

KEV NOJ QAB HAUS
HUV NTAWM COV HNIIV

THAUM SIJ HAWM CEV XEEB TUB

yog ib yam tseem ceeb!

Koj puas paub tias kab mob hauv qhov ncauj thaum cev xeeb tub tuaj yeem ua mob rau leej niam thiab nws tus me nyuam?

- Cov kab mob hauv qhov ncauj tuaj yeem ua rau muaj tus mob hu ua Pre-eclampsia, uas yog qhov ua rau tus niam cev xeeb tub tuag thiab txwv tsis pub cov ntshav ntws mus rau nws tus me nyuam.
- Cov kab mob hauv qhov ncauj ua rau muaj kev phom sij ntawm Kev Yug Ua Ntej Txog Caij, Tus Me Nyuam Mos Thaum Yug Los Nws Tsis Hnyav suav nrog:
 - » Teeb meem kev ua pa
 - » Muaj kev phom sij kis kab mob
 - » Teeb meem kev zom mov
 - » Tsis Muaj Kev Loj Hlob Rau Cov Me Nyuam Mos
 - » Cov Tsos Kev Tag Sim Neej Tam Sim Ntawd Rau Cov Me Nyuam Mos (Sudden Infant Death Syndrome, SIDS)

Cov tsos mob ntawm tus kab mob hauv qhov ncauj yog dab tsi?

- Ua pa tsw phem.
- Liab, o thiab los ntshav ntawm cov pos hniav.
- Cov pos hniav xooob uas rub tawm kom pom cov hniav ntau dua.
- Qhov chaw tshiab ntawm cov hniav.
- Mob hniav los sis lwm yam mob.

Hu rau koj tus kws kho hniav tam sim ntawd yog tias koj mob los sis o, los sis xav tias koj muaj kab mob hauv qhov ncauj txhawm rau los tiv thaiv teeb meem rau koj thiab koj tus me nyuam!



XOV XWM

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Kuv yuav ua li cas thiaj muaj kev noj qab haus huv ntwam lub qhov ncauj thaum cev xeeb tub?

- Mus ntsib kws kho hniav ua ntej thiab thaum cev xeeb tub. Kev mus ntsib kws kho hniav muaj kev nyab xeeb! Kev ntxuav tu cov hniav pab ua kom cov hniav thiab cov pos hniav muaj kev noj qab haus huv.
- Txhuam hniav ob zaug ib hnuv twg rau ob feeb uas siv cov tshuaj txhuam hniav fluoride.
- Dig hniav ib zaug ib hnuv. Koj tab tom siv pas txhuam hniav thiab dig hniav txhawm rau koj thiab tus me nyuam!
- Yaug koj lub qhov ncauj nrog ib tsab diav me ntwam cov hmoov dawb baking soda toj ib khob dej tom qab ntuav. Cov kua qaub hauv lub qhov ncauj tuaj yeem ua rau cov hniav tsis muaj zog.
- Haus dej nrog tshuaj fluoride los pab txhawb cov hniav tiv thaiv kab noj hniav.
- Mus saib [MyPlate.gov](https://www.MyPlate.gov) txhawm rau pab kom koj xaiv noj cov zaub mov muaj kev noj qab haus huv.
- Zom cov qhob noom xylitol los sis cov qhob noom zom uas tsis muaj piam thaj.
- Kev tawm dag zog txhawm rau los pab kom koj xis nyob thaum cev xeeb tub. Nco ntsoov nrog koj tus kws kho mob saib xyuas seb kev tawm dag zog puas nyab xeeb rau koj thiab koj tus me nyuam.
- Txhob haus luam yeeb, tshuaj thiab cawv. Missouri Qhia Kev Txiaiv Luam Yeeb (Missouri Tobacco Quitline) muab kev taw qhia thiab kev txhawb nqa nrog kev txiaiv luam yeeb. Hu rau 1-800-QUIT-NOW (784-8669) los sis mus saib [YouCanQuit.org](https://www.YouCanQuit.org).

Missouri Lub Tsev Hauj Lwm Saib Xyuas Kev Noj Qab Haus Huv thiab Kev Pab Cuam Rau Cov Laus Lub Chaw Hauj Lwm Saib Xyuas Kev Noj Qab Haus Huv Ntwam Cov Hniav
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