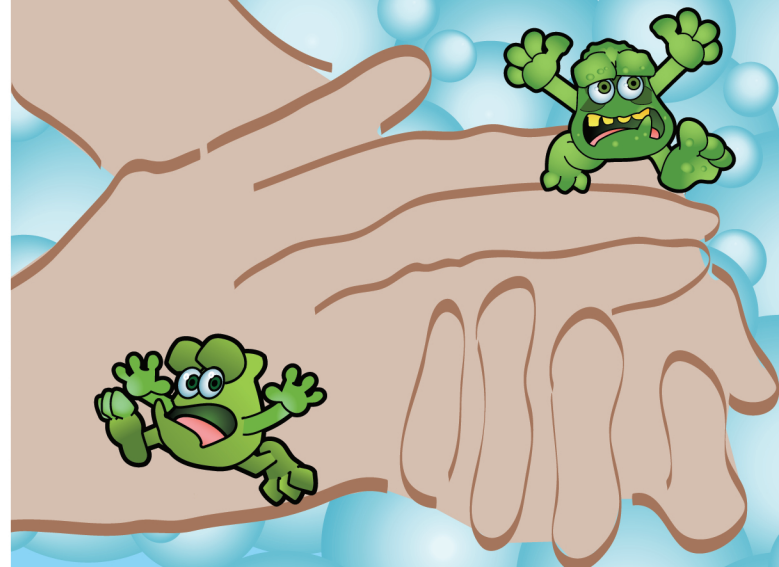


# Ntxuav Tes Kom Huv Huv!



**Kev ntxuav tes yog ib yam tseem ceeb kom thiaj tiv thaiv tau kom tsis raug mob vim yog khoom noj tsis zoo.** Ntxuav tes siv xub npus thiab dej sov kom puv 20 vib na thi.

- ua ntej thiab tom qab koj kov khoom noj
- tom qab koj kov qe nyoos los yog nqaij nyoos, txawm yog nqaij nyuj, nqaij npua, nqaij qaib, los yog nqaij ntses, thiab cov nqaij no tej kua
- tom qab siv hoob nab
- tom qab hloov ib tug me nyuam daim dai pawj
- tom qab kov cov tsiaj tu hauv tsev
- tom qab saib xyuas thiab tu ib tug neeg mob
- tom qab tshuab ntswg, hnoos, los yog txham

## Puas Muaj Lus Noog txog Khoom Noj Kev Puaj Phais?

AskKaren.gov



Txuas rau **"Noog Karen"** rau ntawm [AskKaren.gov](http://AskKaren.gov) kom Noog Ib los lus txog Khoom Noj Kev Puaj Phais.

Hu mus rau **USDA tus Xov Tooj rau Nqaij Nyuj thiab Nqaij Qaib: 1-888-MPHOTLINE (1-888-674-6854)**

MPHotline



Teb Chaws Ameliska lub Roj Tsav Xwm Saib Xyuas Kev Ua Teb Qhov Chaw Pab Kuaj thiab Saib Xyuas tej Khoom Noj Kev Puaj Phais

[www.fsis.usda.gov](http://www.fsis.usda.gov)

USDA yog ib qho chaw pab thiab ua hauj lwm uas cov neeg muaj vaj huam sib luag.

Kaum Ob Hlis Ntuj 2011