

Muaj kev qhia thiab kev sablaj sai ntawm kev sib tham hauv xovtooj hauv qhov chaw lis haujlwm saib xyuas tshuaj lom. Peb muaj peev xwm pab tau koj thiab koj tsev neeg tej teeb meem ceev thiab nej cov lus nug txog kev raug tshuaj lom.

Koj muaj peev xwm hu thaum nruab hnub lossis thaum hmo ntuj los tau, txhua-txhua 7 hnub ntawm ib vij(asthiv) twg, txhua-txhua hnub ntawm ib xyos twg. Cov neeg saib xyuas neeg mob, kws muab tshuaj, kws kho mob thiab lwm tus kws kho mob paub zoo txog tshuaj lom yuav qhia rau koj thaum hu xovtooj mus nug lawv.

Peb muaj peev xwm pab koj tau vim muaj ntau tshaj 150 hom lus lossis yog koj muaj teeb meem tsis hnob lus zoo.

Muaj ntau qhov chaw lis haujlwm saib xyuas tshuaj lom nyob thoob peb lub teb chaws . Koj muaj peev xwm hu xovtooj txhua qhov txhia chaw nyob hauv teb chaw Mes Kas tuaj rau lub chaw lis haujlwm saib xyuas tshuaj lom tau ntawm tus xovtooj yog **1-800-222-1222**.



**Koj Qhov Chaw
Lis Haujlwm
Saib Xyuas Tshuaj
Lom Pab Koj
Tau Li Cas?**

Kev Pab Cawm Kev Raug Tshuaj Lom Xub-Xub Thawj

Yog tus neeg ntawd

- ✓ tsis ua pa lawm
- ✓ lub cev tsis muaj zog lossis
- ✓ Mob ntswj

Hu rau 911 tamsis ntawd.

Tshuaj lom raug qhov muag yuav ua li cas?

Muab dej ntxuav qhov muag.

Hu rau qhov chaw lis haujlwm saib xyuas tshuaj lom tus xovtooj yog 1-800-222-1222.

Tshuaj lom raug tawv nqaij yuav ua li cas?

Cov ris tsho raug tshuaj lom muab nws hle kom tag.

Hu rau qhov chaw lis haujlwm saib xyuas tshuaj lom tus xovtooj yog 1-800-222-1222.

Nqus pa tshuaj lom yuav ua li cas?

Mus nyob qhov muaj cua huv-huv tamsis ntawd.

Hu rau qhov chaw lis haujlwm saib xyuas tshuaj lom tus xovtooj yog 1-800-222-1222.

Tau nqos tshuaj lom lawm yuav ua li cas?

Hu rau qhov chaw lis haujlwm saib xyuas tshuaj lom tus xovtooj yog 1-800-222-1222.

Tsis txhob sim daws teeb meem tom tsev lossis ua kom tus ntawd ntuav tawm los. Hu rau qhov chaw lis haujlwm saib xyuas tshuaj lom ua ntej tshaj.

Yog xav paub ntxiv, koj tuaj yeem mus saib peb lub vev xaib www.upstatepoison.org.



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Hloov kho 2023 Upstate New York Poison Center

KOJ QHOV CHAW LIS HAUJLWM SAIB XYUAS TSHUAJ LOM



Txhua-Txhua 8 chib twg, muaj ib tus neeg xav tau kev pab hauv qhov chaw lis haujlwm saib xyuas tshuaj lom ...

**Koj puas yog tus
neeg txuas ntxiv
mus ntawd?**

UPSTATE NEW
YORK
POISON CENTER

**Pab Dawb, Pab Tau
Sai, Muaj Kws Kho
Mob Pab.
24 teev/ ib hnub,
7 hnub/ ib vij**

Koj Pwas Paub?

Ntau-ntau zaub peb xav tias tsam cov menyuam yaub tau tshuaj lom. Tabsis cov neeg tuag feem ntau los ntawm tshuaj lom yog cov neeg loj xwb! Kev raug tshuaj lom yog ib yam kev txaus ntsai rau peb sawv daws txhua tus.



Khoom siv feem ntau muaj peev xwm tshwm sim tshuaj lom tau, yog tias muab nws coj los siv yuam kev, muab tshuaj sib tov yuam kev lossis siv yuam kev rau tus neeg tsis yog hom mob ntawd.

Qee yam tshuaj lom muaj xws li:

- Tshuaj kho mob(daim ntawv qhia siv tshuaj uas kws kho mob muab los ntawm qhov chaw muag tshuaj ntsuab) thiab tshuaj muag nyob raws kev
- Khoom siv nyob hauv koj lub tsev muaj xws li tshuaj zawv plaub hau, tshuaj ua kom dawb, yoov/kab laum) thiab tshuaj tua nroj, dej ntsuab rau tsheb thiab roj siv taws teeb txawb
- Tshuaj khes mis hauv koj qhov chaw ua haujlwm
- Kab tom thiab khoom hno
- Nceb thiab nroj ntoo
- Pa phemThiab roj tsheb

Kev muab tshuaj kho mob lossis qee yam tshuaj kho mob ubno coj los sib tov siv yuam kev, noj tshuaj ntxuav tais diav yuam kev, kev tov tshuaj ntxuav/so khoom yuam kev, lossis kev haus dej hauv cawv ntau heev yuav tshwm sim ua tshuaj lom neeg tau.

Vim Li Cas Koj Thiaj Yuav Tsum Hu Xovtooj Nug?

Kev raug tshuaj lom muaj peev xwm tshwm sim rau leej twg los tau thiab qhov chaw lis haujlwm saib xyuas tshuaj lom yog pab cuam rau txhua-txhua tus neeg. Kev hu xovtooj yog hu dawb thiab ua raws li yus tus kheej nyiam.

Peb Pab Kom Koj Siv Nyiaj thiab Sij Hawm Tsawg:

Cov neeg hu xovtooj mus rau tom qhov chaw lis haujlwm saib xyuas tshuaj lom, muaj xya ntawm kaum leej neeg tau txais kev pab. Lawv tsis tau mus ntsib kws kho mob lossis tsis tau mus tom tsev kho mob li.

Koj Tus Kws Kho Mob Hu Xovtooj Mus Rau Tom Qhov Chaw Lis Haujlwm Saib Xyuas Tshuaj Lom Tau Ib Yam:

Thawm twg cov kws kho mob thiab cov neeg saib xyuas neeg mob xav tau kev pab txog kev kho raug tshuaj lom, lawv hu xovtooj mus rau ntawm qhov chaw li haujlwm ib cheeb tsam ze hais tias. *Peb yog kws kho mob paub zoo txog tshuaj lom.*



Kev Qhia Txog Kev Tiv Thaiv Tshuaj Lom

Yog koj xav tias muaj ib tus neeg twg raug tshuaj lom lawm, hu rau tus xovtooj 1-800-222-1222 tamsis ntawd. Kev raug hom tshuaj lom phem yuav tsis tshwm sim dabtsi kom paub ua ntej li.

- Muab tus xovtooj1-800-222-1222 tso rau huav koj lub xovtooj ntawm tes thiab xovtooj hauv tsev.
- Khaws cov tshuaj kho mob thiab lwm yam khoom siv hauv tsev cia rau ntawm nws cov thawv rau khoom thiab muab tso cia kom deb khoom noj khoom haus.
- Twm daim ntawv qhia thiab ua raws li cov ntaub ntawv qhia tas li.
- Muab tsev neeg cov khoom siv thiab tshuaj kho mob ubno xauv ntsuas phoo tseg. Khaws cia rau thaj chaw kom menyuam yaub txhob pom thiab twm tau.
- Yuav khoom siv hom tiv thaiv ubno rau cov menyuam yaub xwb. Tabsis nco qab ntsoov tias, yuav tsis muaj tim khawv dabtsi rau cov menyuam yaub!
- Txhob hu tshuaj kho mob tias yog “khom txom ncauj” tej zaum Tshuaj Lom kuj zoo li khoom noj khoom haus thiab. Qhia tej menyuam yaub kom nug cov neeg laus ua ntej thaum lawv yuav sim noj ib yam dabtsi.
- Paub txog cov neeg hluas nyiam siv khoom siv thiab tshuaj kho mob ubno hom twg “ntau.” Nroj koj cov tub-ntxhai hluas lossis tus pib-ua hluas sib tham txog tej yam kev txaus ntshai no.
- Lo ntawv ceeb toom rau hauv koj tsev qhia txog kev tshwm sim ntawm hom pa phem uas muaj peev xwm tua neeg tuag tau (carbon monoxide).



Pab Dawb, Pab Tau Sai, Muaj Kws Kho Mob Pab.
24 teev/ ib hnuv, 7 hnuv/ ib vij

1-800-222-1222