeg
tau kev pab
los ntawm
tsoom, faw los
them tej nqi
kho mob hos
tej cov neeg
muaj ntawv
them nqi kho
mob los kem
qhor los pab
lawv them.*

2

Tshooj

Hauv US no, them nqi kho mob tsis yooj yim. Tej cov neeg tau kev pab los ntawm tsoom fww los them lawv tej nqi kho mob hos tej cov neeg muaj ntawv them nqi kho mob los lwm qhov los pab lawv. Ib tus neeg los yog ib tsev neeg yuav tau them rau tej qhov nqi kho mob, kho hniav, kho qhov muag, kho kev puas siab puas ntsws, thiab kho lwm yam mob. Muaj ntau lo lus los piav cov nqi uas yus yuav tau them rau txoj kev kho mob:

- **Qhov Nqi Me Yus Tau Them Tsev Kho Mob (Co-payment)**
- **Qhov Nqi Yuav Daim Ntawv Them Nqi Kho Mob Uas Them Ua Ntej Siv Tau thiab Ua Ntej Luag Pib Them Cov Nqi Kho Mob Ntau (Deductible)**
- **Tsev Neeg Los Yog Lub Chaw Hauj Lwm Them Yuav Daim Ntawv Them Nqi Kho Mob (Premium)**

Yog koj tsis tau ntawv them nqi kho mob ntawm koj txoj hauj lwm los, nws muaj cov kev pab uas tsoom fww tsim los pab koj them koj cov nqi kho mob.

Tsoom Fww Cov Kev Pab

Muaj ntau yam kev pab nyob hauv xeev Minnesota los pab neeg them lawv tej nqi kho mob. Ib yam kev pab nws muaj nws cai xyuas seb leej twg thiaj tsim nyog tau txais kev pab. Nws muaj plaub yam kev pab them nqi kho mob rau cov neeg thoj nam tawg rog:

- Medical Assistance (MA)
- General Assistance Medical Care (General Assistance or GAMC)
- Refugee Medical Assistance (RMA)
- MinnesotaCare (MNCare)

Xav tau kev kho mob

Thov ntawv pab them nqi kho mob, hu xov tooj, sau ntawv, los yog mus cuag koj lub nroog qhov chaw ua hauj lwm pab pej xeev kom muab ntawv rau koj sau (xyuas Tshooj 3). Thaum lawv txais tau koj daim ntawv, lawv yuav xyuas koj daim ntawv raws lawv txoj cai seb leej twg thiaj tsim nyog tau kev pab. Tom qab lawv saib tag lawv li qhia rau hauv lub xeev ces lub xeev no li xa ntawv tuaj qhia koj seb koj puas tau lawv txoj kev pab koj them nqi kho mob los tsis tau. Yog koj tau kev pab, koj yuav txais ib daim ntawv los hauv xeev los uas koj yuav tsum nqa nroog koj txhua zaum uas koj mus ntsib **tsev kho mob, (kws kho mob, kws saib xyuas neeg mob,** los yog lwm tus).



Yog tsoom fwv tsis pab koj, nws muaj lwm txoj kev pab nyob ze ntawm koj thaj tsam chaw nyob, chaw saib xyuas pej xeem neeg mob, zej zog kev saib xyuas neeg mob, thiab kev pab dawb uas thov nyiaj lwm qhov los pab kho neeg mob. Xav paub cov kev pab no ntawm koj thaj tsam chaw nyob, hu xov tooj, sau ntawv, los yog mus ntsib koj lub nroog qhov chaw ua hauj lwm pab pej xeem (xyuas Tshooj 3).

Medical Assistance

Medical Assistance (MA) yog ib hom kev tsim los pab tej yam neeg them nqi kho mob tam sim no thiab lawm yav tom ntej. Koj yuav tsum khwv nyiaj tsis ntau tshaj li txoj cai pom zoo thiab yuav tsum yog ib yam neeg nram no:

- Laus tshaj 65 xyoos
- Dig muag
- Puas ib ce
- Muaj me nyuam yau tshaj 21 xyoos
- Xeeb me nyuam hauv plab

Yog koj khwv nyiaj tsis ntau tshaj li MA txoj cai pom zoo thiab tsis muaj ntau yam uas yog koj tug (xws li vaj tse, tsheb, av, nyiaj txiag), koj yuav txais tau txoj kev pab Medical Assistance no los pab koj. Yog muaj li hais no thiab koj yog ib yam neeg li hais saum toj no, hu xov tooj, sau ntawv, los yog mus cuag koj lub nroog qhov chaw ua hauj lwm pab pej xeem kom muab ntawv rau koj sau thov txoj kev pab no.

General Assistance Medical Care

General Assistance Medical Care (General Assistance los yog GAMC) yog ib hom kev pab rau cov neeg uas siv tsis tau tsoom fwv hauv xeev los yog hauv Teb Chaws Asmeskas no lwm yam kev pab li. Yog luag pom zoo koj siv General Assistance, nws yuav pab them koj cov nqi kho mob tam sim no thiab tom ntej no mus. Koj txais tau txoj kev pab General Assistance yog koj yog ib yam neeg nram no:

- Ib tus pej xeem nyob hauv xeev Minnesota
- Siv tsis tau Medical Assistance
- Tsis muaj khoom tseem ceeb ntau tshaj li GA txoj cai pom zoo
- Tsis khwv tau nyiaj ntau tshaj li GA txoj cai pom zoo

Yog koj xav tias koj yog tag nrho cov saum no thiab tsim nyog tau txoj kev pab GA hu xov tooj, sau ntawv, los yog mus cuag koj lub nroog qhov chaw ua hauj lwm pab pej xeeem kom lawv muab ntawv rau koj thov qhov kev pab no.

Refugee Medical Assistance

Refugee Medical Assistance (RMA) yog ib hom kev pab uas Teb Chaws Asmeskas tsoom fwv pab cov neeg thoj nam tawg rog. Kom tau yam kev pab RMA koj yuav tau ua tag nrho cov nram no:

- Nyob hauv United States tsawg tshaj 8 lub hlis
- Khwv nyiaj thiab muaj khoom tsis ntau tshaj txoj cai pom zoo
- Muaj cai nyob hauv Teb Chaws Asmeskas vim yog neeg thoj nam tawg rog, khiav txuag siav los yog ib tus neeg Amerasian
- Muab lub npe qhov chaw txais koj tuaj rau lub nroog qhov chaw ua hauj lwm pab pej xeeem
- Tsis yog ib tus neeg kawm ntawv qib siab (college, university los yog chaw kawm ntawv xws li) yog tias lub xeev tsis tau pom zoo
- Ua raws li cov cai mus ua hauj lwm thiab kawm ntawv ntawm Refugee Cash Assistance (nyiaj ntsuab pab cov neeg thoj nam tawg rog)

Cov neeg thoj nam tawg rog uas tsim nyog tau yam kev pab RMA tshuas tau 8 lub hlis txij hnuv lawv txog Teb Chaws Asmeskas los. Yog koj xav tias koj tsim nyog tau txoj kev pab no koj hu xov tooj, sau ntawv los yog mus cuag koj lub nroog qhov chaw ua hauj lwm pab pej xeeem mus thov txoj kev pab no.

MinnesotaCare

MinnesotaCare (MNCare) yog ib hom kev pab uas them nqi kho mob rau cov neeg nyob hauv Minnesota uas tsis muaj lwm txoj kev pab them nqi kho mob. Cov neeg uas tau txoj kev pab no yuav tau them ib qhov nqi ib hlis twg rau lawv cov nqi kho mob. Qhov no yog nyob ntawm seb nws ua hauj lwm tau nyiaj li cas thiab seb lawv tsev neeg muaj pes tsawg leej neeg. Kom tau kev pab MNCare, koj yuav tsum ua tag nrho cov nram no:

- Nyob hauv Minnesota
- Tsis muaj lwm txoj kev pab them nqi kho mob
- Tsis muaj lwm txoj kev ua kom tau cov neeg los yog koj chaw hauj lwm them koj cov nqi kho mob
- Tsis khwv tau nyiaj ntau los yog muaj khoom tseem ceeb ntau tshaj li txoj cai pom zoo

Yog koj xav tias koj yog ib tus neeg tsim nyog tau txoj kev pab no, hu xov tooj, sau ntawv los yog mus cuag koj lub nroog qhov chaw ua hauj lwm pab pej xeeem mus thov qhov kev pab no.



Lwm Yam Kev Pab

Prepaid Managed Health Care Programs

Feem neeg coob uas tau MA los yog GAMC thiab tag nrho cov neeg siv MNCare yuav tsum tau xaiv ib hom **kev them nqi kho mob**.

Ntawm ib hom kev them nqi kho mob twg, muaj tej kws kho mob, kws kho hniav, kws muab tshuaj, kws kho ib ce, kws zuaj ib ce, lwm yam kws kho mob, thiab tuam tsev kho mob loj. Cov neeg no yuav saib xyuas thiab kho cov neeg uas muaj ntawv koom tes.

Koj cov nqi kho mob luag tsuas them rau yog tias koj xaiv lub tsev kho mob (cev, hniav, qhov muag, muab tshuaj, los yog lwm yam) uas luag pom zoo koj mus rau. Yog koj siv lub tsev kho mob uas tsis sib koom nrog koj hom them nqi kho mob, koj yuav tau them koj li nqi kho mob.

Rau MA los yog GAMC nws tsis muaj them nyiaj ntxiv- tsis them yuav hom kev them nqi kho mob, tsis them yuav daim ntawv them nqi kho mob thiab tsis them rau tsev kho mob rau cov neeg siv MNCare.

Nws muaj ntau hom kev them nqi kho mob rau koj xaiv. Tus neeg ua hauj lwm saib xyuas koj tej nyiaj txiag yuav qhia seb hom kev them nqi kho mob twg thiaj muaj nyob hauv lub nroog koj nyob. Koj yuav txais ntaub ntawv qhia txog ib hom kev them nqi kho mob zuj zus. Nrog koj chaw ua hauj lwm pab pej xeem, koom haum, tus neeg txais koj tuaj, los yog tus neeg ua hauj lwm xyuas koj cov nyiaj txiag tham seb hom kev them nqi kho mob twg thiaj zoo dua rau koj.

Thaum koj xaiv ib hom kev them nqi kho mob twg lawm, lub chaw ntawv yuav xa ib daim ntawv thiab ntaub ntawv ntau qhia txog hom ntawv them nqi kho mob no. Koj yuav tsum nqa daim ntawv no thaum koj mus ntsib tsev kho mob/kws kho mob.

Emergency Medical Assistance

Emergency Medical Assistance (EMA) yog ib hom kev pab los ntawm MA los rau cov neeg uas tsis tau xeem tau ua neeg Asmeskas thiab tsis tau lwm yam kev pab. Cov neeg tsis muaj ntaub ntawv tuaj nyob Teb Chaws Asmeskas thiab tsis yog neeg thoj nam tawg rog uas tsis muaj cai mus xeem ua neeg Asmeskas es txais tsis tau MA los yog GAMC ces txais tau EMA los yog Emergency General Assistance Medical Care (EGAMC).

EMA los yog EGAMC siv them rau cov kev mob ib ce los yog puas siab puas ntsws tam sim ntawd uas ua mob heev heev, ua puas ib ce, los yog tuag. EMA them rau yug me nyuam mos hauv tuam tsev kho mob loj thiab.

Yog koj muaj ib qhov mob ceev heev thiab tsis muaj ntawv them nqi kho mob, thov hu xov tooj, sau ntawv, los yog mus cuag koj lub tsev kho mob/kws kho mob kom muab ntawv rau koj thov EMA los yog EGAMC. Koj yuav tsum muaj cov nram no:

- Ntaub ntawv qhia tias koj yog leej twg, xws li koj daim ntawv mus txawv teb chaws
- Ntaub ntawv qhia tias koj khwv tau nyiaj li cas
- Ntaub ntawv qhia seb koj muaj khoom tseem ceeb npaum li cas los yog muaj nyiaj cia ntau npaum li cas
- Ntaub ntawv qhia tias koj xeeb me nyuam hauv plab lawm tiag yog tias thov them nqi mus yug me nyuam hauv tuam tsev kho mob loj

Koj tsis tas muaj ntaub ntawv qhia tias koj tuaj teb chaws no yog vim li cas los yog seb koj puas yog neeg Asmeskas. Yog koj xav tias koj tsim nyog tau EMA los yog EGAMC hu xov tooj, sau ntawv los yog mus cuag koj lub nroog qhov chaw ua hauv lwm pab pej xeem mus thov pab.



Muaj Kev Pab Ntau hauv Minnesota



*Muaj ntau
yam kev pab
hauv
Minnesota los
pab cov neeg
thoj nam tauw
rog. Qhov no
yog ib cov
chaw uas
muaj kev pab.
Lawv kuj
muab tswv
yim qhia
nrbiav kem
yam kev pab
rau koj.*

3
Tshooj

Chapter Three

Voluntary Agencies (Volags)

*Cov koom haum no txais neeg thoj nam
tawg rog thiab pab lawv pib lawv lub
neej tshiab hauv Minnesota.*

Catholic Charities, Minneapolis & St. Paul (USCCB)

1200 2nd Ave. S.
Minneapolis, MN 55403
(612) 204-8500

Catholic Charities, Winona (USCCB)

903 W. Center St.
Rochester, MN 55902
(507) 287-2047

International Institute of Minnesota

1694 Como Ave.
St. Paul, MN 55108
(651) 647-0191

Jewish Family & Children's Service

13100 Wayzata Blvd., Suite 400
Minnetonka, MN 55305
(952) 542-4844

Lutheran Social Service of Minnesota

2414 Park Ave. S.
Minneapolis, MN 55404
(612) 879-5258

Lutheran Social Services of Pelican Rapids (LIRS)

30 West Mill
P.O. Box 867
Pelican Rapids, MN 56572
(218) 863-2252

Lutheran Social Services Stearns County

22 Wilson Ave. N.E.
P.O. Box 6069
St. Cloud, MN 56303
(320) 251-7700

Minnesota Council of Churches Refugee Services

122 Franklin Ave. W. #100
Minneapolis, MN 55404
(612) 870-3600

World Relief Minnesota

1515 E. 66th St.
Richfield, MN 55423
(612) 243-2946

Mutual Assistance Associations (MAAs)

*Ntau hom neeg tuaj ntau lub teb chaws
tuaj, ib pab nws muaj nws lub koom
haum rau nws haiv neeg. Cov nram no
yog ib cov koom haum uas tau lawv ib co
nyiaj los hauv Minnesota Tuam Tsev Ua
Hauj Lwm Pab Pej Xeem los. Nrog cov
koom haum Volags tham kom koj paub
lwm cov MAAs hauv koj lub zej lub zog.*

CAPI

3702 E. Lake St., Suite 200
Minneapolis, MN 55406
(612) 721-0122



Resources in Minnesota

Confederation of Somali Community in Minnesota

Brian Coyle Center c/o Pillsbury United Communities
420 S. 15th Ave.
Minneapolis, MN 55454
(612) 338-8421

Ethiopian Community of Minnesota

1821 University Ave., Suite 229
St. Paul, MN 55104
(651) 645-9668

Hmong American Partnership

1075 Arcade St.
St. Paul, MN 55106
(651) 495-9160

Lao Family Community of Minnesota

320 University Ave. W.
St. Paul, MN 55103
(651) 221-0069

Neighborhood House

179 E. Robie St.
St. Paul, MN 55107
(651) 789-2500

Organization of Liberians in Minnesota

7001 78th Ave. N., Suite 200
Brooklyn Park, MN 55445
(763) 208-5739

Oromo Community of Minnesota Brian Coyle Center c/o Pillsbury United Communities

465 Mackubin St.
St. Paul, MN 55103
(651) 757-3040

Lwm Yam Kev Pab

*Cov koom haum nram no yuav pab tau
koj rau tej yam txawv nyob hauv
Minnesota.*

Minnesota Department of Human Services

444 Lafayette Rd.
St. Paul, MN 55101
Information Desk: (651) 431-2000
Toll-free outside metro: (800) 627-3529
Txhua txhua nroog hauv Minnesota
muaj lub Tuam Tsev Ua Hauj Lwm
Pab Pej Xeem uas yog qhov chaw ua
hauj lwm pab neeg pej xeem dawb.
Lawv tus xov tooj thiab chaw nyob
muaj nyob ntawm koj lub nroog
tuam tsev hauj lwm pab fab kev kho
mob (xyuas Tshooj A).

State of Minnesota Office of Ombudsperson for Managed Health Care

540 Cedar St.
St. Paul, MN 55164
(651) 431-2660
Toll-free outside metro: (800) 657-3729
Tus Ombudsperson chaw hauj lwm
yog rau cov neeg mus yws txog cov
yeeb yam uas saib xyuas tsis zoo
lawv tej kev mob xwb.

Chapter Three

Minnesota Department of Health

Freeman Building
625 Robert St. N.
St. Paul MN 55164
(651) 201-5414

Txhua txhua lub nroog hauv
Minnesota muaj lub Tuam Tsev Ua
Hauj Lwm Pab Pej Xeem Rau Fab Kho
Mob uas tus xov tooj thiab chaw nyob
muaj nyob ntawm Tshooj A. Lawv
qhia tau tej kev pab uas muaj rau cov
neeg thoj nam tawg rog.

Information for additional
organizations serving refugees in
Minnesota can be found in the *MAA-
CBO Directory* at www.health.state.mn.us/divs/idepc/refugee/refugeepub.html.

Cov Tsev Kho Mob



*Hawv
Minnesota,
tsev kho mob
muaj ntau
qhov thiab
ntau yam
thiab ntau
txoj kev kho.*

4
Tshooj

Feem ntau cov zej zog muaj cov kev kho mob nram no:

Kev Kho Mob Primary Care

Primary care yog mus ntsib tib lub tsev kho mob los yog tus **kws kho mob** uas koj ib txwm mus rau nws xyuas koj tej kab mob kev nkeeg yog thaum muaj, xa tau koj mus ntsib lwm yam kws kho mob los yog lwm lub **tsev kho mob** (kws kho mob, **kws saib xyuas neeg mob**, los yog lwm tus) uas kawm txawj lwm yam. Yuav tsum saib xyuas kev mob kev nkeeg hauv koj lub cev txhua nrho. Mus kho mob tib lub tsev kho mob los yog tib tug kws kho mob qub yeej muaj txhaj tshuaj los yog muab tshuaj thaum mob. Ib lub tswv yim zoo yog yuav tsum mus ntsib koj lub tsev kho mob no ib xyoos ib zaug. Yuav tsum mus li no yus thiaj muaj kev noj qab nyob zoo nrog txhaj tshuaj ti thaiv kab mob.

Kev Kho Mob Specialty Care

Specialty care yog mus ntsib lub tsev kho mob (tus “**kws kho mob Specialist**”) uas kawm tiav los pab neeg rau tej yam mob. Piv txwv, li tej thaum yog tus me nyuam pheej muaj mob raj ntseg heev heev, yuav tau mus xyuas tus kawm tiav los ua kws kho pob ntseg. Feem ntau koj **lub tsev kho mob uas koj ib txwm mus** yeej pab tau koj lawm tsis tas mus rau tus neeg no pab. Vim li no thiaj li hais tias yog koj tus kws kho mob pom zoo koj mus ntsib tus twg koj mam li mus. Cov kev kho mob no muaj nyob rau lwm lub tsev kho tsis tas yog koj lub tsev kho mob uas koj ib txwm mus.

Tsev kho mob Public Health Departments

Tej lub nroog cov tsev kho mob public health department muaj **txhaj tshuaj tiv thaiv kab mob** rau tej yam kab mob xws li **kab mob ntsws**. Txhua tus me nyuam pib kawm ntawv yuav tsum raug txhaj tshuaj (xyuas Tshooj 5). Cov kev kho mob no yog kho dawb thiab kho pheej yig heev. Niam txiv yuav tau nug lawv lub nroog cov tsev kho mob public health department txog kev txhaj tshuaj tiv thaiv kab mob rau lawv cov me nyuam (xyuas Tshooj A cov xov tooj rau cov nroog tsev kho mob public health department) yog lawv tsis muaj ib lub tsev kho mob los yog tus kws kho mob lawv ib txwm mus ntsib.

Tsev Kho Mob Private Clinics

Private clinics feem ntau muaj nyob rau ntawm koj ib zej ib zos. Cov tsev kho mob no ua hauj lwm tsis koom nrog tej pab pawg twg uas twb muaj tsev kho mob loj loj lawm. Feem ntau cov tsev kho mob no xav paub seb koj nyiaj txiag muaj li cas thiab seb koj them puas taus nqi kho mob thaum koj nyuam qhuav mus thawj zaug. Neeg mus kho mob them nqi kho mob siv tau ntawv them nqi kho mob yus muas los, MA, nyiaj ntsuab, los yog credit card (nyiaj ntawv uas yus them paj nrog) (xyuas Tshooj 2).



Kho Tej Mob Ceev Heev

Tsev kho tus mob ceev yog thaum koj lub tsev kho mob kaw lawm los yog lawv ntsib tsis tau koj hlo li. Ib lub khw muag ntawv them nqi kho mob nws muaj nws lub chaw kho tej yam mob uas ceev heev. Xyuas koj cov ntawv them nqi kho mob phau qhia cov tsev kho mob seb koj mus ntsib tau rau lub tsev kho mob ceev ceev twg.

Pw Rau Tsev Kho Mob Kho Thiab Tsis Pw Rau Tsev Kho Mob Kho

Pw rau tsev kho mob kho yog thaum tus neeg mob yuav tsum tau pw hauv tuam tsev kho mob loj. Tsis pw rau tsev kho mob kho yog thaum tus neeg mob tau txais kev saib xyuas mob hauv tuam tsev kho mob loj tiam sis tsis pw hmo ntuj hauv tuam tsev kho mob loj.

Tuam Tsev Kho Mob Loj

Neeg mob uas yuav muaj mus phais los yog muaj mob loj heev yuav tau mus kho hauv tuam tsev kho mob loj. Cov kws kho mob yeej xa cov neeg muaj tej mob txawv heev mus rau tuam tsev kho mob loj mus tshuaj ntsuam los yog xyuas tej teeb meem uas tsim tus mob. Me nyuam mos yug hauv tuam tsev kho mob loj xwb. Tej lub tuam tsev kho mob loj xav paub seb koj yuav them li cas thiaj taus cov nqi kho mob. Piv txwv, yuav kom koj muab ntawv them nqi kho mob rau lawv saib. Nyob ntawm koj qhov mob, koj tus kws kho mob uas koj ib txwm mus ntsib xa koj mus pw rau tsev kho mob loj kho los yog kho koj tag es tsis pw hauv tsev kho mob loj.

Chav Kho Mob Ti Tes Ti Taw

Chav kho mob ti tes ti taw muaj nyob hauv tuam tsev kho mob loj. Cov chav no yog rau tej yam mob ti tes ti taw uas yuav ua rau tus neeg tuag yog tias tsis kho tam sim ntawd. Koj yuav tsum tsis txhob mus rau tom chav kho mob ti tes ti taw rau tej kab mob xws li tau khaub thuas. Koj tsis tas yuav teem sij hawm mus kho mob ti tes ti taw, tiam sis koj yuav tau tos ntev heev thaum koj mus txog ntawd (xyuas Tshooj 4).

Kho Hniav

Kho hniav yog saib xyuas koj cov hniav thiab pos hniav. Ib tus kws kho hniav, uas yog saib xyuas hniav xwb thiaj kho hniav. Nws tshuaj ntsuam hniav, ntxuav hniav, kho hniav mob los yog muaj **kab noj hniav**, thiab lwm yam kev kho hniav (xyuas Tshooj 8).

Khw Muab Tshuaj

Lub khw muab tshuaj yog ib lub khw uas koj mus yuav cov tshuaj uas kws kho mob muab ntawv rau koj mus yuav. Tej thaum lub khw muab tshuaj nyob hauv lub tuam tsev kho mob loj los yog hauv tej tsev kho mob thiab tej thaum lawv muaj nyob hauv tej lub khw nyob ze yus lub zej lub zog xws li Walgreen's, Wal-Mart, Target, Snyders, thiab tej li ntawd. Tej cov khw muab tshuaj kam xa tshua tuaj rau koj yog koj them me ntsis nqi los yog xa dawb rau koj.

Kws Tu Neeg Mob

Tus kws tu neeg mob yog ib tus neeg kawm tiav fab tu neeg mob hauv koj lub tsev pab koj tej kev mob thiab to taub tej kev cai kho mob hauv Teb Chaws Asmeskas zoo heev. Tus kws tu neeg mob no pab piav tej tseem ceeb ntawm kev txhaj tshuaj tiv thaiv kab mob thiab pab koj tus kheej kom txhob muaj mob heev heev. Tus kws tu neeg mob nrog koj tham txog kev zov me tub me nyuam, tu me nyuam mob, tej hauv koj tsev los yog nrog koj ib ncig ua mob rau koj, kev xyuam xim thiab lwm yam hauv koj lub cev.

Kws Xyuas Neeg Mob Tsev Kawm Ntawv

Tus kws xyuas neeg mob hauv tsev kawm ntawv yog ib tus neeg kawm los saib xyuas kev muaj mob hauv tuam tsev kawm ntawv. Nws yuav nug koj txog kev txhaj tshuaj tiv thaiv kab mob los yog tej teeb meem muaj mob. Lawv lub hom phiaj yog xyuas kom koj tus me nyuam noj qab nyob zoo, los yog zoo neej taus mus kawm ntawv.



Mus Ntsib Kws Kho Mob



*Yuaw tau txoj
kev kho mob
zoo pib
ntawm txoj
kev to taub
qhor txawv
txaw ntawm
kev kho mob
ceev heev
thiab mob ti
tes ti tau.*

5

Tshooj

Thaum Twg Mam Mus Ntsib Kws Kho Mob

Kom tau txoj kev kho mob zoo, koj yuav tsum to taub qhov sib txawv ntawm kev kho mob *ceev heev* thiab *mob ti tes ti taw*

Cwj Tej Yam Mob Ceev Heev

Muaj ntau yam mob uas yuav tsum tau kho sai sai txawm tias yuav tsis mob txaus koj tuag. Yog koj muaj tej yam mob li no, koj yuav tsum hu xov tooj rau koj **lub tsev kho mob uas koj ib txwm mus ntsib** (tus **kws kho mob**, tus **kws saib xyuas neeg mob**, los yog tus kws kho mob koj ib txwm mus cuag, tsis yog chav kho mob ti tes ti taw hauv tuam tsev kho mob loj). Yog koj tsis muaj lub tsev kho mob uas koj ib txwm mus ntsib, koj yuav tsum hu xov tooj rau hauv tuam tsev kho mob loj thiab nrog tus neeg saib xyuas neeg mob tham.

Cov mob uas yog *ceev heev* tsis tau yog mob ti tes ti taw uas yuav ua rau koj tuag, tiam sis yog kab mob loj uas yuav tsum tsis ncuaj sij hawm ntxiv. Yog koj muaj ib yam mob no, koj yuav tsum nrhiav kev pab sai:

- **Kub ib ce** (kub tshaj 100.4 F los yog 38 C)
- Mob pob ntseg
- **Ntuav, zawv plab**, mob plab uas tsis zoo li ntawm cov hluas los yog cov laus. Yuav ua rau koj lub cev tsis muaj kua dej los yog qhuav tag, uas yuav ua lwm yam kab mob loj.
- Hnoos heev uas tsis zoo li
- Ntuav los yog hnoos tau ntshav
- Mob hauv siab, mob plab, los yog tob hau uas tsis zoo li thiab mob heev zus
- Mob lub tob hau heev heev
- Cia li tsis pom kev zoo, pom ib yam ua ob yam thiab ib sab qhov muag cia li tsis pom zoo
- Ceg los yog caj npab o
- Yuag los yog rog ceev ceev
- Tsis hnov tshaib li los yog ntev heev mam noj ib pluag
- Tso quav tau ntshav
- Thaum tso zis mob chaw mos heev
- Tej yam mob uas cia li mob heev tuaj

Me nyuam yaus muaj mob ceev thiab. Hu xov tooj rau tsev kho mob sai yog koj pom tej yam nram no:

- Ua npaws ntev tshaj 2 hnuv
- Mob pob ntseg
- Quaj tsis zoo siab ntsiag li
- Ntsiab pob ntseg
- Nkees heev, sawv tsis taus li

Cov no yog ib cov mob piv txwv uas koj yuav tau nrhiav kev pab sai. Yog koj qhov mob sau tsis muaj hauv nov thiab koj tsis paub xyov puas yog yam mob ceev heev, hu xov tooj rau koj lub tsev kho mob.

Cwj Tej Yam Mob Ti Tes Ti Taw

Cov mob ti tes ti taw yog tej yam mob uas yuav tsum tau xyuas tam sim ntawd. Qhov no muaj yog thaum tus neeg ntawd qhov mob yuav ua rau nws tuag los yog xiam ntiv tes, caj npab, ceg, los yog lwm yam. Yog tsis tau kev pab, nws yuav ua qhov teeb meem loj los yog ua rau tus neeg tuag. Cov nram no yog ib cov mob ti tes ti taw ua piv txwv:

- Mob hauv siab los yog ntshawb nrog rau tawm fws thiab ua pa tsis txaus
- **Tsis nco dheev lawm**, tsaus muag
- Ua pa nyuaj
- Noj tau dab tsi uas lom tuag taus los yog noj tshuaj ntau heev
- Los ntshav tsis tu li
- Ntog los yog ua yuam kev raug mob loj heev
- Raug mos ua dev ua npua
- Raug neeg ntaus
- Rov xav tua tus kheej
- Pib **qaug dab peg** los yog **vwm ntsuav** tsis tsum li
- **Ua pa nyuab**
- **Ib ce txav** tsis tau, txhais caj npab, ceg los yog ib sab cev
- Tsis pom kev lawm
- Mob tob hau ceev ceev, nrog rau mob caj dab los yog tsis nco dheev lawm
- Tsis nco qab koj nyob qhov twg, koj cov phooj ywg yog leej twg, koj tsev neeg yog leej twg los yog cov neeg ua hauj lwm ua ke yog leej twg
- Thaum tus poj niam cia li yuav yug me nyuam ntxov tshaj lub caj nyooog

Yog koj muaj tej yam mob zoo li no, koj mus cuag chav kho mob ti tes ti taw tau.

Feem ntau koj cuag tau chav kho mob ti tes ti taw yog koj hu **911** ntawm txhua lub xov tooj. Nyob twj ywm, hais lus maj mam thiab meej meej thiab qhia koj qhov teeb meem rau tus neeg teb xov tooj ntawd kom zoo.

Tus neeg teb xov tooj ntawd mam li xa lub **tsheb tos neeg mob**, tsheb tua hluav taws los yog pab neeg kawm los daws cov teeb meem ti tes ti taw. Thaum cov neeg tuaj txog ntua lawv yeej pab tus neeg mob los yog tus raug mob thiab yeej pab nws kom txog ntua nram tuam tsev kho mob loj.

911 Txoj Kev Pab

Thaum koj hu 911 hauv xov tooj, koj yuav nrog ib tus neeg tham txog koj qhov teeb meem. Koj yuav tsum nyob twj ywm thiab hais lus kom meej npaum li meej tau.

Qhov no yog ib qho piv txwv thaum hu rau 911, koj hais tias:

Neeg teb xov tooj: Nyob zoo, 911 os..

Neeg thoj nam tawg rog: Kuv npe hu ua _____.
Kuv qhov chaw nyob yog _____. Kuv hais yam lus _____.

Neeg teb xov tooj: Qhov teeb meem yog dab tsi?

Neeg thoj nam tawg rog: (Qhia qhov teeb meem.) Muaj ib qho mob ti tes ti taw. Tus neeg no _____. Peb xav tau lub tsheb tos neeg mob.

Yog muaj **neeg txhais lus** khoom, tus neeg teb xov tooj mam muab nws nrog koj tham. Yuav tsum hais lus kom meej meej rau hauv lub xov tooj, qhia tus neeg ntawd koj lub npe thiab chaw nyob. Yog koj tsis txawj hais lus Asmeskas, qhia tus neeg ntawd seb koj hais lus haiv neeg twg. Qhia tus neeg teb xov tooj qhov teeb meem thiab seb koj puas xav tau tub ceev xwm, tsheb tua hluav taws, los yog tsheb tos neeg mob. Tsis txhob muab khwb txog thaum tus neeg ntawd pom zoo koj khwb.

Tus neeg teb xov tooj yuav xa kev pab tuaj rau koj sai li sai tau. 911 yog hu dawb ntawm txhua lub xov tooj tau thiab tsuas yog siv thaum muaj teeb meem ti tes ti taw nkaus xwb.

Tsheb Tos Neeg Mob

Cov tsheb tos meeg mob no muaj ob yam kev pab rau koj:

- Cov neeg hauv lub tsheb no kawm tiav los kho yam no.
- Cov neeg no muaj kev xyuam xim thauj tus neeg mob mus rau tuam tsev kho mob loj.

Thaum koj hu 911 thiab qhia tus neeg teb xov tooj koj qhov teeb meem, lub tsheb tos neeg mob yuav tuaj kom txog koj sai npaum li sai tau.

Yuav tsum siv lub tsheb tos neeg mob no thaum qhov teeb meem yog ti tes ti taw lawm xwb. Tsheb tos neeg mob txoj kev tos neeg no ua nqi rau koj them tom qab lawv tos koj tag. Tsheb tos neeg mob tsis yog tos dawb mus rau tuam tsev kho mob loj los yog kws kho mob lub chaw ua hauj lwm. Tsheb tos neeg mob tsuas yog siv thaum tsis muaj lwm txoj kev coj tau tus neeg mob mus rau hauv tuam tsev kho mob loj nkaus xwb.

Thaum Txog Hauv Chav Kho Mob Ti Tes Ti Taw

Yog koj mus rau hauv tuam tsev kho mob loj chav kho mob ti tes ti taw mus kho koj qhov mob, nws muaj ntau yam uas koj yuav ntsib thaum koj mus txog ntawd:

- Ib tus neeg xyuas neeg mob yuav nug koj txog koj cov teeb meem.
- Yuav **ntsuas koj seb ib ce kub li cas, plawv dhia li cas**, thiab ntshav khiav li cas.
- Ib tus kws kho mob yuav xyuas koj sai yog koj qhov teeb meem loj heev uas tos tsis taus

Koj yuav tau tos ntev yog tias koj qhov teeb meem tsis loj heev. Chav kho mob ti tes ti taw no tsis teem sij hawm rau koj mus ntsib lawv thiab tej thaum koj yuav tau tos yog lwm tus neeg mob qhov teeb meem loj tshaj koj qhov.

Thaum koj koj mus ntsib kws kho mob, luag yuav hloov koj hnav ib ce khaub ncaws, yog tsim nyog. Feem ntau tus kws saib xyuas neeg mob los nug koj txog koj cov teeb meem ua ntej. Ces tus kws kho mob li los ntsib koj.

Tom qab tshuaj ntsuam koj tag, muaj ntsuas ntshav los yog xoo fais fab ntxiv. Thaum ntsuam xyuas tag, luag yuav qhia koj seb tshuaj ntsuam tau dab tsi.



Kev Kho Mob Uas Tiv Thaiv Kab Mob



*Thaum pib
tshuaj ntsuam
koj ib ce koj
yuæ rauḡ
tshuaj ntsuam
tej yam kab
mob xæw li
kab mob
ntsæw, kab
mob siab B,
thiab cab
hauv cov plab
nyhu.*

6

Tshooj

Cov Kab Mob Kis Tau Yooj Yim

Cov kab mob kis tau yooj yim yog tej yam kab mob uas kis taus ntawm ib tus neeg mus rau lwm tus neeg. Cov kev sib kis no muaj ntau txoj kev sib kis tau. Nov yog ib co piv txwv:

- Kab mob sib kis tau los ntawm huab cua uas yus ua pa yog hu ua airborne diseases. Piv txwv li. **kab mob ntsws (TB)**.
- Kab mob uas kis thaum pw ua ke sib deev nrog tus neeg muaj mob. Cov no **yog kas cees sexually transmitted infections (STIs)**. Kas cees **Syphilis** (mob rau hlwb thiab leeg) thiab kas cees **HIV** (tua ntshav dawb ua rau lub cev tsis muaj zog rov tua taus tej kab mob) yog ib co piv txwv.
- Kab mob uas kis ntawm zaub mov uas ua tsis siav txaus, nyoos nyoos los yog muaj kab mob. Tej yam tshwm sim ua kom yus paub yog **zawv plab** los yog **ntuav**.
- Kab mob uas kis hauv cov dej haus uas muaj paug tsis huv.
- Kab mob uas kis los ntawm tej kab xws li yoov tshaj cum los yog zuam tom.

Thaum koj mus **tshuaj ntsuam kev mob kev nkeeg** koj yuav raug ntsuam xyuas nrhiav cov kab mob uas kis taus xws li kab mob ntsws, **kab mob siab B** thiab **cab**. hauv cov plab nyhuv. **Yog lub tsev kho mob (tus kws kho mob, tus kws xyuas neeg mob**, los yog lwm tus) ntsuam xyuas tau tias koj muaj ib yam kab mo no, los yog tej zaum koj yuav muaj, luag yuav kho koj.

Cov nram no yog ib cov kab mob uas sib kis ntau tshaj ntawm cov neeg thoj nam tawg rog. Cov lus no qhia me me txog tias peb yuav ua li cas thiaj tiv thaiv kom txhob kis.

Mob Ntsws (TB)

Neeg thoj nam tawg rog uas tuaj ntawm cov teb chaws tus kab mob ntsws muaj ntau. Kab mob ua mob rau koj lub cev hu ua **tuberculosis infection** los yog **tuberculosis disease**. Ob yam no muaj kev kho tau thiab tiv thaiv tau. Qhov tshuaj ntsuam neeg thoj nam tawg rog kev mob kev nkeeg yuav ntsuam xyuas tau koj tus mob no.

Yog koj twb txhaj koob tshuaj BCG rau tus kab mob TB lawm, qhia koj tus kws kho mob sai. Koob tshuaj BCG yuav ua tsis zoo rau koj cov nqaij thaum lawv tso tshuaj rau koj qhov nqaij los tshuaj ntsuam tus kab mob TB no.

Yog koj txhaj koob tshuaj BCG yav dhau los lawm los koj yeej tseem raug tshuaj ntsuam nrhiav seb koj puas tau tus kab mob nyob rau hauv Teb Chaws Asmeskas no.



Cov no yog ib co kev uas lub tsev kho mob yuav tshuaj ntsuam koj nrhiav tus kab mob TB:

- **Tshuaj Ntsuam Nqaij**—txhaj ib qho tshuaj me me rau hauv koj ib qho nqaij ntawm koj txhais caj npab. Tom qab 2 hnuv, koj yuav tsum rov tuaj rau kws kho mob lawv xyuas qhov nqaij ntawd seb qhov tshuaj ntsuam nrhiav kab mob siab no qhia tias koj muaj mob los tsis muaj. Yog koj muaj mob ces lawv yuav xyuas koj ntau ntxiv.
- **Xoo Hauv Siab**—koj yuav tau xoo fais fab ntawm koj lub hauv siab seb tus kab mob ntsws TB no puas tau ciaj los ua mob rau koj cov ntsws.
- **Tshuaj Ntsuam Hnoos Qeev**—Koj yuav tau hnoos ib qhov **hnoos qeev** hauv koj lub ntsws los rau lawv ntsuam xyuas seb tus kab mob ntsws TB no puas tau ua mob rau koj ob lub ntsws.

Yog tias nrhiav tsis tau tus kab mob TB no thiab tsis tua kom tuag, koj kis tau mus rau lwm tus neeg los yog ua rau koj tus kheej mob heev tshaj.

Tshuaj Tiv Thaiv Tus Kab Mob TB

Yog ntsuam xyuas koj qhov nqaij qhia tias koj muaj tus kab mob TB, nws tseem ceeb heev qhov uas yuav kho kom tus kab tsis muaj ntxiv. Koj tus kws kho mob yuav kom koj xoo fais fab xyuas koj ob lub ntsws seb puas tau mob. Yog tias tsis tau mob koj lub tsev kho mob/tus kws kho mob yuav muab tshuaj tiv thaiv tus kab mob no rau koj. Qhov tshuaj no yuav tiv thaiv koj tus kab mob TB no tsis txhob ciaj taus thiab ua rau koj mob. Nws tseem ceeb heev qhov uas koj yuav tsum siv kom tag nrho cov tshuaj no. Yuav pab kom koj tsis txhob mob ntsws TB no ntxiv lawm yav tom ntej. Koj yuav tau siv cov tshuaj no ntev li 6 mus rau 12 lub hlis, nyob ntawm seb tus mob luaj li cas thiab seb koj muaj tsawg xyoo. Yog koj muaj teeb meem siv cov tshuaj no, nrog koj tus kws kho mob tham tam sim ntawd.

Tiv Thaiv Tsis Pub Kab Mob TB Kis Tau

Nov yog ib cov kev yooj yim heev uas peb pab tau kom tus kab mob TB tsis kis:

- Cwj cov tshwm sim no thiab tej yam uas yuav qhia tau koj tias yog muaj tus kab mob ntsws: tsis xis nyob li, hnoos hnoos, tawm tawm fws yav hmo ntuj, ua daus no, ua npaws, nkees nkees, tsis xav noj dab tsi, los yog yuag zus.
- Yog koj muaj tej yam mob no, koj kav tsij mus ntsib koj lub tsev kho mob tam sim no.
- Yog koj pom cov mob no ntawm tej neeg nyob ze koj, kom lawv mus ntsib lawv lub tsev kho mob tam sim ntawd.

Yog tias koj muaj tus kab mob TB uas ua mob taus lawm, ceev faj txhob kis rau cov neeg ze koj. Koj yuav ua tau cov nram no:

- Txhob nyob ze neeg kom thaum twg koj noj tshuaj ntau txaus pab ti thaiv txoj kev yuav kis rau luag lwm tus. (Nug koj tus kws kho mob seb yuav ntev li cas).
- Muab ntaub npog koj lub qhov ncauj thaum koj hnoos.

Txhaj Tshuaj Tiv Thaiv Kab Mob

Txhaj Tshuaj tiv thaiv kab mob, yog ib qhov tseem ceeb ntawm kev tshuaj ntsuam neeg thoj nam tawg rog kev mob kev nkeeg. Yog koj tsis tau txhaj tshuaj tiv thaiv kab mob, koj muaj taus cov kab mob uas koj tsis tau mob dua. Txhaj tshuaj ti thaiv kab mob no yog rau cov me nyuam thiab cov laus. Cov tshuaj no ti thaiv kom koj tsis muaj kab mob. Nco ntsoov nug koj lub tsev kho mob seb koob tshuaj twg koj tsis tau txhaj. Koj yuav tsum txhaj tag cov koob tshuaj koj thiaj li yuav tau koj daim npav ntsuab nyob teb chaws no.

Cov nram no yog ib cov kab mob piv txwv uas peb yuav tau muab tshuaj tiv thaiv.

Diphtheria, tetanus, thiab pertussis (DTaP)

Diphtheria, tetanus thiab pertussis yog ib cov kab mob phem heev. Cov tshwm sim uas qhia tus kab mob diphtheria (zoo li ntswg txhaws tag qhov ntswg, qa thiab caj pas, ua tsis taus pa ua rau lub plawv nres thiab ib ce tuag) ua mob yog **kub ib ce** thiab ua tsis taus pa uas tuag taus. Tus kab mob tetanus los yog tus mob lockjaw (mob leeg los yog xauv lub puab tsaig qhib tsis tau qhov ncauj) nkag mus rau hauv lub cev ntawm tej nyuag nqajj to thiab ua mob rau cov leeg. Pertussis yog hnoos heev heev, ua rau koj cov ntsws mob ua hnoos qeev ntau heev, hnoos heev heev thiab puas hlwb.



Haemophilus Influenza Type B (Hib)

Hib yog ib yam kab mob uas tsim ntau yam mob uas ua tau rau neeg tuag taus. Mob txha caj qaum thiab caj pas o yog mob los ntawm tus kab mob Hib. Cov kab mob no kis ceev ceev kawg.

Kab Mob Siab Hepatitis B (Hep B)

Tus kab mob siab Hep B no kis los ntawm cov ntshav los yog thaum pw ua ke sib deev. Yam mob no mob taus mus ua cirrhosis thiab mob cancer rau cov nplooj siab, ob yam no ua tau neeg tuag taus.

Measles, Mumps, and Rubella (MMR)

Measles, mumps thiab rubella tsis tshua muaj rau me nyuam me, tiam sis tej zaum mob taus ua rau neeg tuag thiab. Measles yog ua pob thoob ib ce thiab zoo li tau khaub thuas, tiam sis ua tau dig muag, mob ntsws, mob rau lub hlwb thiab tuag taus. Mumps ua tau rau neeg ua npaws, caj pas hlav tag thiab tej thaum tus pob txha caj qaum liab thiab o thiab lag ntseg. Rubella los yog German measles, ua pob thiab ua npaws. Rau cov poj niam xeeb me nyuam, rubella ua mob loj tau rau tus me nyuam hauv plab.

Polio

Polio yog ib tus kab uas ua rau cov leeg mob, ua pa nyuaj thiab tej thaum ib ce txhav tag. Vim yog cov tshuaj tua ti thaiv, tsis tshua muaj polio nyob hauv teb chaws US vim yog muaj tshuaj.

Vericella (Chicken Pox)

Chicken pox yog ib yam kab mob uas kis tau yooj yim qhov khaus khaus, ua hlwv. Tus kab no tsis mob loj tiam sis ua tau kom mob ntsws, mob hlwb los yog kis taus rau tej nqaj to.

Kab Mob Siab Hepatitis B

Tus kab no ua mob rau cov nplooj siab. Tej cov neeg muaj tus kab no ntau xyoo uas yeej tsis muaj tshwm sim ib yam dab tsi li. Neeg kis tau tus kab mob siab Hepatitis B no ntau txoj kev:

- Ntawm leej niam los thaum yug lawv
- Kev pw ua ke sib deev
- Chwv ntshav los yog luag tej qhov nqaj to
- Nyob ze tej neeg mob hauv koj lub tsev
- Siv koob xws li nkaug suav cov tshuaj koob, kos duab rau lub cev, tho pob ntseg thiab siv yeeb siv tshuaj

Tiv Thaiw Kab Mob Siab Hepatitis B

Koj lub tsev kho mob yuav ntsuam xyuas koj cov ntshav nrhiav seb koj puas muaj tus kab mob siab Hepatitis B. Yog koj los sis koj tsev neeg leej twg mob, cov neeg ntawd yuav tau raug mus tshuaj ntsuam thiab. Koj lub tsev kho mob/kws kho mob yuav kom cov neeg tsis tau mob dua txhaj tshuaj ti thaiv tus kab mob no.

Koj pab tiv thaiv kom txhob tau tus kab mob siab Hepatitis B yog koj ua li nram no:

- Looj hnab yas txhua zaus pw ua ke sib deev.
- Tsis txhob sib qiv koob txhaj los koob tho pob ntseg los yog tej yam nkaug mus rau hauv yus cov nqaij uas muaj ntshav lo.
- Txhaj koob tshuaj tiv thaiv tus kab mob siab Hepatitis B.

Cab Hauv Plab Nyhuv

Yog tus neeg thoj nam tawg rog qhov kev tshuaj ntsuam tau cab hauv cov quav, yuav tau muab tshuaj. Koj yuav tau noj kom cov tshuaj tag nrho huv si txawm tias koj twb zoo neej lawm.

Tiv Thaiw Kom Txhob Muaj Cab Rau Plab Nyhuv

Koj tiv thaiv tau kom txhob muaj cab rau cov nyhuv hauv plab yog koj ua li nram no:

- Noj txiv hmab txiv ntoo tshiab tshiab
- Noj zaub mob ua siav siav

Kas Cees Kis Ntawm Txoj Kev Sib Deev

Mob cov kas cees kis los ntawm txoj kev sib deev (STIs) yog ib cov mob uas kis thaum pw ua ke sib deev. Kas cees STIs tsis muaj tej yam tshwm sim qhia yus paub li. Koj kis tau tus mob no mus rau lwm tus neeg vim tias koj tsis paub tias koj mob. Yog tsis tua tus mob no koj yuav muaj teeb meem lawm yav tom ntej. Kom koj paub tias seb koj puas muaj cov kas cees STIs, nrog koj lub tsev kho mob/tus kws kho mob tham txog kev ntsuam xyuas.

Yog koj los sis koj tus khub sib deev ntau tshaj ib tus neeg, koj yuav tau mus tshuaj ntsuam nrhiav cov kab mob xws li kas cees HIV kab mob, kas cees syphilis (ua mob rau lub hlwb thiab cov leeg uas kho tsis tau lawm), kas cees **gonorrhea** (kab mob hauv lub qhov rooj yug me nyuam mus rau lub tsev me nyuam cov qe thiab rau txiv neej mob hauv lub raj tso zis), kas cees **chlamydia** thiab viral. Cov kas cees no ua tau kom yus muaj mob phem heev yog tias tsis kho kom zoo.

Tiv Thaiiv Kas Cees STIs

Ti thaiv kom txhob kis kas cees STIs, koj yuav tau ua cov yooj yim nram no:

- Tsis txhob pw ua ke sib deev
- Yog koj pw ua ke sib deev, pw nrog ib tus neeg xwb
- Siv hnab yas txhua zaus koj pw ua ke sib deev
- Siv tshuaj tua kab mob uas muaj con nonoxynol-9 nrog rau hnab yas

Kas Cees HIV

Kas cees HIV yog ib tus kab uas ua rau neeg mob **AIDS**. Tus kab no tua lub cev cov ntshav dawb thiab tua tsis tau kab mob. Ntau tus neeg muaj tus kab no tsis muaj dab tsi tshwm sim qhia rau nws li, tiam sis kis tau mus rau lwm tus. HIV yog ib tus kab mob uas kis thaum pw ua ke thiab sib deev ua mob rau hauv cov ntshav, phev los yog kua uas nkag rau hauv lub cev, los yog los ntawm sib qiv koob txhaj tshuaj. HIV tsis kis los ntawm tso ntshav pub, sib hnia, tuav tes, los yog nyob ze tus neeg raug tus kas cees HIV.

Tus neeg mob kas cees HIV tsis tas muaj dab tsi tshwm sim kom paub li uas mus lawm tsheej hli los yog tsheej xyoo. Thaum lub nruab zog cev tua kab tsis muaj zog tua kab mob lawm, mam li pib muaj tshwm sim. Cov nram no yog ib cov tshwm sim qhia tias yog muaj tus kas cees HIV:

- O tej qog
- Ua npaws
- Tawm fws hmo ntuj
- Nkees heev heev
- Yuag heev

Yog koj muaj tej tshwm sim no, mus ntsib tsev kho mob sai sai. Tsis muaj tshuaj tua tau tus kab mob HIV los yog AIDS, tiam sis muaj tshuaj pab kom koj nyob taus thiab tiv thaiv kom koj txhob mob heev. Poj niam xeeb me nyuam hauv plab noj tau tshuaj pab kom tau qhov kis rau tus me nyuam hauv plab yog feem tsawg.

Tiv Thaiw Tus Kas Cees HIV

Nov yog ib co kev pab kom koj txhob kis tau tus kab mob HIV:

- Tsis txhob pw ua ke sib deev. Qhov no yog qhov tseeb tshaj tias koj yuav tsis kis tus mob HIV.
- Siv hnab yas nrog rau cov tshuaj tua kab mob uas muaj cov nonoxynol-9.
- Tsis txhob sib qiv koob txhaj tshuaj.

Tej Mob Tsis Tu Ncua

Cov mob xws li ntshav qab zib, mob plawv, **ua pa nyuab**, thiab **cancer** yuav tau muaj tshuaj tas li tsis tu ncua hu ua chronic diseases los yog mob tsis tu ncua. Koj lub tsev kho mob pab tau koj nyob nrog tus mob no yog muab tshuaj rau koj thiab qhia zaub mov rau koj noj thiab ntsib koj heev. Tej yam mob yog li nram no.

Mob Ntshav Qab Zib

Mob ntshav qab zib yog thaum koj lub cev tsis txais tej qab zib thiab coj mus siv pab koj lub cev.

Mob Ntshav Siab

Ntshav siab los yog kub siab ceev heev, koj lub cev ntshav txhaws ua ib ce tuag taus los yog ua koj lub plawv nres txawm tus neeg zoo zoo neej.

Tiv Thaiw Kom Txhob Muaj Mob Tsis Tu Ncua

Ntau yam mob uas tsis tu ncua txoj kev pab zoo tshaj yog qoj ib ce tas li, los yog yoj teg yim taws tas li, thiab txhob pub koj yuag tshaj thiab rog tshaj raws li seb koj siab li cas es yuav tsum hnyav li cas xwb. Nws tseem ceeb heev qhov uas koj yuav tau mus ntsib tsev kho mob/kws kho mob tas li mus ntsuam xyuas koj tus kab mob.



Raug Mob

Raug mob muaj txhua lub sij hawm rau koj los yog rau koj tsev neeg. Ntau yam kev raug mob yog vim cov nram no:

- Tsheb sib nraus
- Luv maustaus los yog luv thij ua raug mob
- Neeg sib ntaus, raug tej neeg yus nrog nyob ua ke ntaus
- Phom
- Fais fab kub
- Hluav tawv kub
- Daig caj pas
- Ua tsis taus pa
- Poob dej

Tiv Thaiv Kev Raug Mob

Koj pab tau kom txhob raug mob yog koj ua cov nram no:

- Sia siv tas li thaum tsav tsheb, los yog zaum hauv tsheb, me nyuam yuav tsum zaum rooj khi me nyuam.
- Ntoo kaum mom tas li thaum caij maustaus los yog luv thij.
- Qhia tub ceev xwm tias tus neeg twg hauv koj tsev neeg ntaus koj. Qhov no txhaum txoj cai nyob hauv Teb Chaws Asmeskas.
- Txhob cia phom hauv tsev, muab cov mos txwv thiab phom nyias cia nyias qhov chaw thiab muab xauv cia deb ntawm me nyuam yaus.
- Txhob siv hlua fais fab ze dej thiab kho los yog hloov tshiab cov khoom siv fais fab uas puas.
- Tsis txhob haus luam yeeb ze tej uas yuav kub nyhiab taus yooj yim.
- Tshem tej uas yuav daig caj pas taus thiab npog taus me nyuam kom ua tsis taus pa.
- Tsis txhob cia me nyuam nyob hauv dab dej los yog pas dej da txawm yuav ib pliag ntshis xwb los txhob cia li.

Xeeb Me Nyuam: Muaj Me Nyuam



*Koj lub tsev
kho mob yuav
qhia koj txog
cov chaw koj
mus kawm
txog seb yuav
ua li cas
thaum yuav
tau me
nyuam thaum
koj mus tom
tuam tsev kho
mob loj mus
yug koj tus me
nyuam.*

7

Tshooj

Kev Tshuaj Ntsuam Thaum Xeeb Me Nyuam

Muaj tshuaj ntsuam koj thaum koj xeeb me nyuam hauv plab. Yog koj tsis **coj khaub ncaws**, ib hlis ib zaug, tej zaum yog koj xeeb me nyuam lawm, los yog yuav tab tom xeeb me nyuam. Koj yuav tau mus rau tom **tsev kho mob (tus kws kho mob, tus kws saib xyuas neeg mob)**, los yog lwm tus) los yog lwm lub tsev kho mob.

Lub sij hawm tshuaj ntsuam koj thiab tus me nyuam hauv plab yog hu ua **prenatal care**. Koj yuav ntsib tsev kho mob/kws kho mob 9 mus rau 13 zaug ua ntej koj tus me nyuam yug los. Qhov mus ntsib tsev kho mob/kws kho mob no tseem ceeb heev. Koj tus me nyuam thiab koj thiaj noj qab nyob zoo. Tuav tswv yim txog koj cov nqi mus yug me nyuam thiab ntsib tsev kho mob/kws kho mob. Koj lub tsev kho mob/kws kho mob yuav nrog koj tham txog kev yuav txawv hauv koj lub cev thiab koj tus me nyuam loj li cas lawm. Qhia lawv seb koj puas noj qab nyob zoo. Nug tej lus nug uas koj muaj. Ib qhov tshuaj ntsuam tsis mob hu ua **ultrasound** los yog xoo fais fab tej zaum yuav siv los xyuas kom pom seb koj tus me nyuam puas noj qab nyob zoo.

Yog tus me nyuam no koj xeeb yuam kev xwb nws muaj ntau txoj kev rau koj xaiv. Koj lub tsev kho mob/kws kho mob yuav nrog koj tham txog cov no.

Yog koj tsis muaj ntawv them nqi kho mob, koj yuav tau mus thov ntawv them nqi kho mob Medical Assistance. Nws muaj lwm yam kev pab xws li **Women, Infants & Children (WIC)** los yog nyiaj muas noj uas pab koj muas zaub mov zoo rau koj thiab koj tus me nyuam noj. Hu xov tooj, sau ntawv, los yog mus ntsib koj lub nroog qhov chaw ua hauj lwm pab fab kev kho mob thiab kawm ntxiv mus.

Koj lub tsev kho mob/kws kho mob yuav txwv tsis pub koj ua tej yam thaum koj xeeb me nyuam hauv plab uas yuav ua mob rau koj tus me nyuam. Piv txwv, thaum koj xeeb me nyuam rau hauv plab koj yuav tsum tsis txhob:

- Haus luam yeeb
- Haus dej haus cawv
- Siv tshuaj uas txoj cai tsis pub siv
- Noj tshuaj, tshuaj hmab tshuaj ntoos ua ntej nrog koj tsev kho mob/kws kho mob tham.

Hu koj lub tsev kho mob/kws kho mob txog tej teeb meem uas koj muaj xws li cov hauv qab no uas yuav qhia tias koj tsis zoo neej lawm:

- Nchuav ntshav hauv chaw mos
- Mob tob hau heev heev

- Mob plab heev heev
- **Ntuav**
- Tes taw phob vog
- Khaub thuas los yog tau no ze thaum lub caij yuav los so

Koj lub tsev kho mob/kws kho mob yuav qhia yam uas koj mus kawm los pab seb koj yuav ua li cas thaum mus txog tuam tsev kho mob loj mus yug me nyuam. Cov kev kawm no hu ua childbirth classes. Tom cov chaw kawm no lawv yuav qhia seb chav tsev twg koj yuav mus yug me nyuam rau, cia tus me nyuam nyob nrog koj thaum yug tau tus me nyuam, hu ua **rooming in**; leej twg thiaj tuaj xyuas tau thiab puag tau koj tus me nyuam; thiab thaum twg koj li pib pub koj mis **breastfeeding**. tau rau koj tus me nyuam. Yog koj tau tus me nyuam tub, koj lub tsev kho mob/kws kho mob yuav nug seb koj puas muab koj tus me nyuam hlais daim tawv npog lub me nyuam tob hauv qau, qhov hlais no hu ua **circumcision**.

Hnub Los So

Feem ntau cov poj niam mus yug me nyuam rau hauv tuam tsev kho mob loj. Nws muaj tej tshwm sim qhia tias yuav txog caij mus yug me nyuam los yog lub **caij yug** twb pib lawm:

- Koj lub dej pluam es tawm hauv chaw mos los. Koj tus me nyuam nyob rau ib lub hnab dej hauv koj lub cev. Yog thaum twg lub dej pluam, hu xov tooj rau koj lub tsev kho mob/kws kho mob sai.
- Koj hnov koj lub plab ceev ceev ib zaug tag ib zaug tuaj. Tej zaum nws yuav mob. Qhov no hu ua **contractions**. Nws yuav ua li no txhua 15 feeb ib zaug mus rau 4-5 feeb ib zaug twg. Koj yuav tsum hu xov tooj rau koj lub tsev kho mob/kws kho mob yog thaum twg koj hnov cov no mob..

Thaum koj yug koj tus me nyuam tag, koj yuav nyob hauv tuam tsev kho mob loj ntev li 1 mus rau 5 hnub.

Pub Niam Mis

Pub niam mis yog ib qhov zoo tshaj plaws rau tus me nyuam mos. Cov mis no zoo tshaj rau koj tus me nyuam thiab pab kom koj thiab koj tus me nyuam sib raug zoo dua. Ua ib leej niam thawj zaug yuav tau noj ntau yam zaub mov kom zoo rau yus lub cev thiab haus 6 mus rau 8 khob dej ib hnub twg. Leej niam yuav tsum noj cov zaub mov tus me nyuam thiab niam thiaj li muaj zog thiab noj qab nyob zoo thaum pub niam mis. Leej niam yuav tsum pw. Pw thaum koj tus me nyuam pw. Yog koj pub koj tus me nyuam mis nyuab heev nug koj lub tsev kho mob/kws kho mob txog kev pab.

Leej niam rov xeeb taus me nyuam hauv plab thaum nws tseem pub niam mis. Nws lub cev tsis tau npaj tau yuav xeeb taus me nyuam tam sim no. Nrog koj lub tsev kho mob/kws kho mob tham txog kev tiv thaiv kom txhob xeeb me nyuam.

Tom Qab Yug Me Nyuam Tag

Tus me nyuam tshiab yuav tsum mus ntsib tsev kho mob ntawm 1 rau 2 lim tiam tom qab nws yug los. Qhov tshuaj ntsuam me nyuam kev hlob zoo no hu ua **well-baby visit**. Tus niam yuav tsum mus ntsib nws lub tsev kho mob ntawm 2 mus rau 4 lim tiam tom qab nws yug me nyuam tag. Qhov tshuaj ntsuam seb lub cev puas zoo zuj zus no hu ua **postpartum visit**. Koj yuav tau teem sij hawm ob zaug mus ntsib tsev kho mob/kws kho mob rau qhov no.

Kev Puas Siab Ntsws Tom Qab Yug Me Nyuam

Feem coob cov ua niam thawj zaug muaj kev tu siab, nyuaj siab, quaj yooj yim los yog nkees heev. Leej niam zoo li no vim yog nws tsis tau pw txaus. Nws tsis yog koj tsis hlub koj tus me nyuam mos. Yog koj muaj cov kev puas siab ntsws no koj yuav tau nrog leej txiv tham, koj tsev neeg tham, tus phooj ywg los yog koj lub tsev kho mob/kws kho mob. Cov ua niam thawj zaug yeej ntsib cov no.

Thaum Xeeb Me Nyuam Muaj Ntau Lo Lus Siv Heev

Cov ua niam thawj zaug siv sij hawm ntau heev mus ntsib tsev kho mob. Nws muaj ntau lo lus luag siv thaum tus poj niam xeeb me nyuam rau hauv plab thiab mus yug me nyuam tom tuam tsev kho mob loj. Tej cov lus no muaj nyob rau cov tshooj ntawv kawg hauv phau ntawv no qhov hu ua tshooj glossary. Nov yog ib co lus piv txwv:

- **Hnub los so**
- **Phais plab yug me nyuam**
- Hlais daim tawv npog lub tob hau qau
- **Tsho me nyuam**
- **Nyhuv ntaws**
- **Tsev me nyuam**

Yog koj lub tsev kho mob/kws kho mob siv cov lus koj tsis to taub, txhob ntshai nug kom nws qhia ntxiv kom tseeb.



Kho Hniav thiab Qhov Muag



*Kho koj cov
hniav thiab
qhov muag
kom zoo yog
ib yam tseem
ceeb heev.*

8

Tshooj

Kho Hniav

Ua kom koj cov hniav zoo yog ib yam tseem ceeb heev. Yog koj tsis txhuam thiab ntxuav koj cov hniav nws yuav puas mus thiab yuav lov mus. Tag nrho cov me nyuam thiab cov laus yuav tsum tu lawv cov hniav kom zoo. Hauv Teb Chaws Asmeskas, koj yuav muaj koj cov hniav mus tas ib sim neej yog koj txawj ua zoo tu.

Nov yog tej yam uas koj ua kom koj cov hniav zoo:

- Xuas tus txhuam hniav mos thiab zoo los txhuam koj cov hniav ob peb zaug ib hnuv twg.
- Yuav lub tshuaj txhuam hniav uas muaj tshuaj **fluoride** nrog los txhuam. Fluoride yuav pab kom koj cov hniav ruaj.
- Xuas hlua dig hniav los dig cov kis tas li
- Mus ntsib kws kho hniav tas li.

Kev Tshuaj Ntsuam Hniav

Koj yuav tsum mus ntxuav hniav thiab ntsib kws kho hniav txhua 6 lub hlis. Koj yuav tau teem caij mus ntsib kws kho hniav. Thaum mus ntxuav hniav, koj yuav ntsib tus kws kawm los tu hniav thiab kws kho hniav. Kws kho hniav yuav xoo fais fab, ntxuav thiab dig koj cov hniav thiab qhia koj tu koj cov hniav. Dentist yog cov kws kho hniav. Me nyuam thiab cov laus yuav tsum mus ntxuav thiab ntsuam xyuas lawv cov hniav.

Tus kws kho hniav yuav xyuas koj cov hniav tom qab tus kws tu hniav ntxuav tag. Tus kws kho hniav yuav pab xyuas tej yam li **quav hniav, kab noj plawv hniav,** mob hniav thiab **pos hniav muaj kab mob.**

Tej zaum cov hniav tuaj tsis sib ncag los yog tuaj hniav ntau tus heev. Muaj ntau txoj kev uas tus kws kho hniav pab kho thiab ua kom ncag rau. Nrog koj tus kws kho hniav tham txog tej kev pab no.

Tiv Thav Hniav Lwj

Cov laus thiab me nyuam yeej muaj puas hniav tib yam nkaus. Qhov no hu ua hniav lwj. Hniav puas thaum cov kab loj thiab noj taus koj cov hniav es lwj tag. Koj tiv thav tau kom koj cov hniav txhob lwj yog koj txhuam ob peb zaug ib hnuv twg thiab dig ib zaug ib hnuv twg.



Me Nyuam Haus Raj Mis Ua Hniav Lwj

Niam txiv tej zaum pheed muab me nyuam pw txheem lub raj muaj mis los yog kua txiv hmab txiv ntoo. Qhov no pab tau kom cov kab loj tau hauv qhov ncauj thiab ua rau cov hniav lwj. Nws tseem ceeb heev qhov koj yuav tau txhuam nws cov hniav ua ntej mus pw. Nov yog ib co kev uas koj ua tau tsis txhob siv lub raj mis thaum caij pw:

- Muab lub txiv mis qhuav rau koj tus me nyuam ntxais
- Piav dab neeg rau me nyuam
- Hu nkauj rau koj tus me nyuam
- Muab nws daim pam los yog tus khoom ua si nws nyiam tshaj rau nws

Yog koj tus me nyuam yuav tsum noj lub raj mis xwb, koj ntxiv dej rau cov mis. Ib hmos twg koj ntxiv dej ntau me ntsis hos mis tsawg zus. Lub lim tiam tag koj yuav tsum muab dej nkaus xwb. Dej tsis ua rau koj tus me nyuam cov hniav puas yav hmo ntuj.

Nrog koj tus kws kho hniav tham txog tej kev pab kom koj tus me nyuam kom txhob noj lub raj mis thaum mus pw.

Cov lus no yog muab los ntawm tsab ntawv *"Baby-Bottle Tooth Decay in Hmong Children,"* CUHCC, 1997.

Kev Tshuaj Ntsuam Qhov Muag

Koj yuav tsum muaj ib tus kws kho qhov muag saib xyuas koj ob lub qhov muag txhua txhua xyoo pab kom txhob pib muaj kab mob. Neeg uas mob ntshav qab zib thiab ntshav siab yuav tau mus ntsib kws kho qhov muag ntau zaus me ntsis. Me nyuam yaus los yeej muaj taus teeb meem es yuav tsum mus ntsib kws kho qhov muag ua ntej pib mus kawm ntawv.

Lub sij hawm mus tshuaj ntsuam koj ob lub qhov muag, tus kws kho qhov muag yuav xyuas seb koj qhov muag puas pom kev zoo thiab puas yuav tau coj iav. Tus kws kho qhov muag yuav muab tshuaj tso rau koj ob lub qhov muag nrhiav ob peb yam mob xws li mob **glaucoma, qaus muag** thiab teeb meem hauv koj ob lub qhov muag **lub ntsiab muag**.

Muaj ob hom kws kho qhov muag hu ua **optometrists** thiab **ophthalmologists** (kawm tiav los kho qhov muag) uas tshuaj ntsuam qhov muag. Optometrists ua hauj lwm hauv khw txiav thiab muag iav. Lawv xyuas koj lub qhov muag xwb lawv yeej paub tias koj yuav tsum coj iav los tsis coj. Yog mob qhov muag lawv yuav xa koj mus rau tus ophthalmologist uas yog tus kws kho qhov muag pab ntxiv.

Tsom Iav thiab Iav Lo Ntsiab Muag

Yog koj yuav tsum koj iav, koj yuav tau mus rau lub khw uas txiav thiab muag iav qhov muag, hu xov tooj rau tus neeg txiav iav qhov muag. Tej lub khw loj loj muag ntau yam, hu ua khw department stores, muaj chav muag iav thiab. Hauv lub khw muag iav, koj mus rau lawv txiav thiab nqa tau koj lub iav kom haum nkaus koj lub qhov muag. Yog koj xav koj iav lo ntsiab muag, koj muas tau hauv lub khw los yog hauv tus kws kho qhov muag lub chaw ua hauj lwm. Tej cov ntawv them nqi kho mob yuav them rau iav qhov muag tiam sis tsis them rau cov iav lo ntsiab muag.

Nov yog ib cov tswv yim pab koj tu koj ob lub qhov muag kom zoo:

- Mus tshuaj ntshuam qhov muag 2 xyoos ib zaug twg.
- Coj iav thaiv qhov muag kom qhov muag tsis puas tom hauj lwm.
- Siv cov tshuaj rau qhov muag uas kws kho qhov muag muab rau koj.
- Coj tsom iav qhov muag thaiv hnuv ci xim liab doog, hu ua **ultraviolet protection.**
- Yog koj mob ntshav qab zib los yog ntshav siab, tham nrog koj **lub tsev kho mob tham (tus kws kho mob, tus kws saib xyuas neeg mob,** los yog lwm tus) thiab kom nws qhia txog kev noj koj cov tshuaj.
- Tsis txhob koj lwm tus neeg lub iav qhov muag.



Kev Puas Siab Puas Ntsws



*Hauv Teb
Chaws
Asmeskas,
muaj txoj kev
pab rau cov
neeg puas
hkwb los
laxwm ntev
thiab kev pab
rau cov puas
siab puas
ntsaws nyob
rau hauv
laxwm lub neej.*

9

Tshooj

Txoj kev uas neeg xav txog kev **puas siab puas ntsws** hauv Teb Chaws Asmeskas no txawm qhov koj paub hauv koj teb koj chaw. Tej lub teb chaws, neeg xav tias yog nrhiav kev pab rau kev puas siab puas ntsws ces yog vim tus neeg ntawd “vwm”. Hauv Teb Chaws Asmeskas, muaj kev pab rau cov neeg uas ib txwm puas hlwb thiab rau cov neeg uas muaj kev puas siab ntsws vim nws lub neej txom nyem. Tej teeb meem no feem ntau yeej siv tshuaj los yog tham nrog tej neeg uas paub txog tej teeb meem no.

Yog koj muaj puas siab puas ntsws ua rau koj tau mus pw hauv tuam tsev kho mob loj los yog tau noj tshuaj rau yav tag los, qhia koj **lub tsev kho mob (kws kho mob, kws saib xyuas neeg mob** los yog lwm tus) thaum koj mus ntsib lawv. Yog koj tseem muaj cov fwj tshuaj los yog ntaub ntawv kho mob yav tag, muab rau koj lub tsev kho mob/kws kho mob saib, txawm tias cov ntawv tsis yog lus Asmeskas. (Muaj neeg kawm txhais lus yuav pab kom tsev kho mob/kws kho mob lawv to taub tej fwj tshuaj.) Yog koj puas siab puas ntsws nws tseem ceeb heev rau koj noj koj cov tshuaj ntiv mus twj ywm.

Nrhiav Kev Pab Rau Kev Puas Siab Ntsws

Txij thaum koj tuaj nyob rau hauv Minnesota, ntau yam hloov hauv koj lub neej lawm. Koj tso koj teb koj chaw tseg. Tej zaum koj xiam tej txheeb ze ntau tus. Koj ncaim lub chaw uas koj hais tib haiv lus tau nrog, coj tau tej kab lis kev cai thiab kev ua neeg. Ua tus neeg poob teb poob chaw ces yeej muaj ntau txoj kev puas siab puas ntsws.

Tej cov neeg thoj nam tawg rog tuaj rau Teb Chaws Asmeskas muaj txoj npau suav yuav pib lub neej tshiab uas yooj yim tshaj thiab tsis txaus ntshais npaum li lub neej qub qab. Mus nyob lub teb chaws tshiab tiag tiam sis ntau yam nyuab heev vim txoj kev ua neeg sib txawv. Yuav ua rau koj muaj ntau txoj kev xav: chim siab, kho siab, npau taws, twm zeej, ntshai, ruam tag los yog poob siab. Koj yuav muaj tej kev xav no los yog xav lwm yam tshaj nov. Tej no yeej muaj rau cov neeg li koj.

Ntau tus neeg thoj nam tawg rog raug muaj ntau yam phem heev hauv nws lub neej yav tag los sis pom tej kev phem no ua rau lwm tus. Tej no yuav ua ib qho kev puas siab ntsws rau koj txawm nws twb yog ntau ntau xyoo los lawm.



Tej thaum cov kev xav no ua rau koj tsis paub nyob los yog ruam tag. Thaum heev rau koj dhau uas nrog tsis taus leej twg tham, yuav ua rau koj muaj mob, koj tus cwj pwm yuav hloov, muaj teeb meem ua ub ua no uas koj ib txwm ua tau zoo. Tej thaum neeg puas siab ntsws tsis nyiam nrog lwm tus tham txog lawv tej kev puas siab ntsws. Koj tsis xav nroo ua rau lwm tus puas siab los yog muaj lwm tus xav phem txog koj. Tus **kws kho puas siab ntsws** yog ib tus neeg yuav pab tau koj.

Feem ntau cov neeg thoj nam tawg rog yeej tsis thov kom tus kws kho puas siab ntsws pab yav dhau los li. Thaum lawv xav tau kev pab tshaj, lawv nrog tej txheeb ze tham, tus phooj ywg ntseeg siab, tej coj noj coj ua los yog xib fwb hauv tsev teev ntuj. Tuaj nyob rau Teb Chaws Asmeskas ua ib tus neeg thoj nam tawg rog poob tag koj tej neeg pab koj thiab ze koj yav tag los.

Txhua tus neeg muaj cov teeb meem sau nram no ib zaug hauv lawv lub neej. Tiam sis yog koj muaj ntau ntau cov teeb meem nram no los yog teeb meem uas ua nyuaj heev rau koj nyob ib hnuv dhau ib hnuv, qhia lwm tus neeg kom muaj kev pab rau koj.

Teeb Meem Uas Tej Zaum Koj Tau Muaj

Teeb Meem Tsaug Zog

- Dab ntub tsis tuaj yav hmo ntuj li
- Pw tsis tsaug zog ib hmos kaj ntug
- Rov tsaug tsis taus zog yog tsim yav hmo ntuj lawm
- Npau suav phem heev ua rau yus pw tsis taus
- Xav pw tas li xwb.

Teeb Meem Noj Mov

- Tsis hnov tshaib plab
- Tsuas noj thaum muaj neeg yuam koj noj xwb
- Yuag zus, paub tias koj cov khaub ncaws xooob heev.
- Hnov tshaib plab tas li
- Noj ntau heev heev
- Rog zus, paub tias koj cov khaub ncaws ceev heev.

Teeb Meem Hauv Koj Lub Cev

- Hnov tshee na sab hauv tuaj
- Tshee tej zag los yog tshee tshee
- Tawm fws ntau heev
- Koj lub plawv dhia uas koj hnov deeg tshwm ntawm hauv siab
- Hnov hauv siab ceev los yog nyhav tsawv
- Hnov zoo li daig caj pas
- Hnov zoo li tsis muaj pa txaus
- Hnov zoo li muaj dab tsi nkag hauv koj cov tawv nqaij
- Hnov zoo li koj yuav tuag li

Teeb Meem Puas Siab Puas Ntsws

- Tu siab tas li
- Quaj heev
- Siab tsis tus, chim siab rau tej uas ib txwm tsis ua kev chim rau koj
- Cam ncauj thiab qw cem luag tej
- Xav nyob ib leeg tshaj li yav tag
- Tsis xav nrog luag tej tshaj yav tag
- Xyu heev
- Hnov loog tag, zoo li tsis pom qab yuav xav li cas lawm
- Poob siab tag, xws li tsis muaj ib yam dab tsi los yog leej twg pab tau koj lub neej kom zoo tshaj tam sim no.
- Xav tuag thiab xav txog kev txo yus txoj sia
- Tsis sawv los ua tej num uas koj ib txwm ua
- Tsis muaj siab ua tej nyuag yam me me li lawm
- Ruam tag tsis paub tom ntej tom qab
- Tsis txaus siab pw ua ke sib deev nrog tus khub li lawm
- Xav tias yus tus kheej tsis tsim nuj nqis li lawm

Teeb Meem Nrog Koj Txoj Kev Xav Los Yog Koj Tus Cwj Pwm

- Tem toob heev tshaj yav tag
- Xav tias muaj neeg pheej yuav txhom yus
- Xiam ub no tshaj yav tag
- Tsis nco qab ua kom tiav tej koj pib tau
- Nco tsis tau tej tseem ceeb uas yuav tsum paub rau hauv siab



T s h o o j C u a j

- Ua tej num yooj yim tsis tiav vim xav tsis tau los yog tsis nco xyov ua li cas lawm
- Tsis nco qab nyeem ntawv, saib TV los yog mloog xov tooj cua vim mloog tsis taus twj ywm los yog zaum tsis taus twj ywm
- Kawm tsis tau dab tsi thiab nco tsis tau dab tsi tshiab
- Muaj tej kev xav thiab tej hauv siab uas koj tswj tsis tau tus kheej
- Hnov ub no nrov tiam sis thaum xyuas tsis muaj leej twg li
- Sij hawm dhau mus yeej tsis paub tias koj ua li cas rau lub caij ntawd li

Yog koj los yog muaj neeg hauv koj tsev muaj cov teeb meem hais no, nrog koj lub tsev kho mob/kws kho mob tham. Cov kev xav zoo li no yeej muaj tshwm sim thiab tej zaum yog vim tej uas muaj yav tag los hauv koj teb koj chaw, txoj kev tuaj mus rau Teb Chaws Asmeskas ua ib tus neeg thoj nam tawg rog los yog ua lub neej tshiab nov xwb. Hauv xeev Minnesota, muaj ntau txoj kev pab rau cov neeg thoj nam tawg rog. Cov kws kho kev puas siab ntsws tau kawm los kom paub txog tej teeb meem zoo li no. Ntau tus to taub txog koj kev lis kev cai thiab kev ntseeg. Tej zaum koj dim ntau txoj kev phem tiam sis tseem ua ib qhov kev puas tsuaj rau lub siab lub ntsws. Yog tias nyuab nyuab rau koj nyob ib hnuv dhau ib hnuv, qhia lwm tus neeg paub kom koj kaj siab me ntsis.

Chaw Mus Nrhiav Kev Pab

Nram no yog ib cov chaw hauv zos Minneapolis thiab St. Paul uas muaj kev pab rau cov neeg thoj nam tawg rog cov teeb meem li hais no.

Chicanos Latinos Unidos en Servicios (CLUES)

797 East 7th St.
St. Paul, MN 55106
(651) 379-4200

720 East Lake St.,
Minneapolis, MN 55407
(612) 747-3500

Community University Health Care Center (CUHCC)

2001 Bloomington Ave. S.
Minneapolis, MN 55404
(612) 638-0700

Hennepin County Medical Center (HCMC)

701 Park Ave.
Minneapolis, MN 55415
(612) 873-3000

HealthPartners Center for International Health

451 North Dunlap St.
St. Paul, MN 55104
(651) 647-2100

Wilder Foundation

451 Lexington Parkway N.
St. Paul, MN 55104
(651) 280-2000

The Center for Victims of Torture

649 Dayton Ave.
St. Paul, MN 55104
(612) 436-4800



Neeg Txhais Lus Rau Kev Kho Mob



*Tus neeg
txhais lus lub
luag hauj
kwm yog
txhais txhua
lo lus uas koj
hais rau koj
lub tsev kho
mob/kws kho
mob thiab
txhais txhua
lo lus uas lub
tsev kho
mob/kws kho
mob hais rau
koj.*

10
Tshooj

Yog tias lus Asmeskas tsis yog yam lus uas koj hais thaum koj loj los, tej zaum koj yuav tsum muaj neeg pab koj hais lus rau koj **lub tsev kho mob (tus kws kho mob, kws saib xyuas neeg mob**, los yog lwm tus). Nws txawj hais lus Asmeskas thiab koj yam lus zoo heev thiab tej zaum kawm los txhais lus rau fab kho mob (piav rau ob tug neeg uas hais ob haiv lus sib txawv). Tus neeg txhais lus lub luag hauj lwm yog txhais txhua lo lus kom yog kiag li koj hais rau koj tus kws kho mob thiab txhais txhua lo lus uas koj tus kws kho mob hais rau koj. Cov neeg txhais lus rau kev kho mob tau kawm siv cov lus rau fab kho mob, khaws txhua yam tsis hais qhia leej twg, thiab txhais lus kom zoo rau koj thiab koj tus kws kho mob.

Cov neeg ntiav txhais lus yuav tsum khaws txhua yam tsis hais qhia leej twg. Lawv tham tsis tau txog koj rau leej twg, txog koj tus mob, kev kho mob, los yog lub caij nyoog teem tseg. Neeg txhais lus tham tsis tau txog lawv tej kev xav, kev ntseeg, tswv yim los yog lus teb txog koj tus mob. Nws yog koj hauj lwm, tsis yog tus neeg txhais lus li hauj lwm los nug koj lub tsev kho mob txog koj tus mob yog tias koj tsis to taub dab tsi. Tus neeg txhais lus pab tau koj teem sij hawm rov tuaj rau lwm lub caij nyoog. Koj yuav tsum tsis txhob txib kom tus neeg txhais lus pab koj ua lwm yam.

Kev Pab Koj Hais Lus Zoo Thaum Koj Muaj Tus Txhai Lus

Thov Tus Neeg Txhais Lus

Tus neeg uas teem sij hawm rau koj yuav tsum qhia tus neeg hauv xov tooj tias koj yuav tsum tau neeg txhais lus thiab yam lus koj hais yog yam twg. Yog tsis hais kom muaj neeg txhais lus thaum teem sij hawm, thaum koj mus txog tom tsev kho mob tej zaum koj yuav tau teem dua sij hawm tshiab. Koj hu tau koj daim ntawv them nqi kho mob qhov chaws ua hauj lwm kom tau neeg txhais lus rau koj.



Siv Tus Phooj Ywg Los Yog Tus Txheeb Ze

Txawm tias txoj cai hais kom cov tsev kho mob yuav tsum muaj neeg txhais lus, tej lub kuj tsis muaj. Tej zaum lawv kom koj koj ib tus neeg ze koj los yog tus phooj ywg ua tus neeg txhais lus rau koj. Siv phooj ywg thiab cov txheeb ze txhais lus tej zaum yuav pab tsis tau koj ntau, vim lawv tsis tau kawm kom muaj peev xwm thiab paub txog cov tshuaj uas yuav pab tau koj. Phooj ywg thiab tej txheeb ze tej zaum kuj txhais yuam kev uas ua teeb meem. Tsis tas li ntawd, cov phooj ywg los yog cov txheeb ze yuav tsis xav qhia txhua yam uas tsev kho mob/kws kho mob hais, xws li tej lus tsis xav qhia leej twg los yog tej lus yuav ua puas siab ntsws. Tsis txhob siv me nyuam los txhais lus rau txoj kev kho mob. Qhov no yuav ua nyuab rau tus me nyuam thiab rau koj.

Koj Cov Cai

Koj muaj txoj cai yuav tsum tau tus neeg txhais lus uas kawm tawm los, uas qhov chaw koj mus kho mob yog tus nrhiav rau koj. Lawv tsis muaj cai tsis kam kho koj vim koj tsis txawj hais lus Asmeskas. Yog qhov chaw yuav kom koj koj li neeg txhais lus, koj muaj ntau yam koj ua tau.

- Rov qhia lub tsev kho mob no txog koj cov cai thiab seb lawv yuav tsum ua li cas.
- Hu rau lub chaw txais tos koj tuaj teb chaws no los yog koom haum koj haiv neeg kom pab nrog koj tham nrog lub tsev kho mob ntawd txog koj cov cai.
- Sau ntawv yws txog lawv rau qhov chaw hauj lwm Federal Office of Civil Rights. Lawv tus xov tooj yog 1-312-886-2359. Koj tsis tas qhia koj lub npe rau qhov chaw no thiab sau ntawv yws txog li no tsis ua teeb meem rau koj lub neej yav tom ntej txoj kev mus kho mob. Lub chaw no muaj neeg txhais lus nrog koj tham thiab qhia rau luag txog koj cov lus yws.

Cov lus no yog muab los ntawm tsab ntawv “*Guidelines for Working with Interpreters,*” Bruce Downing University of MN.

Nov yog ib co tswv yim pab koj hais tau lus zoo thaum koj siv neeg txhais lus:

- Yog koj hnov tsis tseeb los yog tsis to taub, nug tas li.
- Hais lus ncaj qha rau tsev kho mob/kws kho mob tsis yog rau tus neeg txhais lus.
- Thov kom tus neeg txhais lus sau npe tshuaj los yog kev noj tshuaj rau koj.
- Tsis txhob qhia dab tsi rau tus neeg txhais lus yog koj tsis xav kom tsev kho mob/kws kho mob paub txog. Tus neeg txhais lus yuav tsum txhais txhua lo lus uas tau hais ntawm koj thiab tsev kho mob/kws kho mob.
- Nug tus neeg txhais lus txog kev kho mob thaum kws kho mob nyob nrog neb xwb.
- Tsis txhob nug tus neeg txhais lus seb nws xav li cas. Neeg txhais lus muab tsis tau tswv yim.
- Tsis txhob kom tus neeg txhais lus nrog koj txiav txim siab.

Cai thiab Luag Num



*Thaum koj
kawm txog
txoj kev kho
mob hauv
Teb Chaws
Asmeskas,
koj pab qhia
tau rau koj
hauv neeg.*

11

Tshooj

Hauv Teb Chaws Asmeskas koj paub koj cov cai siv kev kho mob mas tseem ceeb heev thiab paub tias yuav tsum ua li cas los yog paub tias thaum twg yuav tsum mus kho mob.

Koj Muaj Cov Cai No

- Kom luag saib taus koj txhua lub sij hawm.
- Siv tau tsev kho mob/kws kho mob pab koj 24 teev ib hnuv twg, xya hnuv ib lim tiam twg. Qhov no yog chav tsev kho mob ti tes ti taw thiab.
- Kom luag qhia rau koj txog koj tej kab mob. Muaj tej zaum koj yuav tau sau npe rau ntaub ntauv tso cai rau lawv kho koj xws li phais neeg. Koj lub **tsev kho mob, (tus kws kho mob, tus kws saib xyuas neeg mob,** los yog lwm tus) yuav piav qhov nov rau koj yog tias muaj.
- Qhia rau koj txog txoj kev kho koj thiab seb yuav pab koj li cas los yog ua mob li cas.
- Tsis kam kho raws li txoj kev kho thiab kom luag qhia tias yuav ua li cas rau koj yog koj tsis kam kho.
- Kom koj paub tias lub tsev kho mob yuav khaws koj tej ntaub ntauv kom muaj chaw zoo. Txhua yam uas koj qhia tsev kho mob/kws kho mob thiab tus **neeg txhais lus** huv tib si.
- Sau tau ntawv mus yws txog koj txoj kev mus kho mob rau koj daim ntawv them nqi kho mob lub chaw ua hauj lwm los yog rau tus thawj coj hauv Tuam Tsev Ua Hauj Lwm Pab Pej Xeem los yog Tuam Tsev Ua Hauj Lwm Xyuas Fab Kho Mob.
- Kom paub tsev laus thiab kev tu neeg mob hauv vaj hauv tsev twg uas koj daim ntawv them nqi kho mob yuav them.
- Sau ntawv qhia seb yuav ua li cas rau koj thaum koj tus mob yuav ua rau koj tas sim neej; daim ntawv no hu ua “living will”.
- Muaj cai xaiv qhov chaw uas nrog koj npaj seb yuav muaj me tub me nyuam npaum li cas.
- Tau tus neeg thib ob lub tswv yim txog kev kho mob, kev kho puas siab puas ntsws thiab kev pab rau tej **kev quav dej quav cawv los yog quav yaj yeeb quav tshuaj.**

Dua li cov saum no lawm, txawm tias koj them tsis taus nqi kho mob los koj tseem muaj cov cai nram no:

- Kom luag coj zoo rau koj txhua lub sij hawm.
- Coj ib tus neeg nrog koj mus ua tus hais lus pab koj, yog koj tsis paub tom ntej tom qab lawm..
- Qhia rau lub tsev kho mob txog koj txoj kev ib txwm kho kab mob thiab seb koj saib xyuas koj tus kheej li cas; qhia tag nrho tej tshuaj uas koj noj thiab siv.

- Siv tau yam kev pab uas tsim tau rau koj xws li neeg txhais lus, tsheb coj koj mus los thiab tsev kho mob specialty.
- Hais taus rau tsev kho mob uas kho koj tsis txaus koj siab.

Koj Lub Luag Num Yog Yuav Tsum Paub Txog Cov No

Koj yuav tsum paub txog cov nov. Paub txog tej yuav pab koj nrhiav tau yam kev pab uas koj xav tau. (Feem ntau cov lus no yuav tsum muab rau koj thaum koj tau koj daim ntawv them nqi kho mob).

Yuav Ua Li Cas Yog Kuv Muaj Mob Ti Tes Ti Taw?

- Yog tias muaj mob ti tes ti taw ua rau koj yuav tuag los yog puas koj lub cev, yuav xiam caj npab los txhais ceg, hu rau 911 los yog mus rau lub tuam tsev kho mob loj chav khob mob ti tes ti taw uas ze tshaj.
- Yog ua tau, hu rau koj lub tsev kho mob es lawv pab koj txiav txim seb yuav ua li cas.

Yuav Ua Li Cas Yog Kuv Muaj Mob Thaum Kuv Mus Txawv Zos?

- Yog koj muaj mob thaum mus txawv zos ces mus rau lub tsev kho mob ze tshaj plaws.
- Yog koj yuav tau pw kho mob hauv tuam tsev kho mob loj, hais kom tuam tsev kho mob loj hu rau koj daim ntawv them nqi kho mob kom paub tseeb tias lawv yuav them.
- Yog koj yuav tawm mus txawv zos ob peb hnub, hu rau koj daim ntawv them nqi kho mob qhov chaw ua hauj lwm txog kev kho mob lwm qhov.

Kuv Yuav Teem Sij Hawm Li Cas?

- Teem sij hawm nrog tsev kho mob/kws kho mob uas koj ib txwm mus ntsib xyuas tej mob ua dog ua dig, hu rau koj lub tsev kho mob uas koj ib txwm mus.
- Yog koj tsis tau mus ntsib koj lub tsev kho mob/kws kho mob, hu xov tooj mus teem sij hawm kom lawv muaj ntaub ntawv txog koj.
- Yog koj raug mob los yog cia li mob heev heev, hu xov tooj rau koj lub tsev kho mob ua ntej koj cia li mus ntsib luag.
- Hu xov tooj qhia koj lub tsev kho mob yog koj yuav tsum tau hloov lub sij hawm teem tseg los yog yuav mus tsis tau.
- Yog tias tshaj ib leeg hauv ib tsev neeg yuav mus ntsib tsev kho mob/kws kho mob, teem kom muaj sij hawm rau txhua tus.
- Koj lub tsev kho mob yuav qhia koj txog cov kev tshuaj ntsuam koj. Hu rau koj lub tsev kho mob uas koj ib txwm mus yog koj muaj kev txhawj txog los yog muaj lus nug.

Kuw Ntsib Kuw Tus Kws Kho Mob Puas Tau Tas Li?

- Ntau zaum koj yeej ntsib tau koj tus kws kho mob, tiam sis tej thaum nws tsis khoom thiab.
- Yog koj yuav tsum tau mus ntsib kws kho mob tiam sis koj tos tsis taus txog thaum koj tus kws kho mob khoom, koj ntsib tau lwm tus thiab.
- Yog koj xav hloov kws kho mob, koj lub tsev kho mob pab tau koj.
- Yog koj xav hloov tsev kho mob, koj daim ntawv them nqi kho mob qhov chaw hauj lwm pab tau koj.

Teem Sij Hawm Ntsib Koj Tus Kws Kho Mob

Cov no yuav pab koj teem sij hawm mus ntsib koj tus kws kho mob:

Tej Yam Koj Yuav Tsum Ua

- Qhia koj lub npe: “Kuv npe hu ua_____.”
- Qhia tus neeg teb xov tooj tias koj hais tau me me los yog tsis tau lus Asmeskas.
- Qhia seb vim li cas koj thiab hu xov tooj: “Kuv xav teem sij hawm nrog kws kho mob los yog tus kws saib xyuas neeg mob _____ vim tias _____.”
- Qhia tus neeg teb xov tooj seb koj qhov mob heev yog dab tsi. Yog tias koj mob heev, qhia nws.
- Thaum teem tau sij hawm lawm, rov hais lub hnuv thiab sij hawm rau tus neeg teb xov tooj kom nws paub tias koj tau qhov tseeb lawm.
- Hu rau lub tsev kho mob yog koj yuav mus tsis tau rau lub sij hawm teem tseg los yog yuav mus lig heev.

Tej Yam Koj Yuav Ua Tsis Tau

- Txhob cia siab tias koj yuav nrog tus kws kho mob tham tau thaum koj hu xov tooj mus teem sij hawm.
- Tsis txhob cia siab tias tus kws kho mob yuav tuaj xyuas koj hauv koj lub tsev.
- Tsis txhob cia siab tias yuav ntsib tau tus kws kho mob tib hnuv uas koj hu xov tooj mus teem sij hawm yog tias koj tsis mob heev heev tiag.

Yuav Ua Li Cas Yog Kuv Xaw Tau Kev Pab Mus Rau Tsev Kho Mob?

Yog koj tau Medical Assistance (MA), General Assistance Medical Care (GAMC) los yog MinnesotaCare (MNCare) tej zaum yuav muaj kev them nqi tsheb koj mus cuag koj lus tsev kho mob/kws kho mob. MNCare them nqi tsheb rau cov neeg 21 xyoos rov hauv thiab cov poj niam uas yuav mus yug me nyuam. MA thiab GAMC yuav them nqi tsheb rau cov neeg mus ntsib tsev kho mob/kws kho mob.

Yog koj tsav koj tsheb los yog tus phooj ywg los yog tus txheeb ze koj koj mus, lub nroog (MA los yog GAMC) los yog lub xeev (MNCare) yuav them rau koj cov nqi roj thiab nqi nres tsheb. Koj yuav tau them ua ntej tiam sis lawv yuav rov them rau koj. Nug koj tus neeg saib xyuas koj cov nyiaj txiag kom muab daim ntawv hu ua “Request for Medical Trip Payment.” uas yog daim ntawv xa mus kom luag them nyiaj rov rau koj. Sau daim ntawv kom tiav, muab cov tw nqi nres tsheb thiab seb tsav mus tau pes tsawg mile ces xa mus rau koj tus neeg ua hauj lwm xyuas koj cov nyiaj txiag. Lawv yuav tsis them koj txog thaum lawv pom zoo.

Yog koj tau MA los yog GAMC thiab muaj lwm daim ntawv them nqi kho mob, lub chaw hauj lwm rau koj lwm daim ntawv them nqi kho mob yuav xyuas kev mus rau tsev kho mob/kws kho mob pab rau koj.

- Koj yuav tsum yog ib tus neeg koom tes rau lub chaw koj daim ntawv them nqi kho mob.
- Koj yuav tau xub hais qhia lawv li 5 mus rau 7 hnuv ua ntej koj lub sij hawm teem tseg. Kuj muaj lwm txoj kev pab yog tias sij hawm teem yog tib hnuv hu mus rau los yog **muaj mob ceev heev**.
- Lub chaw hauj lwm rau koj daim ntawv them nqi kho mob yuav them nqi tsheb koj koj mus rau tsev kho mob/kws kho mob thaum txog lub caij teem tseg.
- Koj daim ntawv them nqi kho mob yuav tsum them rau cov nqi tsheb mus ntsib tej xws li kws qoj kho pob txha, kws kho qhov muag, kws kho hniav, kws kho qoj ib ce kom rov ua taus ub no thiab tej thaum mus pab rau kev haus dej haus cawv los yog haus tshuaj.
- Koj daim ntawv them nqi kho mob yuav them nqi tsheb rau koj mus kho mob. Koj caij tsheb loj (bus), tsheb ntiav (taxi) los yog lwm tus neeg li tsheb.

Yog koj muaj lus nug txog kev mus los kho mob, nrog koj lub nroog los yog qhov chaw ua hauj lwm Department of Human Services kev pab pej xeev tham. (xyuas Tshooj 3).

To Taub Lwm Haiv Neeg

Hauv Teb Chaws Asmeskas, cov tsev kho mob/kws kho mob yuav tsis paub txog koj tej kev cai kho mob. Thaum koj mus ntsib tsev kho mob/kws kho mob, nws yog lub sij hawm zoo rau koj qhia txog seb txoj kev noj qab nyob zoo yog zoo li cas rau koj haiv neeg. Ua siab ntev rau cov lus nug uas kws kho mob nug. Nws yog ib txoj kev pab kom lawv paub pab koj.

Qhia koj lub tsev kho mob/kws kho mob txog txhua yam tshuaj uas koj noj tas li, txawm tias nws yog tshuaj Hmoob los yog tshuaj hauv tsev. Cov tshuaj Hmoob no tej zaum ua teeb meem rau cov tshuaj koj tus kws kho mob yuav muab rau koj noj. Yog koj xav paub cov tshuaj koj tus kws kho mob muab rau koj noj, nco ntsoov hais kom lawv txhais rau koj.

Yog koj tsis txaus siab rau txoj kev lawv xyuas koj tus mob, koj nrog tus neeg pab neeg mob hauv tsev kho mob/kws kho mob tham. Yog nws pab tsis tau koj, koj hu xov tooj rau Tuam Tsev Ua Hauj Lwm Pab Pej Xeem tus **Ombudsperson** tus uas neeg sawv daws mus yws tau rau (xyuas Tshooj 3).

Cov no yog ib co tseem ceeb rau koj nco ntsoov thaum mus kho mob nyob hauv Teb Chaws Asmeskas:

- Tseem ceeb heev qhov koj yuav tsum mus tom tsev kho mob kom ntxov raws lub caij teem. Mus txog lig ces tej zaum kws kho mob tsis khoom xyuas koj thiab koj yuav tau teem dua sij hawm tshiab.
- Koj ntsib tus kws kho mob poj niam txiv neej los tau nyob ntawm koj nyiam txawm koj yuav yog poj niam los yog txiv neej tsis hais li.
- Chav tsev uas luag yuav tshuaj ntsuam koj yuav me heev. Yog koj ntshai chaw ti, qhia koj tus kws kho mob.

Thaum koj paub txog kev kho mob hauv Teb Chaws Asmeskas zuj zus, koj pab qhia tau rau koj haiv neeg. Koj yuav ua ib tus neeg luag ntseeg tau. Koom nrog lwm cov neeg thoj nam tawg rog thiab koom tej kev pab daws kev nyuab siab uas cov neeg thoj nam tawg rog muaj vim txoj kev kho mob txawv nyob hauv Teb Chaws Asmeskas. Koj ntsib tau cov neeg muag ntawv them nqi kho mob rau koj thiab qhia lawv kom txoj kev kho mob hauv koj lub tsev kho mob/kws kho mob yooj yim.



Neeg Pab Koj Hauv Tsev Kho Mob

Koj muaj cai nug txog txoj kev kho koj. Yog koj tsis nyiam txoj kev lawv yuav kho koj los yog xav tias zoo tsis txaus, nws muaj neeg pab tau koj.

Feem ntau cov tsev kho mob thiab tuam tsev kho mob loj muaj neeg uas lub luag hauj lwm yog pab neeg mob xwb. Cov neeg no hu ua **patient advocates** los yog neeg cev lus pab neeg mob. Lawv ua hauj lwm nrog koj kom koj txaus siab rau txoj kev kho koj.

Yog koj muaj lus nug txog kev them nqi kho mob los yog xav tau tsheb mus mus los los rau txoj kev kho mob, tus neeg cev lus pab tau koj. Yog koj yuav tau pw hauv tuam tsev kho mob loj tus neeg ntawd pab tau koj daws tej teeb meem hais lus.

Lwm Yam Kev Pab

Ntxiv rau tus neeg pab koj hauv tsev kho mob, nws muaj ntau qhov chaw rau koj mus cuag kev pab. Koj cov koom haum Volags yuav pab tau koj. Cov neeg ua hauj lwm pab neeg los yog koom haum Hmoob los pab tau koj. Volags yuav muaj cov neeg pab koj.

Tshooj Glossary

*Qhov no yog cov lus piau qhia tej lus nyuab nyuab uas siv hauv phau ntawv no. Cov lus ntawv **sau dub dub** thaum tshwm thawj zaug hauv phau ntawv no.*

ABDOMEN (PLAB MOG): lub plab mog

AFTERBIRTH (TSHO ME NYUAM): xyuas tsho me nyuam hauv plab

AIDS: Mob AIDS, los yog acquired immunodeficiency syndrome, kis mob los ntawm tus kas cees HIV, Human Immunodeficiency Virus. Kas cees HIV kis tau thaum sib deev, sib qiv koob txhaj tshuaj nrog tus neeg muaj kab mob HIV, kis los ntawm tus niam mob kas cees HIV uas xeeb me nyuam ua nws tus me nyuam hauv plab muaj mob HIV. Muaj ntau txoj kev yuav tau tshuaj ntsuam tus kab mob no thiab muab tshuaj pab kom nyob taus.

AMBULANCE (TSHEB TOS NEEG MOB): Lub tsheb uas muaj khoom thiab tshuaj tuaj pab tos neeg mob thaum muaj mob ti tes ti taw uas tus neeg tsav yog ib tug kws kho mob uas kawm los pab thaum muaj ti tes ti taw.

ASTHMA (MOB NTSWS ASTHMA): Ua pa nyuab heev uas yuav tsum tau tshuaj pab. Tus neeg mob ntsws asthma yuav ua pa nyuab. Tus mob no tej zaum cia li mob ceev ceev los muaj, hu ua asthma attack.

ASYLUM (CHAW TXHUAG SIAV): Ib qhov chaw nyob tom tej uas tus neeg mus nyob kom txhob raug mob. Tus neeg uas yuav tau mus nyob rau qhov chaw txuag siav no yog ib tus neeg uas tsis yog yug hauv Teb Chaws Asmeskas, tsis yog neeg Asmeskas, thiab rov mus tsis tau rau nws lub teb chaws los yog qhov chaw kawg uas nws muaj txoj sia nyob tsis li ces nws yuav raug mob raug tsim vim nws haiv neeg, nws kab lis kev cai, kev xav txog cov nom cov tswv, los yog kev koom tes nrog tej pab pawg twg. Tsoom fwm hauv Teb Chaws Asmeskas txiav txim seb tus neeg no puas tau mus nyob qhov chaw txuag siav no tom qab nws tuaj txog rau Teb Chaws Asmeskas.

BLOOD PRESSURE (NTSHAV SIAB LI CAS): Kev ntsuas cov ntshav ntawm sab caj npab kom qhia tau rau tus kws kho mob tias seb koj cov ntshav khiav siab li cas.

BODY FLUID (KUA HAUV LUB CEV): Txhua yam kua uas tawm hauv koj lub cev los xws li ntshav, phev, kua chaw mos, qaub ncaug, zis, kua muag thiab kua mis.

BREASTFEEDING (PUB NIAM MIS): Pub niam mis rau me nyuam mos.

CANCER (MOB CANCER): Nqaij hlav hauv koj lub cev ua mob heev heev rau koj.

CATARACTS (QAUS MUAG): Thaum lub qhov muag zoo li tsaus huab nti pom kev me me xwb.

CAVITIES (KAB NOJ HNIAG): Qhov to hauv cov hniav vim kab mob noj. Feem ntau cov qhov raug muab ntxuav huv huv thiab ntsaws tiv thaiv kom tus hniav tsis puas.

CESAREAN DELIVERY OR C-SECTION (PHAIS PLAB YUG ME NYUAM): Phais plab kom muab tau me nyuam. Hlais tus niam lub plab thiab muab tus me nyuam tawm los.

CHEMICAL DEPENDENCY (KEV QUAV DEJ CAW, QUAVYEEB QUAV TSHUAG): Teeb meem haus dej haus cawv los yog haus yeeb haus tshuaj los yog lwm yam.

CHLAMYDIA (KAS CEES CHLAMYDIA): Ib yam kab mob uas kis los thaum pw ua ke sib deev. Yuav kom tsis kis tus mob no, yuav tau looj hnab yas txhua zaus thaum pw ua ke sib deev txawm yuav siv chaw mos, qhov quav, los yog qhov ncauj nrog ib tus neeg uas muaj tus mob no. Tus mob no kis tau los ntawm tus niam rau tus me nyuam hauv plab. Muaj tshuaj kho zoo.

CIRCUMCISION (HLAIS TAWV QAU): Hlais qhov tawv npog lub tob hau qau. Feem ntau hlais cov me nyuam tub tom qab yug tau los.

COMMUNICABLE DISEASE (MOB SIB KIS TAU): Yam kab mob uas kis ntawm ib tus neeg mus rau ib tus.

CONTRACTION (MOB PLAB YUG ME NYUAM): Thaum tus poj niam xeeb me nyuam lub tsev me nyuam zawm thiab tso li lub nrig.

CO-PAYMENT (NQI YUS THEM THAUM MUS KHO MOB): Tus nqi uas tus neeg yuav tsum tau them thaum mus ntsib tsev kho mob/kws kho mob es feem ntau ntawm qhov nqi kho mob yog daim ntawv them nqi kho mob mam them. Piv txwv, koj daim ntawv them nqi kho mob lub chaw hauj lwm them rau koj cov nqi mus kho mob thaum koj mus ntsib tsev kho mob/kws kho mob tiam sis koj yuav tau them nyiaj \$10.00 dollar txhua zaus uas koj mus.

DEDUCTIBLE (NQI YUS THEM UA NTEJ NTAWV KHO MOB): Tus nqi uas tus neeg yuav tau them ua ntej daim ntawv them nqi kho mob mam li them tag nrho cov nqi kho mob. Tej thaum tsis yog nyiaj tiam sis yog ib qhov hauj lwm. Piv txwv, koj them thawj ob hnuv thaum pw hauv tuam tsev kho mob ua ntej ces lub khw them tag nrho cov nqi seem. Tsis yog tas nrho cov khw muag ntawv them nqi kho mob no yuav kom yus them qhov nqi no.

DIARRHEA (ZAWV PLAB): Zawv plab tso quav cuag dej es ib sij xav mus tso quav.

DOCTOR (KWS KHO MOB): Tus neeg uas kawm tiav los pab neeg kom txhob muaj mob thiab muaj ntaub ntawv tso cai rau nws kho mob. Feem ntau lo lus no txuas txhais tau tias yog tus kws kho mob, tiam sis ntau tus neeg ua hauj lwm rau txoj kev kho mob los hu ua kws kho mob.

DOMESTIC REFUGEE HEALTH ASSESSMENT (TSHUAJ NTSUAM NEEG THOJ NAM TAWG ROG KEV MOB KEV NKEEG): Tshuaj ntsuam kev mob kev nkeeg hauv Teb Chaws Asmeskas thiab tsis yog hauv koj teb koj chaw.

DUE DATE (HNUB LOS SO): Hnub uas yuav yug me nyuam.

FEVER (KUB IB CE): Lub cev kub tshaj 98.6 degree los yog 37 C. Piv txwv, kub cev no yuav kub tshaj 100.4 F los yog 38 C.

FLUORIDE (TSHUAJ UA HNIIV RUAJ): Ib yam tshuaj zoo txuam cov tshuaj txhuam hniav uas pab koj cov hniav kom khov. Yog koj cov hniav tsis khov heev, kws kho hniav yuav qhia rau koj.

GLAUCOMA (KAB MOB QHOV MUAG GLAUCOMA): Ib tus mob ua rau lub qhov muag ceev ceev. Nws ua rau qhov muag mob heev thiab ua tau dig muag.

GONORRHEA (KAS CEES GONORRHEA): Ib yam kab mob uas kis thaum pw ua ke sib deev. Yuav kom tsis kis tus mob no, yuav tau looj hnab yas txhua zaus thaum pw ua ke sib deev txawm yuav siv chaw mos, qhov quav, los yog qhov ncauj nrog ib tus neeg uas muaj tus mob no. Tus mob no kis tau los ntawm tus niam rau tus me nyuam hauv plab. Muaj tshuaj kho zoo.

GUM DISEASE (POS HNIIV MOB): Thaum cov nqaij ntawm pos hniav cia li xoob es tus hnia tsis ruaj lawm.

HEALTH CARE PROVIDER (TSEV KHO MOB): Kws kho mob, neeg saib xyuas neeg mob los yog lwm tus neeg kawm muab tshuaj kho mob.

HEALTH PLAN (HOM KEV THEM NQI KHO MOB): Lub khw uas them nqi kho mob. Tej thaum cov no hu ua health maintenance organizations (HMOs), preferred provider organization (PPOs), zej zog sib koom pab community integrated networks los yog ntawv them nqi kho mob insured.

HEPATITIS B (MOB SIAB HEPATITIS B): Tus no kis thaum tus neeg mob cov ntshav los yog kua cev nkag tau mus rau lwm tus neeg lub cev thaum sib deev los yog nqaij to. Tus mob no loj taus mus voos mob rau cov siab thiab ua cancer hlav rau cov siab, ob yam no puav leej ua tau neeg tuag.



HIV (KAS CEES HIV): HIV yog ib yam kab mob rau neeg lub cev tua cov ntshav dawb ua rau lub cev tiv thaiv tsis taus kab mob. Tus kab mob no kis thaum sib deev uas tus mob nyob hauv cov ntshav, phev los yog kua chaw mos nkag tau rau lwm tus neeg los yog sib qiv koob txhaj tshuaj. Muaj tshuaj rau HIV, tiam sis tsis muaj tshuaj kho kom zoo tu qab hlo. HIV yuav ua kom mob AIDS.

IMMUNIZATION (TXHAJ TSHUAJ TIV THAIV KAB MOB): Koob tshuaj tiv thaiv kom txhob muaj mob xws li kab mob siab B, kab mob ua rau plawv nres vim muaj kab mob thaiv lub caj pas ua pas, kab ua mob cov leeg los yog xauv lub puab tsaig rua tsis tau qhov ncauj, thiab kab mob ua rau hnoos heev heev; kab mob txha caj qaum, thiab ua rau caj pas o; kab mob ua ib ce tuag los yog tuag taus; kab mob ua pob khaus ua hlwv thoob ib ce; Measles, ua pob thoob ib ce thiab zoo li tau khaub thuas, ua tau dig muag, mob ntsws, mob rau lub hlwb thiab tuag taus. Mumps, ua tau rau neeg ua npaws, caj pas hlav tag thiab tej thaum tus pob txha caj qaum liab thaib o thiab lag ntseg. Rubella los yog German measles, ua pob thiab ua npaws. Rau cov poj niam xeeb me nyuam, rubella ua tau rau tus me nyuam hauv plab lag ntseg taus.

INFECTON (MUAJ KAB MOB): Thaum lub cev muaj cov kab mob.

INTERPRETER (NEEG TXHAIS LUS): Tus neeg txhais lus rau cov neeg uas tsis hais tib yam lus kom lawv sib tham tau. Tus neeg txhais lus mloog zoo zoo thiab txhais txhua lo lus uas tau hais rau neeg.

LABOR (CAIJ YUG ME NYUAM): Lub sij hawm thaum ntsub yug tus me nyuam. Yuav tau ntsub me nyuam thaum mob plab ntau zaus thiab mus tib seem nkaus. Ua rau tus niam lub qhov yug me nyuam rua loj thiaj haum tus me nyuam tawm los.

LOSS OF CONSCIOUSNESS (TSIS NCO DHEEV LAWV): Puas hlwb uas qhia tsis tau tias yus nyob qhov twg lawm.

MANTOUX SKIN TEST (TSHUAJ NTSUAM KAB MOB NTSWS TB): Txoj kev tshuaj ntsuam seb puas muaj tus kab mob ntsws TB. Tus kws kho mob txhaj ib qho kua rau koj txhais caj npab hauv qab kiag daim tawv nqaj. Tom qab ob rau peb hnuv tus kws kho mob saib qhov nqaj no xyuas seb tshuaj ntsuam tau dab tsi.

MENSTRUAL PERIOD (CAIJ COJ KHAUB NCAWS): Poj niam lub caij coj khaub ncaws. Ntev li peb txog rau hnuv.

MENTAL HEALTH (PUAS SIAB NTSWS): Siab ntsws nyob tsis tus. Siab ntsws zoo yog thaum koj tsis muaj ntau yam kev xav thiab kho siab, noj qab nyob zoo yog tsis muaj mob rau koj lub cev.

MENTAL HEALTH PROFESSIONAL (KWS KHO KEV PUAS SIAB PUAS NTSWS): Tus neeg kawm tiav los pab neeg txog teeb meem puas siab puas ntsws. Piv txwv, tus kws kho kev puas siab puas ntsws therapist los yog tus kws kho kev puas siab puas ntsws counselor.

MOOD (KEV XAV): Koj xav li cas hauv koj siab ntsws, xws li tu siab los yog zoo siab.

NIGHTMARE (NPAU SUAV PHEM): Ua npau suav phem heev ua rau koj ntshai los yog tsa tau koj sawv.

NURSE (KWS SAIB XYUAS NEEG MOB): Tus neeg kawm los saib xyuas neeg mob thiab pab tus kws kho mob.

NURSE MIDWIFE (KWS PAB POJ NIAMYUG ME NYUAM): Tus neeg kawm tiav los pab koj yug me nyuam thiab saib xyuas tus niam ua ntej thiab tom qab yug me nyuam tag.

NURSE PRACTITIONER (KWS SAIB XYUAS NEEG MOB HAUVTSEV): Tus neeg kawm tiav los ua saib xyuas neeg mog thiab ua tau tej yam xws li tus kws kho mob ua rau tom tsev.

OMBUDSPERSON (NEEG PAB PEJ XEEM TEEB MEEM): Tus neeg ua hauj lwm rau cov tsoom fww thiab mloog neeg pej xeem tej lus yws, tej lus tsis haum siab thiab pab daws tej teeb meem.

OPHTHALMOLOGIST (KWS KHO QHOV MUAG): Tus kws kho mob kawm tiav los kho qhov muag. Tus kws muab tshuaj kho qhov muag.

OPTOMETRIST (KWS NTSUAS TSOM IAV QHOV MUAG): Tus neeg kawm tiav los tshuaj ntsuam qhov muag thiab pab txiav tsom iav kom haum rau neeg lub qhov muag kom pom kev. Tus neeg no tsis yog ib tug kws kho mob.

PARALYSIS (IB CE TUAG): Tsis hnov los yog txav tsis tau tej ib ce.

PARASITE (CAB): Tus kab uas cياج sia thaum nyob ntawm neeg lub cev xws li cab hauv cov nplab nyhuv.

PAROLEE (NEEG TXAWV TEB CHAWS): Tus neeg uas yug nyob lwm lub teb chaws uas tau cai nkag rau hauv Teb Chaws Asmeskas vim kev ti tes ti taw los yog nws los yuav zoo rau pej xeem. Piv txwv, tus neeg Haitian los yog Cuban.

PATIENT ADVOCATE OR PATIENT REPRESENTATIVE (NEEG CEV LUS PAB NEEG MOB): Tus neeg pab koj nrog koj lub tsev kho mob (tus kws kho mob, kws saib xyuas neeg mob thiab lwm tus) tham thiab pab kom koj tau txoj kev kho mob yog rau koj.

PLACENTA (AFTERBIRTH) (TSHO ME NYUAM): Lub hnav nyob hauv tus poj niam lub plab thaum nws xeeb me nyuam uas pab yug tus me nyuam kom loj taus. Nws tawm los tom qab yug tau tus me nyuam thiab txoj hlab ntaws txuas ntawm lub hnav no.

PLAQUE (QUAV HNIIV): Ib yam nplaum nplaum tsis muaj xim lo rau cov hniav. Nws muaj cov kab mob ua rau hniav puas. Txhuam hniav tas li yuav pab kom tsis muaj cov no.



POSTPARTUM VISIT (NTSIB KWS KHO MOB TOM QAB LOS SO): Xyuas tus niam uas nyuam qhuav yug me nyuam tag.

PREMIUM (NQI CHAW HAUJ LWM THEM): Qhov nqi uas tus neeg lub chaw hauj lwm them rau lub khw muag ntawv them nqi kho mob.

PRENATAL CARE (TSHUAJ NTSUAM POJ NIAM XEEB ME NYUAM): Tshuaj ntsuam tus niam ua ntej nws mus yug me nyuam kom tus niam thiab tus me nyuam noj qab nyob zoo. Qhov no yuav tau mus ntsib tsev kho mob (kws kho mob, neeg pab kws kho mob thiab lwm tus) ntau zau heev.

PREPAID MANAGED HEALTH CARE PROGRAMS (KEV PAB THEM NQI KHO MOB): Cov kev pab kho mob uas twb them tag lawm hauv xeev Minnesota no yog Medical Assistance, General Assistance Medical Care thiab MinnesotaCare. Kev kho mob nyob ntawm hom kev them nqi kho mob twg thiaj li them xwb. Koj yuav tsum tib hom kev them nqi kho mob mus kho mob xwb.

PREVENTIVE THERAPY (KHO TIV THAIV KAB MOB): Tshuaj los yog kev kho tiv thaiv kab mob uas kom tsis muaj yav tom ntej. Qhov no feem ntau yog siv los tiv thaiv kab mob ntsws.

PRIMARY CARE PROVIDER (KWS KHO MOB KOJ IB TXWM NTSIB): Lub tsev kho mob los yog tus kws kho mob uas ib txwm saib xyuas koj, feem ntau yog thaum koj muaj mob, yuav txhaj tshuaj, xav tau leej twg pab txog teeb meem kev mob.

PULSE (PLAWV DHIA): Koj lub plawv dhia ceev li cas.

REFUGEE (NEEG THOJ NAM TAWG ROG): Yog tus neeg tsis yog yug hauv Teb Chaws Asmeskas thiab tsis yog neeg Asmeskas uas rov tsis tau rau nws lub teb chaws los yog nov yog qhov chaw kawg rau nws nyob kom nws cial sia vim nws yuav raug mob los yog raug tsim vim nws haiv neeg, yam lus nws hais, kev xav rau tsoom fwv los yog koom nrog tej pab neeg sib txhawb. Tsoom fwv txiav txim ua ntej nws tuaj txog Teb Chaws Asmeskas seb nws puas yog neeg thoj nam tawg rog.

RETINA (NTSIAB MUAG QHOV POM KEV): Lub koob hauv lub ntsiab muag. Lub koob no pom ib qhov twg ces xa mus rau lub hlwb.

ROOMING IN (ME NYUAM NYOB NROG NIAM): Thaum tus niam mus yug tus me nyuam es cia tus me nyuam nyob tib chav nrog leej niam hauv tuam tsev kho mob loj.

SEIZURES OR CONVULSIONS (QAUG DAB PEG): Qaug dab peg. Tus me nyuam mos qaug dab peg taus yog nws kub heev.

SPECIALIST (KWS KHO TEJYAM MOB XWB): Tus neeg kawm tiav kho tej yam mob nkaus xwb. Piv txwv, tus kws kho me nyuam yaus yog tus kws kho mob ua hauj lwm nrog me nyuam yaus nkaus xwb.

SPUTUM (HNOOS QEEV): Hnoos qeev uas hnoos hauv ntsws tawm los.

SPUTUM CULTURE (TSHUAJ NTSUAM HNOOS QEEV): Txoj kev tshuaj ntsuam qhov hnoos qeev seb tus neeg puas muaj kab mob ntsws.

STOOL (QUAV): Yam uas tawm hauv tus neeg lub cev thaum mus tso quav. Cov tawm los mus pov tseg hauv yus lub cev.

STROKE (NTSHAV TXHAWA UA RAU IB TUAG): Ib ce tuag, txav tsis tau vim ntshav ntsws mus tsis tau rau lub hlwb.

SUICIDE(ROV TUA TUS KHEEJ): Cia li xwb tim tua koj tus kheej.

SYPHILIS (KAS CEES SYPHILIS): Ib yam kab mob uas kis los thaum sib deev. Yuav kom tsis kis tus mob no, yuav tau looj hnab yas txhua zaus thaum pw ua ke sib deev txawm yuav siv chaw mos, qhov quav, los yog qhov ncauj nrog ib tus neeg uas muaj tus mob no. Tus mob no kis tau los ntawm tus niam rau tus me nyuam hauv plab. Muaj tshuaj kho zoo.

TB: Mob ntsws

TEMPERATURE (IB CE KUB LI CAS): Neeg lub ces kub thiab txias npaum cas. Txhua leej lub cev muaj kub thiab txias. Peb hais tias “takes a temperature” thaum peb yuav tshuaj ntsuam seb puas kub tob hau.

TREMORS (TSHEE) Tshee tshee hauv koj lub tob hau, caj npab los yog ceg uas koj ua tsis tau li cas los tsis tsum li.

TUBERCULOSIS (MOB NTSWS TB): Yog tus mob hu ua TB. Tus mob no tua cov ntsws thiab txhua qhov hauv lub cev los tau. Nws kis tau ntawm ib leeg mus rau ib leeg ntawm cov cua. Muaj tshuaj kho tau zoo tu qab hlo.

TUBERCULOSIS DISEASE (MOB NTSWS TB): Thaum koj mob hauv koj lub cev, ua rau koj mob tam sim ntawd.



TUBERCULOSIS INFECTION (KAB MOB TB HAUV LUB CEV): Thaum koj muaj tus kab mob TB no hauv koj lub cev tiam sis tsis ua mob rau koj tam sim ntawd.

ULTRASOUND (XOO FAIS FAB): Lub cav xoo duab thiab ntsuas me nyuam hauv plab ua ntej yug los. Nws siv xyuas lwm yam hauv lub cev tau thiab.

ULTRAVIOLET PROTECTION (HNUB CI KUB XIM LIAB DOOG): Ib txhia iav muaj daim koj thaiv hnuv qhov ci kub ua xim liab doog kom txhob ci rau lub ntsiab muag uas ua tau kom qhov muag tsis pom kev.

UMBILICAL CORD (NYHUV NTAWS): Tus nyhuv ntaws ntawm koj tus me nyuam mus rau lub tsho me nyuam

UTERUS (TSEV ME NYUAM): Lub tsev me nyuam muaj dej uas tus me nyuam nyob thaum nws nyob hauv plab. Tus me nyuam loj nyob hauv lub tsev me nyuam no thaum xeeb me nyuam

VACCINE (TSHUAJ TIV THAIV KAB MOB): Koob tshuaj txhaj los yog noj tiv thaiv kab mob.

VAGINA (CHAW MOS): Chaw mos uas yog chaw yug me nyuam.

VOMITING (NTUAV): Ntuav ntawm qhov ncauj.

WELL-CHILD VISIT (TSHUAJ NTSUAM ME NYUAM KEV HLOB ZOO): Mus ntsib tsev kho mob/kws kho mob tshuaj ntsuam me nyuam kev noj qab nyob zoo, txhaj tshuaj tiv thaiv kab mob tiab ntsuas me nyuam kev loj zuj zus.

WOMEN, INFANTS AND CHILDREN (WIC): Ib yam kev pab qhia rau poj niam xeeb me nyuam hauv plab thiab rau cov niam uas pub lawv mis rau me nyuam mos kom txawj noj zaub mov zoo rau lawv lub ces thiab rau lawv cov me nyuam. Pab mis thiab khoom noj rau cov me nyuam tsib xyoos rov hauv.

X-RAY (XOO FAIS FAB): Xoo fais fab mus xyuas hauv lub cev.

Tshooj A

Cov no yog cov tuam tsev ua hauj lawm pab rau fab kev kho mob hauv Minnesota.

AITKIN

Aitkin County Health & Human Service
204 First St. N.W., Courthouse
Aitkin, MN 56431
Xov tooj: (218) 927-7200

ANOKA

Anoka County Community Health
Anoka County Government Center
2100 Third Ave. S.
Anoka, MN 55303
Xov tooj: (763) 422-7030

BECKER

712 Minnesota Ave., Box 1637
Detroit Lakes, MN 56501
Xov tooj: (218) 847-5628, ext. 399

BELTRAMI

Beltrami County PHNS
616 America Ave., Suite 340
Bemidji, MN 56601
Xov tooj: (218) 333-8140

BENTON

Benton County Human Services
531 Dewey St.
P.O. Box 740
Foley, MN 56329
Xov tooj: (320) 968-5087

BIG STONE

Countryside Public Health Service
47 NW 2nd St
Ortonville, MN 56278
Xov tooj: (320) 839-6135

BLUE EARTH

Blue Earth County PHNS
410 S. Fifth St., P.O. Box 3526
Mankato, MN 56002
Xov tooj: (507) 304-4175

BROWN

Brown County PHNS
1117 Center St., P.O. Box 543
New Ulm, MN 56073
Xov tooj: (507) 233-6820

CARLTON

Carlton County Public Health
30 N. Tenth St.
Cloquet, MN 55720
Xov tooj: (218) 879-4511

CARVER

Carver County CHS
600 E. Fourth St., Second Floor
Chaska, MN 55318
Xov tooj: (952) 442-4493



Minnesota Tuam Tsev Ua Hauj Lwm Pab Fab Kho Mob

CASS

Cass County PHNS
400 Michigan Ave.
P.O. Box 519
Walker, MN 56484
Xov tooj: (218) 547-1340

CHIPPEWA

Countryside Public Health Service
719 N 7th St
Montevideo, MN 56265
Xov tooj: (320) 269-2174

CHISAGO

Chisago County CHS/PHN Service
6133 402nd St
North Branch, MN 55056
Xov tooj: (651) 213-5202

CLAY

Clay County Public Health
715 11th St. N., Suite 303
Moorhead, MN 56560
Xov tooj: (218) 299-5220

CLEARWATER

Clearwater County Nursing Service
212 Main Ave. N.
Bagley, MN 56621
Xov tooj: (218) 694-6581

COOK

Cook County Public Health
411 W. Second St.
Grand Marais, MN 55604
Xov tooj: (218) 387-3620

COTTONWOOD

Cottonwood-Jackson CHS/PHNS
11 Fourth St.
Windom, MN 56101
Xov tooj: (507) 831-1891

CROW WING

Crow Wing County Health Services
204 Laurel St., Suite 12
Brainerd, MN 56401
Xov tooj: (218) 824-1077

DAKOTA

Dakota County Public Health
14955 Galaxie Ave.
Apple Valley, MN 55124
Xov tooj: (952) 891-7500

DODGE

Dodge County PHNS
42 E Maint St.
Dodge Center, MN 55927
Xov tooj: (507) 635-6150

DOUGLAS

Douglas County PHNS
809 Elm St.
Alexandria, MN 56308
Xov tooj: (320) 763-6018

FARIBAULT

Human Service/Faribault-Martin Co.
412 N Nicollet
Blue Earth, MN 56013
Xov tooj: (507) 526-3265

FILLMORE

Fillmore County CHS
902 Houston St. N.W., Suite 2, Box 580
Preston, MN 55965
Xov tooj: (507) 765-3898

FREEBORN

Freeborn County PHNS
411 S. Broadway, P.O. Box 1147
Albert Lea, MN 56007
Xov tooj: (507) 377-5100

Tshooj A

GOODHUE

Goodhue County Public Health Service
512 W. Sixth St.
Red Wing, MN 55066
Xov tooj: (651) 385-6100

GRANT

Mid-State CHS/Stevens-Traverse-Grant
10 E Highway 28
Morris, MN 56267
Xov tooj: (320) 208-6670

HENNEPIN (BLOOMINGTON)

Bloomington Division of Health
1900 W. Old Shakopee Rd.
Bloomington, MN 55431
Xov tooj: (952) 563-8900

HENNEPIN (MINNEAPOLIS)

Hennepin County Public Health
525 Portland Ave. S., MC L963
Minneapolis, MN 55415
Xov tooj: (612) 348-3925

HOUSTON

Houston County PHNS
304 Marshall Ave. S., Courthouse
Caledonia, MN 55921
Xov tooj: (507) 725-5810

HUBBARD

St. Joseph's Area Health Services
600 Pleasant Ave.
Park Rapids, MN 56470
Xov tooj: (218) 732-3311

ISANTI

Isanti County Public Health
555 18th Ave. S.W.
Cambridge, MN 55008
Xov tooj: (763) 689-4071

ITASCA

Itasca County Health/Human Services
1209 S.E. Second Ave.
Grand Rapids, MN 55744
Xov tooj: (218) 327-2941

JACKSON

Cottonwood-Jackson CHS/PHNS
405 Fourth St., Suite 209
Jackson, MN 56143
Xov tooj: (507) 847-2366

KANABEC

Kanabec/Pine Community Health
905 E. Forest, Suite 127
Mora, MN 55051
Xov tooj: (320) 679-6330

KANDIYOHI

Kandiyohi County Public Health
2200 23rd St. N.E., Suite 1080
Willmar, MN 56201
Xov tooj: (320) 231-7860

KITTSOON

Kittson Memorial Home Healthcare
1010 S Birch Ave.
Hallock, MN 56728
Xov tooj: (218) 843-3612

KOOCHICHING

Koochiching County Community Health
1000 Fifth St.
International Falls, MN 56649
Xov tooj: (218) 283-7070

LAC QUI PARLE

Countryside Public Health Service
201 13th St. S.
Benson, MN 56215
Xov tooj: (320) 843-4546



Minnesota Tuam Tsev Ua Hauj Lwm Pab Fab Kho Mob

LAKE

Lake County Health Department
601 Third Ave.
Two Harbors, MN 55616
Xov tooj: (218) 834-8300

LAKE OF THE WOODS

Lakewood Nursing Service
600 Main Ave. S.
Baudette, MN 56623
Xov tooj: (218) 634-1795

LE SUEUR

Le Sueur County PHNS
88 Park Ave. S.
Le Center, MN 56057
Xov tooj: (507) 357-8246

LINCOLN

LLMP Public Health Services
607 Main St. W.
Marshall, MN 56258
Xov tooj: (507) 537-6713

LYON

LLMP Public Health Services
607 Main St. W.
Marshall, MN 56258
Xov tooj: (507) 537-6713

MAHNOMEN

Norman/Mahnomen Public Health
15 E. Second Ave., Room 107
Ada, MN 56510
Xov tooj: (218) 784-5425

MARSHALL

Marshall County PHN Service
109 Minnesota St. S.
Warren, MN 56762
Xov tooj: (218) 745-5154

MARTIN

Human Services/Faribault-Martin Co.
115 W. First St.
Fairmont, MN 56031
Xov tooj: (507) 238-4757

MCLEOD

McLeod County PHNS
1805 Ford Ave. N., Suite 200
Glencoe, MN 55336
Xov tooj: (320) 864-3185

MEEKER

Meeker County PHNS
114 Holcombe Ave. N., Suite 250
Litchfield, MN 55355
Xov tooj: (320) 693-5370

MILLE LACS

Mille Lacs County CHS/PHNS
620 Central Ave. N.
Milaca, MN 56353
Xov tooj: (320) 983-8318

MORRISON

Morrison County Public Health
200 Broadway E.
Little Falls, MN 56345
Xov tooj: (320) 632-6664

MOWER

Mower County PHNS
1301 18th Ave. N.W., Suite A
Austin, MN 55912
Xov tooj: (507) 437-9770

MURRAY

LLMP Public Health Services
607 Main St. W.
Marshall, MN 56258
Xov tooj: (507) 537-6713

Tshooj A

NICOLLET

Nicollet County PHNS
501 S. Minnesota Ave.
St. Peter, MN 56082
Xov tooj: (507) 931-6800

NOBLES

Nobles-Rock Public Health
315 Tenth St., P.O. Box 757
Worthington, MN 56187
Xov tooj: (507) 295-5200

NORMAN

Norman/Mahnomen Public Health
15 E. Second Ave., Room 107
Ada, MN 56510
Xov tooj: (218) 784-5425

OLMSTED

Olmsted County Public Health
2100 Campus Drive S.E.
Rochester, MN 55904
Xov tooj: (507) 328-7500

OTTER TAIL

Otter Tail County Public Health
Government Services Center
560 W. Fir
Fergus Falls, MN 56537
Xov tooj: (218) 998-8320

PENNINGTON

Inter-County Nursing Service
318 N. Knight Ave.
Thief River Falls, MN 56701
Xov tooj: (218) 681-0876

PINE

Pine County Nursing Service
130 Oriole St. E.
Sandstone, MN 55072
Xov tooj: (320) 245-3020

PIPESTONE

LLMP Public Health Services
607 Main St. W.
Marshall, MN 56258
Xov tooj: (507) 537-6713

POLK

Polk County Public Health
721 Minnesota St. S., Suite 1
Crookston, MN 56716
Xov tooj: (218) 281-3385

POPE

Pope County Public Health
211 E. Minnesota Ave., Suite 100
Glenwood, MN 56334
Xov tooj: (320) 634-5720

RAMSEY

St. Paul-Ramsey Dept. of Public Health
50 W. Kellogg Blvd., Suite 930
St. Paul, MN 55102
Xov tooj: (651) 266-2400

RAMSEY (ST. PAUL)

St. Paul-Ramsey County Health Dept.
555 Cedar Street
St. Paul, MN 55101
Xov tooj: (651) 266-1200

RED LAKE

Inter-County Nursing Service
318 N. Knight Ave.
Thief River Falls, MN 56701
Xov tooj: (218) 681-0876

REDWOOD

Redwood County Public Health Service
266 Bridge St. E.
Redwood Falls, MN 56283
Xov tooj: (507) 637-4041



Minnesota Tuam Tsev Ua Hauj Lwm Pab Fab Kho Mob

RENVILLE

Renville County Public Health Services
105 S 5th St., Suite 119H
Olivia, MN 56277
Xov tooj: (320) 523-2570

RICE

Rice County CHS/PHNS
320 Third St. N.W., Suite 1
Faribault, MN 55021
Xov tooj: (507) 332-6111

ROCK

Nobles-Rock Public Health
315 Tenth St., P.O. Box 757
Worthington, MN 56187
Xov tooj: (507) 295-5200

ROSEAU

Roseau County Home Health Care
715 Delmore Dr.
Roseau, MN 56751
Xov tooj: (218) 463-3211

SCOTT

Scott County Human Services
792 Canterbury Rd.
Shakopee, MN 55379
Xov tooj: (952) 496-8555

SHERBURNE

Sherburne County Public Health
13880 Highway 10 W.
Elk River, MN 55330
Xov tooj: (763) 241-2750

SIBLEY

Sibley County PHN
111 Eighth St., P.O. Box 237
Gaylord, MN 55334
Xov tooj: (507) 237-4000

ST. LOUIS

St. Louis County Public Health
325 W. First St., Suite 300
Duluth, MN 55802
Xov tooj: (218) 725-5210

STEARNS

Stearns County Human Services
705 Courthouse Square, P.O. Box 1107
St. Cloud, MN 56303
Xov tooj: (320) 656-6000

STEELE

Steele County PHNS
635 Florence Ave., P.O. Box 890
Owatonna, MN 55060
Xov tooj: (507) 444-7650

STEVENS

Mid-State CHS/Stevens-Traverse-Grant
10 E Highway 28
Morris, MN 56267
Xov tooj: (320) 208-6670

SWIFT

Countryside Public Health Services
201 13th St. S.
Benson, MN 56215
Xov tooj: (320) 843-4546

TODD

Todd County Public Health
119 Third St. S., Suite 2
Long Prairie, MN 56347
Xov tooj: (320) 732-4440

TRAVERSE

Mid-State CHS/Stevens-Traverse-Grant
10 E Highway 28
Morris, MN 56267
Xov tooj: (320) 208-6670

Tshooj A

WABASHA

Wabasha County PHS
411 Hiawatha Dr E.
Wabasha, MN 55981
Xov tooj: (651) 565-5200

WADENA

Wadena County Public Health
22 Dayton Ave. S.E.
Wadena, MN 56482
Xov tooj: (218) 631-7629

WASECA

Waseca County PHNS
299 Johnson Ave SW
Waseca, MN 56093
Xov tooj: (507) 835-0655

WASHINGTON

Washington County Public Health
14949 62nd St. N., P.O. Box 6
Stillwater, MN 55082
Xov tooj: (651) 430-6655

WATONWAN

Watsonwan County Human Services
715 Second Ave. S., P.O. Box 31
St. James, MN 56081
Xov tooj: (507) 375-3294

WILKIN

Wilkin County Public Health
Courthouse, 300 S. Fifth St.
P.O. Box 127
Breckenridge, MN 56520
Xov tooj: (218) 643-7122

WINONA

Winona County PHNS
202 W. Third St.
Winona, MN 55987
Xov tooj: (507) 457-6500

WRIGHT

Wright County Human Services Agency
1004 Commercial Dr.
Buffalo, MN 55313
Xov tooj: (763) 682-7476

YELLOW MEDICINE

Countryside Public Health Service
201 13th St. S.
Benson, MN 56215
Xov tooj: (320) 843-4546



Tshooj B

Cov no yog cov lus nug uas koj yuav tsum nug koj tus kws kho mob.

Lus Nug Koj Tus Kheej Ua Ntej Mus Ntsib Tsev Kho Mob:

1. Vim li cas kuv thiab li mus tom tsev kho mob?

2. Kuv puas yuav tsum tau ntsib tus kws kho mob hnuv no?

YUAV TSUM NTSIB TSIS TAS NTSIB

3. Kuv puas yuav tsum ntsib tus kws kho mob ob peb hnuv tom ntej no?

YUAV TSUM NTSIB TSIS TAS NTSIB

4. Kuv puas yuav tsum nqa kuv daim ntawv them nqi kho mob hnuv no

YUAV TSUM NQA TSIS TAS NQA

5. Kuv puas noj tshuaj?

NOJ TSIS NOJ *Yog noj, sau cov npe tshuaj:*

6. Cov teeb meem mob loj uas kuv muaj yog dab tsi?

7. Kuv puas kub tob hau?

KUB TSIS KUB *Yog kub, ua kub ntev li cas los lawm?*

**Lus Uas Koj Yuav Tsum Nug Tsev Kho Mob/Kws Kho Mob
Thaum Koj Mus Txog:**

1. Kuv muaj mob li cas?

2. Thaum twg kuv li mam zoo?

3. Vim li cas kuv mob, thiab kuv yuav tiv thaiv li cas thiaj tsis rov mob dua yav tom ntej?

4. Kuv kis puas tau rau lwm tus?

TAU TSIS TAU

5. IPuas muaj tej yam koj pom txog kuv tus mob uas kuv yuav tsum paub?

MUAJ TSIS MUAJ

6. Kuv puas yuav tau noj tshuaj kho tus mob no?

NOJ TSIS NOJ

Yog noj, sau cov tshuaj npe: _____

Puas yog kws kho mob muab cov tshuaj no? YOG TSIS YOG

7. Ua cov tshuaj noj puas muaj lus qhia noj los yog noj tag puas muaj tej tshwm sim dab tsi uas kuv yuav tsum paub txog? MUAJ TSIS MUAJ

Yog tias muaj, ua cov lus qhia li cas?



8. Yog kuv yuav tau noj tshuaj, yuav noj ntev npaum li cas thiab caij nyoog li cas?

Tej Yam Rau Koj Ua

- Qhia tag nrho koj cov kev mob, pib cov mob heev tshaj ua ntej.
- Qhia seb mob thaum twg los lawm. Ua mob tas li los yog mob tej thaum xwb. Mob tshwm sim heev li cas. Puas muaj dab tsi ua rau kom mob? Dab tsi ua rau tus mob ntaug los yog mob heev tuaj?
- Paub txog koj tej kev mob dhau los..
- Qhia txhua yam mob es koj thiaj li tsis tau rov mus ntsib tsev kho mob/kws kho mob.
- Nqa cov tshuaj koj ib txwm noj nrog koj mus qhia rau koj tus kws kho mob..
- Kom tus kws kho mob sau cia tej lus qhia dab tsi uas koj tsis to taub.
- Kom tus kws kho mob rov hais dua tej uas koj tsis to taub
- Npaj mus rau lawv tshuaj ntsuam koj yog tias yuav tsum tau tshuaj ntsuam.

Lus Nug Kws Kho Mob Los Yog Tus Neeg Pab Koj Sab Nraum No Ua Ntej Koj Los Tsev:

1. Ua kuv puas yuav tau rov qab tuaj? TAU TSIS TAU *Yog tau, thaum twg?*

2. Ua kuv puas yuav tau hu xov tooj tuaj nug txog cov kev tshuaj ntsuam? TAU TSIS TAU *Yog tau, thaum twg?*

Yog tau, kuv yuav hu rau leej twg?

3. Kuv yuav ua li cas rau cov nram no thaum txog tsev:

A. *Kuv yuav tu tus mob no li cas?*

B. *Kuv noj tau dab tsi?*

C. *Kuv ua tau dab tsi thiab ua tsis tau dab tsi?*

D. *Kuv yuav tsum saib tej yam dab tsi tsam tshwm sim?*



4. Kuv puas hu rau lub tsev kho mob/kws kho mob rau lwm yam kev mob?

HU TSIS HU

Yog hu, thaum twg?

5. Kuv puas tseg tej ntaub ntawv them nqi kho mob?

TSEG TSIS TSEG

Tej Yam Rau Koj Ua

- Ua txhua yam uas koj tus kws kho mob kom koj ua.
- Hu rau lub tsev kho mob/kws kho mob yog koj muaj teeb meem thaum noj koj cov tshuaj los yog koj muaj lwm yam mob tshiab.
- Hu mus nug cov tshuaj ntsuam lawv ua rau koj.

Tej Yam Tsis Txhob Ua

- Thaum koj pib zoo zus noj tshuaj twj ywm tsis txhob tsum. Noj cov tshuaj kom ntev li koj tus kws kho mob hais kom koj noj. Yog koj tsis noj li hais tej zaum koj yuav rov mob dua.
- Tsis txhob noj lwm yam tshuaj yog tsis tau nrog koj tus kws kho mob tham.

Cov lus no yog muab los ntawm tsab ntawv *Health The American Way*, Jewish

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Cov nram no yog cov neeg koom siab sau phau ntawv no:

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Judy Yellin, M.S., Minneapolis Federation of Jewish Services

Zoo siab ua tsaug rau cov neeg ua hauj lwm hauv Acute Disease Prevention Services Section, MDH txoj kev pab rau phau ntawv no.

Cov lus no yog muab los ntawm tsab ntawv A Health Guide for Refugees, Illinois Department of Public Health thiab lub Center for Applied Linguistics.

Thov nyiaj txiag los tsim phau ntawv no los ntawm Office of Refugee Resettlement, DHHS.

Cov Duab:

Center for Applied Linguistics and Refugee Program

Illinois Department of Public Health

Multi-Cultural Educational Services

Anoka County Community Health and Environmental Services

Center for International Health, Regions Hospital

Teresa Mische

Health Assessment and Promotion Clinic, Hennepin County Community

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