



KEV NPAJ RAU LUB CAIJ MUAJ XWM TXHEEJ CEEV (EMERGENCIES)

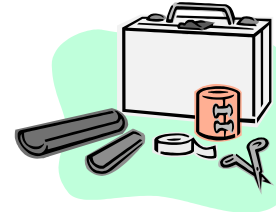
NPAJ TSEG RAU LUB CAIJ MUAJ XWM TXHEEJ CEEV

Tej yam tsis zoo yeej tshwm sim tau uas koj xav tsis txog hlo li. Nws muaj peev xwm ua rau koj yuam taus koj lub zej zog kom khiav, lossis ua tau rau koj tawm tsis tau hauv koj lub vaj lub tsev rau sab nraud. Yuav ua tau rau koj tsis muaj tej khoom siv xws li nkev (*gas*), dej, fai fab, lossis xov tooj; kev npaj ua ntej yuav pab tau koj tswj koj tus kheej kom tus thiab tsis txhob raug mob.

- Nrog koj tsev neeg sib tham txog tej yam kev phem uas yuav tshwm sim tau rau koj tsev neeg. Sab laj ua ntej seb thaum muaj tej no tshwm sim yuav dhaws li cas, lossis khiav tawm li cas.
- Nrhiav ob qho chaw kom los sib ntsib tau: Ib qho yog nyob nraum zoov nyob tsam yog tsev kub hnyiab; ib qho kom nyob dhau koj lub zej zog sab nraud nyob tsam ho rov los tsis tau hauv tsev lawm.
- Kom koj ib tug txheeb ze lossis phooj ywg uas tsis nyob hauv koj lub zej zog ua tus neeg sib tiv tauj rau koj tsev neeg. Tom qab muaj tej yam xwm txheej tsis zoo tshwm sim lawm, feem ntau yooj yim rau hu cov neeg nyob kev deb dua. Txhua tus neeg hauv yus tsev neeg yuav tsum hu qhia rau tus neeg uas hais no kom paub seb yus tsev neeg nyob qhov twg.
- Muab cov xov tooj tseem ceeb sau ua ib daim ntawv cia thiab qhia kom txhua tus neeg hauv yus tsev neeg paub.
- Kawm kom paub tua tej khoom siv xws li dej, nkev (*gas*), thiab fai fab. Npaj tej ciaj cia kom ze tej chaw tua cov khoom siv hais no.
- Nrhiav tswv yim tseg tsam ho tau pab yus tej tsiaj txhu rau lub caij muaj tej xwm txheej tsis zoo li hais no tshwm sim.
- Kuaj tej khoom siv uas npaj cia txhua txhua rau (6) lub hlis twg; thiab hloov tej dej thiab khoom noj.

CHAW NKAUM

Chaw nkaum hauv tsev yog ib qho cawm kom txhob raug khe miv khaum (chemicals) thiab tej yam yuav ua rau neeg muaj mob taus. Tsoom nom tswv yuav qhia rau sawvdaws lub caij uas tsim yog yus yuav tau nrhiav chaw nkaum. Yog thaum yuav tau mus nkaum, nco ntsoov tua cov kiv cua, cua kub thiab cua txias, thiab qhov chaw nkaum yuav tsum yog nyob ib qho hauv koj lub tsev. Mloog xov tooj cua lossis saib TV seb tsoom nom tswv ho yuav kom yus npaj li cas ntxiv.



NPAJ TEJ KHOOM SIV TSEG TSAM MUAJ TEJ KEV TSIS ZOO TSHWM SIM

Npaj tej khoom siv rau hauv tsev kom txaus siv li peb hnub. Khaws tej khoom yuav siv cia rau tej lub hnab nqa tau khiav yooj yim. Tsam yus ho yuav tau tawm hauv yus lub tsev mus lossis yus ho yuav tau nkaum hauv yus lub tsev hnub puav yus thiaj tau tej khoom no los siv. **Npaj cov khaum li nram no:**

- Dej, ib nkas loos (gallon) rau ib tug neeg ib hnub twg
- Khoom noj, tej yam tsis lwj sai xws li khaub noom Crackers, kaus poom, lossis cov khoom noj uas qhuav.
- Ib leeg ib ce ris tsho, khaus, thoom thaub, thiab ib leeg ib daim pam.
- Tej khoom cawm raug mob (First Aid kit).
- Tsuj noj.
- Cov ciaj siv xws li ciaj qhib kaus poom, ciaj ntswj pob hlaus (shut-off wrench), thiab cov hnab looj tes tuab tuab.
- Ib lub viv thab nyub uas siv roj teeb.
- Teeb xoos thiab roj teeb kom txaus siv.
- Npaj kab ces tsav tsheb, credit card, nyiaj ntsuab lossis traveler's checks.
- Tej khoom siv: ntaub hoob nab, xab npum ntxuav tes, phuam da dej, xab npum zawv tob hau, tshuaj tsuag cov pas tsw phem, txhuam hniav, tshuaj txhuam hniav, zuag thiab xab npum ntxhua khaub ncaws.
- Khoom siv rau cov laus lossis cov xiam oobkhab hauv yus tsev neeg.
- Npaj tsum iav qhov muag.
- Npaj *games* thiab tej ntawv tau nyeem.
- Npaj tej ntaub ntawv tseem ceeb thiab naj npawb xov tooj.

KEV PAB NTXIV

Emergency and Community Health Outreach
(multilingual webpage)
<http://www.echominnnesota.org/>

City of Minneapolis Emergency Preparedness
<http://www.ci.minneapolis.mn.us/emergency/>

Minnesota Department of Health
<http://www.health.state.mn.us/oep/index.html>

Centers for Disease Control and Prevention
<http://www.bt.cdc.gov/>

YAM SIV RAU THAUM MUAJ XWM TXHEEJ CEEV

***Fia tej daim ntawv no cia nyob tsam ho tau siv rau lub caij muaj xwm txheej ceev.

Chaw nyob _____ Xov tooj _____
Cov laus npe _____ Xov tooj haujlwm _____
Chaw ua haujlwm _____ Xov tooj _____
Cov laus npe _____ Xov tooj haujlwm _____
Chaw ua haujlwm _____ Xov tooj _____

Menyuam npe thiab tsev kawm ntawv/tsev zov menyuam

Npe _____ Hnub nyoog _____ Tsev kawm ntawv/xov tooj _____
Npe _____ Hnub nyoog _____ Tsev kawm ntawv/xov tooj _____
Npe _____ Hnub nyoog _____ Tsev kawm ntawv/xov tooj _____
Tsev kawm ntawv/tsev zov menyuam txoj cai tso menyuam tawm lub caij muaj xwm txheej ceev _____

Peb tau tso cai rau _____ tuaj tos peb cov menyuam yog peb tuaj tos tsis tau.

Npe _____ Xov tooj _____

Hais txog cov tshuaj noj

Sau kom mee rau nram no txog koj tsev neeg, hom tshuaj noj, hom khoom siv thiab lwm yam tseem ceeb.

Yog muaj xwm txheej ceev, thov hu rau: (Rau ib tug neeg uas nyob txawv lav npe thiab)

Npe _____ Txheeb ze li cas _____ Xov tooj _____
Npe _____ Txheeb ze li cas _____ Xov tooj _____
Npe _____ Txheeb ze li cas _____ Xov tooj _____

Qhov chaw teem sib ntsib

Nraum zoov _____ Txawv zos _____

Tsiaj

Npe _____ Hom tsiaj _____ tsiaj hauv tsev/nraum zoov _____
Npe _____ Hom tsiaj _____ tsiaj hauv tsev/nraum zoov _____

Neeg zej zog

Npe _____ Xov tooj _____
Npe _____ Xov tooj _____

Faib rau cov neeg hauv yus tsev ib leeg ib daij



KEV PAB THAUM MUAJ XWM TXHEEJ CEEV (EMERGENCY SERVICES)

Yog yam tuag taus no, hu 911

Kev ruaj ntseg

Tub ceev xwm _____

Tub tua hluav taws _____

Tsev kho mob _____

Cov tu neeg mob _____

Utilities

Fai fab _____

Nkev (Gas) _____

Dej _____

Xov tooj _____

Kws kho mob

Npe _____

Xov tooj _____

Npe _____

Xov tooj _____