

Peb Paub Koj Xav kom *Tiv Thaiv Koj Tsev Neeg*



Saib xyuas koj tsev neeg kom nyab xeeb los ntawm cov pa luam yeeb haus los ntawm lwm tus neeg yog ib qho tseem ceeb tshaj plaws rau kev tiv thaiv lawv li kev noj qab haus huv.



Cov poj niam cev xeeb me nyuam uas ua pa nqos tau cov pa luam yeeb haus los ntawm lwm tus neeg haj yam yuav ua rau cuam tshuam tsis zoo rau cov me nyuam mos uas ua rau yug los me heev los sis ua rau yug ua ntej txog sij hawm yug.



Cov me nyuam mos thiab cov me nyuam yaus uas nqus cov pa luam yeeb los ntawm lwm tus neeg haus luam yeeb los sis nqus cov pa haj yam yuav ua rau muaj mob rau pob ntseg, hnoos, ua daus no, hawb pob, thiab tuag los ntawm Me Nyuam Mos Muaj Tus Kab Mob Ua Rau Tag Sim Neej (Sudden Infant Death Syndrome, SIDS).

Saib xyuas koj tsev neeg kom nyab xeeb.
Txhob haus luam yeeb los sis nqus cov pa nyob
ib puag ncig ze ntawm lawv.

Puas xav txog kev txiav haus luam yeeb? Tham nrog koj tus kws kho
mob los sis hu rau 1-800-QUIT-NOW (1-800-784-8669)

This material was developed by, and used with permission from the University of North Carolina Collaborative for Maternal and Infant Health.

