

# Kej Siv Tshuaj Muaj Yees

## Yam Koj Ua Hnub No Yuav Nrog Koj Tus Me Nyuam Nyob Mus Ib Txhis



### Tshuaj Muaj Yees Thiab Tshuaj Noj Zoo Mob Muag Tom Kej

Txhua yam uas ua rau koj siab yuj tuaj yeem tsim kev puas tsuaj rau koj tus me nyuam. Nyob deb ntawm tshuaj maj, tshuaj kev lev (crack), khos khees, yeeb dub, tshuaj nees, yeeb dawb, thiab lwm yam yeeb tshuaj. Siv cov tshuaj tom tej tog kev los sis siv cov tshuaj tsis raug sau los ntawm kws kho mob thaum cev xeeb tub ua rau muaj kev pheej hmoo tias koj tus me nyuam tuaj yeem:

- Raug yug los ua neeg me, yug ntxov dhau, thiab tuag thaum tseem nyob hauv plab.
- Yug los ua neeg quav yeeb tshuaj.
- Muaj teeb meem rau tus me nyuam, muaj tsis txhua, ua tsis taus pa, los sis lwm yam teeb meem kev noj qab haus huv.

### Cov yam yuav ua

1. Zam kev siv cov tshuaj nyob tom kev, siv tshuaj tsis raug cai, los sis siv lwm tus neeg li tshuaj.
2. Noj tshuaj raws li koj tus kws kho mob sau rau koj.
3. Tham nrog koj tus kws kho mob los sis kws pab tswv yim sab kev pub me nyuam mis ua ntej noj tshuaj, tshuaj ntsuab, vitamins, tshuaj noj pab, los sis roj thaum cev xeeb tub. Qee cov tshuaj thiab cov tshuaj txhaum cai tuaj yeem nkag tau los hauv niam cov kua mis.
4. Thov kev pab. Hu 1-800-TEL-LINK.



### Cawv

Cawv suav nrog npias, vais, khoom haus, dej cawv, thiab cov dej haus sib tov. Haus cawv ntau tsawg li cas thaum cev xeeb tub yuav ua rau muaj teeb meem tas mus li rau koj tus me nyuam.

### Cov yam yuav ua

1. So me ntsis ntawm kev haus dej haus cawv yog tias koj cev xeeb tub, tuaj yeem yuav muaj cev xeeb tub, los sis yog koj npaj siab yuav ua kom cev xeeb tub.
2. Tham nrog koj tus kws kho mob los sis tus kws pab tswv yim pub mis yog tias koj muaj lus nug txog kev haus dej haus cawv thaum pub niam mis.

### Luam yeeb (Nis Kos Tees)

Cov luam yeeb, Nqus pa (Juuling), luam yeeb hluav taws xob, thiab lwm yam khoom siv nqus pa muaj cov nis kos tees. Lawv tsis zoo rau koj thiab koj tus me nyuam. Nis Kos Tees ua rau kev pheej hmoo siab uas koj tus me nyuam tuaj yeem yuav:

- Raug yug los ua neeg me, yug ntxov dhau, thiab tuag thaum tseem nyob hauv plab.
- Ua pa muaj teeb meem los tsis tsaug zog.
- Muaj teeb meem cwj pwm hauv lub neej tom qab.

### Cov yam yuav ua

1. Tsum hnub no!
2. Thov kev pab. Hu rau Missouri Tus Xov Tooj Tsum Luam Yeeb ntawm 1-800-QUIT-NOW (1-800-784-8669) los sis cuv npe online ntawm [www.YouCanQuit.org](http://www.YouCanQuit.org).
3. Ua kom koj thiab koj tus me nyuam nyob deb ntawm cov pa luam yeeb.
4. Pub niam mis! Leej niam cov kua mis yuav pab tiv thaiv koj tus me nyuam kom txhob raug mob los ntawm cov pa luam yeeb.

*Tsis muaj leej twg tseem ceeb tshaj rau koj tus me nyuam dua koj.*

*Cov kev xaiv uas koj xaiv hnub no tuaj yeem tiv thaiv koj tus me nyuam los ntawm kev puas tsuaj rau tag nrho lawv lub neej.*



Missouri Department of Health and Senior Services  
WIC and Nutrition Services  
1-800-392-8209 • [wic.mo.gov](http://wic.mo.gov)

Ib Tug Tswv Hauj Lwm Uas Yog EO/AA: Muab cov kev pab tsis cais tshwj leej twg.  
Cov lag ntseg, tsis hnob us zoo, lossis hais tsis tau lus ntau 711 lossis 1-800-735-2966.



Lub koom haum no yog ib qho chaw muab kev pab uas muaj vaj huam sib luag.