

TEEM SIJHAWM TU NROG CEV HAUV TSEV



NATIONAL CENTER ON
Early Childhood Health and Wellness

Cov Lus Qhia rau Tsev Neeg los ntawm Lub Tuamtsev Saib Xyuas Menyuum Yaus thiab Lub Zog Khovkho thoob tebchaws

Pab Tiv Thaiv Kev Ua Pa Nyuaj: Kom Koj Lub Tsev Txhob Muaj Pa Luamyeeb

Vim Li Cas Nws Ho Tseemceeb?

- Cov me nyuam yuav tsum nyob hauv cov chaw uas tsis haus luam yeeb, txhua lub sijhawm.
- Kev nqus pa thiab lwm tus neeg haus luam yeeb yog ua rau mob ntsws ua pa nyuaj, tab sis koj tuaj yeem tiv thaiv lawv.
- Cov pa luam yeeb thiab luam yeeb hauv luam yeeb hluav taws xob muaj cov tshuaj phiv, nrog rau qee yam uas ua rau mob cancer.

luam yeeb hluav taws xob lossis

Vapes yog dab tsi?

luam yeeb hluav taws xob muaj kua dej kua ntsev thiab muaj nicotine. Cov vapor tsis ua mob thiab tuaj yeem ua rau cov menyuum lub ntsws o loj.

Ua Pa Nyuaj Yog Dabtsi?

Ua Pa Nyuaj ib yam mob uas ua rau o thiab ua pa ntawm txoj hlab pas. Ua Pa Nyuaj tuaj yeem ua rau mob hauv siab thiab nkees, thiab ua rau neeg hawb pob thiab hnoos.

Pa Luamyeeb Zaum ob yog Dab Tsi?

Pa Luamyeeb Zaum ob Yoag tej Pa luam yeeb ua ya saum tej huabcua. Nws yog cov pa luam yeeb uas tibneeg tso pa, luam yeeb hluav taws xob los yog vapes, cov kav luam yeeb, thiab cov luam yeeb cigars

Pa Luamyeeb Thib Peb Yog Dabtsi?

Cov pa luam yeeb thib peb yog cov pa luam yeeb uas nyob rau sab nrauv thiab tej khaub hlab ris tsho tom qab ib tus neeg haus luam yeeb lawm.



Tej Yam Koj Ua Tau Los Pab Koj Tus Menyuum

- Pa luam yeeb thib ob tsis zoo.
- Cov pa luam yeeb thib ob yuav ua rau muaj mob.
- Vim hais tias cov menyuum yaus me thiab loj hlob zuj zus ntxiv, yog nqus pa luam yeeb ntau ua rau muaj kev phomsij dua li cov laus.
- Cov me nyuam nyob hauv tsev kho mob cov mob ntsws ua pa nyuaj muaj ntau tshaj lwm cov teeb meem hauv lub nrog cev.
- Cov menyuum uas muaj mob ua pa nyuaj tau qhaj ntau hnuv ntawm tsev kawm ntawv dua li cov menyuum tsis muaj mob ua pa nyuaj.
- Yog tias tus menyuum muaj mob ua pa nyuaj, ua pa ntawm nqus tau cov pa luamyeeb ua rau mob ua pa nyuaj loj tuaj.
- Kev nyob ze ntawm cov pa luam yeeb thib ob tuaj yeem ua rau cov menyuum yaus tsis mob kom kis tau mob ua pa nyuaj thiab.
- Tshuaj los ntawm cov pa luam yeeb (thib peb) tuaj yeem nyob hauv cov huab cua thiab hnav khaub ncaws ntau hnuv lossis tom qab haus luam yeeb.
- Pa haus luam yeeb thib peb kuj tsis zoo.
- Koj tus kws kho mob tuaj yeem pab koj lossis lwm tus tsis haus luam yeeb.