



**KEV NQIS TES UA**

# Tsim ib lub phiaj xwm yug me nyuam.

Thaum muaj kev hloov pauv kev sib kis kab mob COVID-19 mus ntxiv, March of Dimes paub tias txhua hnuv yeej tseem muaj me nyuam yug tshiab. Daim ntawv no tau muab teeb los rau koj tau saib ua ntej koj yuav xav siv saib raws cov cai ntawm qhov chaw koj xav mus yug me nyuam. Nyob rau thaum kawg koj yuav pom ntau cov lus nug uas koj tsim nyog nug koj tus kws pab kho mob rau qhov koj npaj rau koj tus me nyuam yug los.

Koj lub npe \_\_\_\_\_

Koj tus kws pab kho mob lub npe thiab ntaub ntawv sib txuas lus \_\_\_\_\_

Koj tus me nyuam lub hnuv tim txwm qhov yuav yug \_\_\_\_\_

Koj tus me nyuamtus kws pab kho mob lub npe thiab ntaub ntawv sib txuas lus \_\_\_\_\_

- 1 Koj npaj siab yuav yug me nyuam thaum twg?  
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- 2 Puas kam rau ib tus neeg tuaj nyob rau lub sij hawm ua ntej yuav yug me nyuam thiab thaum yug? Yog tias kam, leej twg yog tus yuav los pab txhawb tseem ceeb?  
Lub Npe \_\_\_\_\_  
Xov Tooj \_\_\_\_\_  
Tus neeg no yog:  
 Koj tus khub     Koj tus me nyuam leej txiv  
 Ib tus hauv tsev neeg     Koj tus phooj ywg  
 Txiv Plig     Koj tus neeg pab thaum yug me nyuam

- 3 Nws puas muaj ib txoj hauv kev xaiv rau kev pab txhawb kev yug me nyuam uas yog siv xov tooj ncuaj sij hawm ua ntej yug me nyuam thiab thaum yug?  
Cov hauv kev xaiv siv xov tooj:  
 Los ntawm xov tooj     Skype  
 FaceTime     Facebook  
 Zoom     WhatsApp
- 4 Koj nqa koj lub xov tooj (xov tooj/iPad)?  
 Yog     Tsis Yog  
  
 Puas yog tsev kho mob muaj WIFI siv tau?  
 Yog     Tsis Yog  
  
 Puas yog lub tsev kho mob muaj lub xov tooj uas siv los pab txhawb tau?  
 Yog     Tsis Yog
- 5 Yam kev txhawb nqa dab tsi koj xav tau ncuaj sij hawm yuav yug me nyuam?  
 Kev pab ua pa  
 Pab ua hauj lwm kom dhau qhov ntswj ib ce  
 Zuaj ib ce  
 Pab txav mus los  
 Siv cov cuab yeej pab yug me nyuam (lub pob cua zaum kheej, lub pob cua zaum ntev)  
 Cov cim qhia (cov teeb, yas suab)  
 Lwm yam \_\_\_\_\_

- 6** Puas yog koj xav txav mus los ncuu sij hawm yuav yug me nyuam?  
 Yog  Tsis Yog

Koj xav nyob-sawv rau seem twg ncuu sij hawm yuav yug me nyuam?

- Pw  
 Zaum  
 Sawv  
 Lwm yam \_\_\_\_\_

- 7** Yam tshuaj twg, yog muaj, uas koj xav tias yuav pab tau qhov mob ncuu sij hawm yuav yug me nyuam?  
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- 8** Puas yog koj xav puag koj tus me nyuam kom sib npuab nqaij ncuu sij hawm thawj teev tom qab yug lawm?  
 Yog  Tsis Yog

- 9** Puas yog koj xav kom txiav txoj hlab ntaws qeeb?  
 Yog  Tsis Yog

- 10** Koj xav kom leej twg los khi-nyem txoj hlab ntaws?  
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- 11** Puas yog koj npaj siab los muab/pub koj tus me nyuam cov ntshav hlab ntaws?  
 Yog  Tsis Yog

- 12** Puas yog koj xav nyob nrog koj tus me nyuam txhua lub sij hawm tom qab yug lawm? Los sis puas POM ZOO cia rau koj tus me nyuam siv sij hawm nyob hauv lub chav tu?  
 Nyob nrog koj txhua lub sij hawm  
 POM ZOO nyob hauv lub chav tu

- 13** Puas yog koj npaj siab tias yuav pub niam mis?  
 Yog  Tsis Yog

- 14** Puas yog koj xav ntsib sab laj nrog tus kws qhia pub mis rau me nyuam thaum nyob hauv tsev kho mob?  
 Yog  Tsis Yog

- 15** Puas yog koj xav kom qhia ua ntej yuav muab tej yam los sis tej hom mis poom rau koj tus me nyuam noj?  
 Yog  Tsis Yog

- 16** Yog tias koj tus me nyuam yog nyuam tub, puas yog koj xav kom muab nws daim tawv noov txiav?  
 Yog  Tsis Yog

- 17** Puas yog muaj tej yam kab lis kev cai tshwj xeeb koj xav kom ua thaum yug koj tus me nyuam?  
 Yog  Tsis Yog  
Piav Qhia \_\_\_\_\_  
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- 18** Leej twg yog koj tus neeg yuav txuas lus nrog thaum muaj xwm txheej ceev?

Lub npe \_\_\_\_\_

Kev sib txheeb nrog koj \_\_\_\_\_

Xov tooj \_\_\_\_\_

- 19** Puas yog muaj tej yam dab tsi lub tsev kho mob los sis lub chaw yug me nyuam tus neeg ua hauj lwm tsim nyog paub txog ntawm koj los sis koj tus me nyuam?  
 Yog  Tsis Yog  
Piav Qhia \_\_\_\_\_  
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- 20** Puas yog muaj tej lo lus los sis soj lus uas koj xav kom pab pawg saib xyuas kev noj qab haus huv TSIS txhob siv?  
 Yog  Tsis Yog  
Piav Qhia \_\_\_\_\_  
\_\_\_\_\_

- 21** Puas yog koj nyiam kom muaj ciam txwv qhov coob ntawm cov neeg ua hauj lwm saib xyuas uas mus rau koj lub chav?  
 Yog  Tsis Yog

## Thaum npaj yuav yug me nyuam, hu rau koj lub chaw yug me nyuam nug txog:

**1** Kuv coj puas tau ib tus khub los sis tus neeg pab txhawb nrog kuv?

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**2** Yog tias tsis kam kom tus pab txhawb mus nrog, lub chaw yug me nyuam puas muaj cov cai li cas txog tus neeg pab txhawb siv raws hauv xov tooj?

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**3** Yog tias tsis kam kom kuv coj tau tus neeg pab txhawb mus, koj cov neeg ua hauj lwm yuav pab txhawb kuv thiab pab tswj kuv txoj kev xav thiab lub cev qhov xav tau li cas thaum ua ntej yuav yug thiab thaum yug me nyuam?

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**4** Kuv tus me nyuam yuav zoo li cas thiab kuv yuav raug pov thaiv li cas los ntawm kab mob COVID-19 ncuaj sij hawm yuav yug me nyuam thiab thaum yug, thiab muaj cai dab tsi txog ntawm kev rau daim ntaub npog qhov ncauj qhov ntswg rau tus poj niam cev xeeb me nyuam thiab tom qab yug me nyuam tag?

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**5** Koj puas muaj lub tsev kho mob uas qhia txog kev npaj uas siv raws xov tooj rau kuv ua ntej yug me nyuam thiab thaum yug me nyuam?

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**6** Yam dab tsi kam rau kuv nqa tau mus rau lub chaw nrog kuv?

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**7** Puas yog kuv yuav tau ntsuam sim kab mob COVID-19?

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**8** Yuav zoo li cas yog tias kuv ntsuam sim pom muaj kab mob COVID-19?

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**9** Yuav zoo li cas yog tias kuv tus me nyuam ntsuam sim pom muaj kab mob COVID-19?

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**10** Feem nrab lawm yuav siv sij hawm ntev npaum li cas tom qab yug me nyuam tag kuv thiab kuv tus me nyuam thiaj mam tau tawm tsev kho mob.

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**11** Koj lub chaw yug me nyuam puas muaj txoj cai li cas rau cov tuaj saib tom qab yug tau kuv tus me nyuam lawm?

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**12** Puas muaj lwm lub chaw muaj lwm cov cai ua ntej yuav yug thiab thaum yug me nyuam uas kuv tsim nyog yuav tau paub?

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### Thaum koj mus txog, nug:

**1** Puas yog lub chaw npaj yug me nyuam thaum yug me nyuam muaj cov cai hloov pauv tshiab lawm?

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**2** Thaum nyob rau lub chaw npaj yug, qhov twg kam rau kuv txav mus los tau?

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**3** Muaj cov cai dab tsi txog kev noj thiab kev haus ncuaj sij hawm yuav yug me nyuam?

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