

Kev paub txog yog txoj kev tua hluav taws zoo tshaj plaws



**HOME SAFETY
CHALLENGE**



Cov xov tooj rau thaum muaj xwm ceev

Xwm ceev 911

Tuam Tsev Tua Hluav Taws Xob (Tsis Yog Xwm Ceev) _____

Tub Ceev Xwm (Tsis Yog Xwm Ceev) _____

Kws Kho Mob _____

Kws Kho Mob Rau Me Nyuam Yaus _____

Tsev Kho Mob _____

Kws Kho Hniav _____

Kws Kho Tsiav _____

Tuam Txhab Tso Nkev _____

Tuam Txhab Tso Hluav Taws Xob _____

Tus Kws Kho Qhov Dej _____

Tus Neeg Nyob Ib Ncig _____

Tus Neeg Hauv Tsev Neeg _____

Tus Xov Tooj Muab Kev Pab Rau Tsiav Raug Tshuaj Lom 1-800-213-6680

**Chaw Xyuas Txog Tshuaj Lom
(Poison Control) 1-800-222-1222**

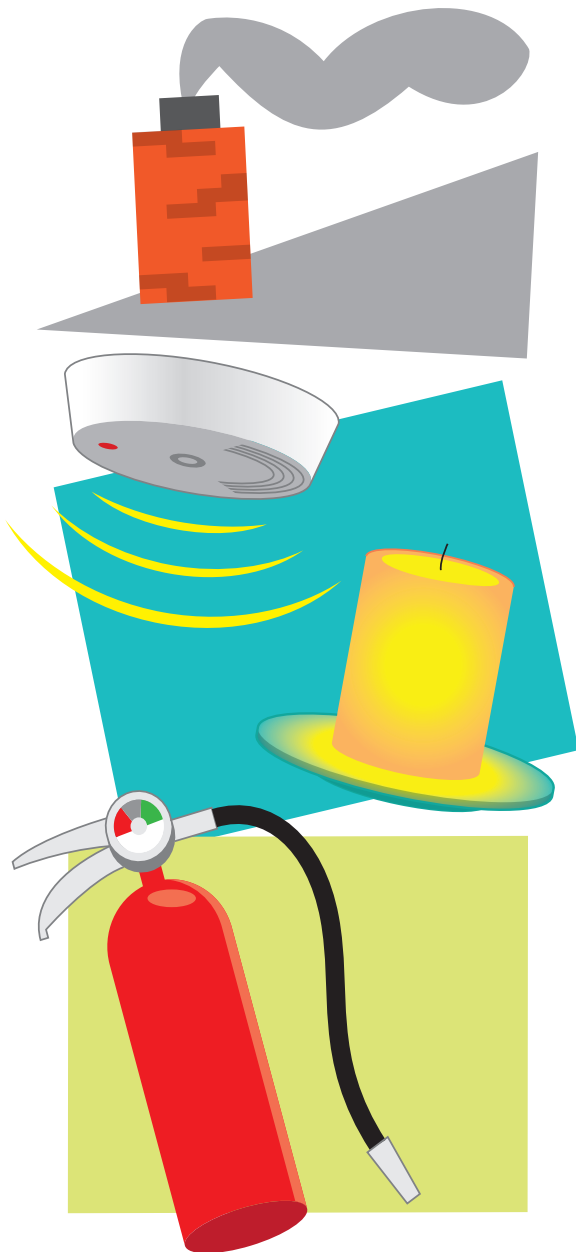
Tiv thaiv koj tsev neeg thiab cov neeg koj hlub.



**HOME SAFETY
CHALLENGE**

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Cov kev Phom Sij thiab seb koj yuav ua tau dab tsi los txo cov kev pheej hmoo



Xav txog tias koj pom koj lub
tsev muaj cov pa hluav taws dub
nciab hauv, thiab cov hluav taws
ua rau koj cov khoom puas tag
thiab thaiv koj txoj hau kev khiav
tawm mus. Xav txog qhov ntawd
tam sim no thiab nqis tes los tiv
thaiv kom qhov ntawd tsis txhob
tshwm sim rau koj.

phom sij

Kev Haus Luam Yeeb

Raws li lub koom haum National Fire Protection Association (NFPA), cov khoom haus luam yeeb yog thawj qhov uas ua rau muaj kev ploj tuag los ntawm hluav taws tshaj plaws hauv Teb Chaws Mis Kas. Koj yuav tsum tau ras txog cov kev pheej hmoo ntawm hluav taws uas txuam rau kev haus luam yeeb.

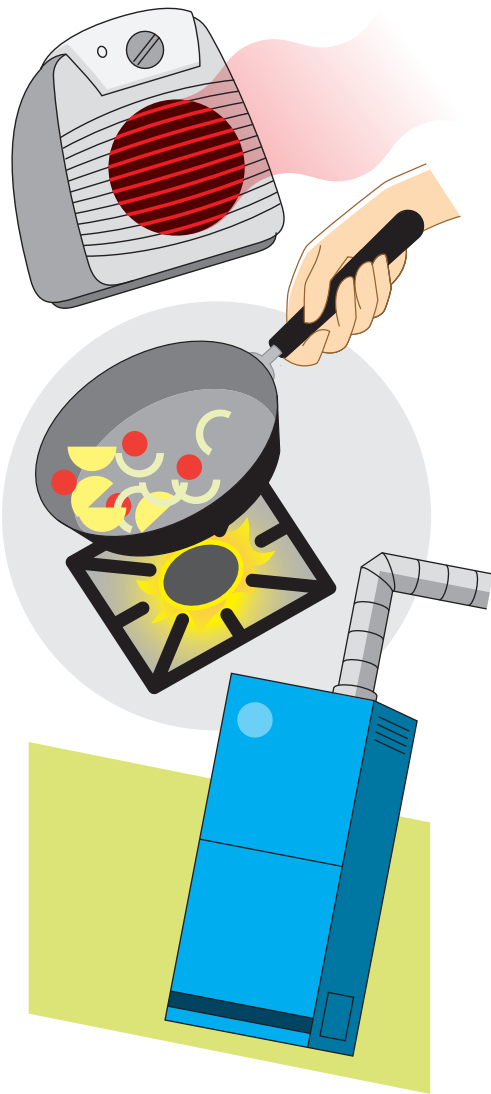
- Yog hais tias koj haus luam yeeb, tsuas siv cov luam yeeb uas ua raws li cov cai hais txog hluav taws xwb.
- Yog hais tias koj haus luam yeeb, haus rau sab nraum zoov.
- Tsis txhob muab cov luam yeeb pov rau hauv cov zaub, cov tais cog paj los yog cov chaw ua kom zoo nkauj, cov ntshuab roj ntoos, cov nyom qhuav, cov ntsuag ntoo (mulch), cov nplooj qhua, thiab lwm cov khoom uas yuav txais tau hluav taws yooj yim.
- Siv cov tais khov thiab tob los rau cov hmoov tshauv. Tsis txhob muab cov khoom haus luam yeeb pov rau hauv lub thoob khiab nyiab kiag li. Muab cov tw luam yeeb thiab cov hmoov tshauv pov rau hauv dej los yog hauv cov xuab zeb.
- Feem ntau cov hluav taws uas ua rau neeg tuag taus mas tshwm sim thaum cov neeg tsaug zog, tau tshuaj los yog qaag.
- Tsis txhob haus luam yeeb saum txaj kiag li.
- Tsis txhob haus luam yeeb thaum uas siv lub taub pa pab rau cov neeg mob.
- Ua ntej yuav mus pw, xyuas kom cov tw luam yeeb nws tuag lawm tso hauv cov chaw uas neeg haus luam yeeb hauv koj lub tsev.

Cov tswm ciab

- Cov tswm ciab uas siv roj teeb thiab tsis muaj nplaim taws yog cov uas yuav siv tau nyab xeeb tshaj plaws.
- Yuav tsum tau siv lub teeb xais tas mus li – tsis yog tswm ciab – thaum yuav tau taws teeb kom pom kev thaum muaj xwm ceev.
- Tsis txhob siv tswm ciab thaum muaj me nyuam thiab tsiaj nyob ib ncig. Feem ntau lawv pom tus nplaim taws mas yuav ua rau lawv zoo siab heev.
- Yog hais tias koj xav siv tswm ciab, muab tso rau hauv ib lub khob khov thiab nyab xeeb uas yuav tsis kub hnyiab.
- Cov tswm ciab yuav tsum tau nyob yam tsawg peb tshwm (feet) ntawm cov khoom uas yuav kub hnyiab tau.
- Muab cov tswm ciab tua kom tuag thaum koj tawm hauv chav mus los yog thaum mus pw.
- Tsis txhob siv tswm ciab hauv chav pw kiag li.



Cov kev



Ua Noj

- Yuav tsum tau nyob hauv chav ua noj thaum ua noj saum qhov cub. Thawj qhov uas muaj hluav taws hauv chav ua noj yog tsis nyob ntawd saib xyuas thaum ua noj.
- Tsim kom muaj ib qho chaw dav peb tshwm ib ncig ntawm koj lub qhov cub thiab qhov cub ci nqaij, xyuas kom cov me nyuam thiab cov tsiaj yug hauv tsev nyob yam tsawg peb tshwm deb thaum uas koj ua noj.
- Xyuas kom lub qhov cub nws du lug. Tej yam uas yuav kub hnyiab tau – nrog rau cov hnab looj tes kom tsis txhob kub, cov thawv ntim khoom noj, cov phuam so tes – yuav tsum tau nyob yam tsawg peb tshwm deb ntawm lub qhov cub ua noj thiab lub qhov cub ci nqaij.
- Tig tag nrho cov tes ntawm cov lauj kaub rau ib sab kom thiaj li tsis phoom los yog rub rau hauv.
- Ntxuav cov raj cua sab saum lub qhov cub ib hlis ib zaug kom thiaj li tsis muaj roj ntau ntau.
- Hnav cov tsho haum cev los yog cov tsho tes luv thaum ua noj.
- Yog hais tias hluav taws pib kub hauv ib lub yias saum lub qhov cub, tsis txhob muab lub yias los yog tsis txhob nchuav dej rau hauv kiag li! Maj mam muab ib lub hau swb rau saum lub yias, muab lub qhov cub tua, thiab hu rau tuam tsev tua hluav taws.
- Roj thiab dej tsis zoo sib tov ua ke. Tsis txhob muab dej nchuav rau cov hluav taws muaj roj. Nws yuav ua rau cov roj tawg thiab yuav ua rau cov hluav taws txav mus thoob hauv chav.

Cov tshuab tso cua sov ntawm chaw (Space heaters)

- Yuav tsum tau muab cov tshuab tso cua sov ntawm chaw tso rau ib qho chaw khov thiab yam tsawg peb tshwm deb ntawm cov khoom uas yuav kub hnyiab tau.
- Ib lub tshuab tso cua sov ntawm chaw yuav tsum tau muaj tus nta uas yuav ua rau lub tshuab tso cua sov ntawd tuag tam sim ntawd yog hais tias nws vau los yog nws kub dhau heev lawm.

phom sij

Cov Kev Phom Sij thiab seb koj yuav ua tau dab tsi los txo cov kev pheej hmoo

Qhov cub rauv taws

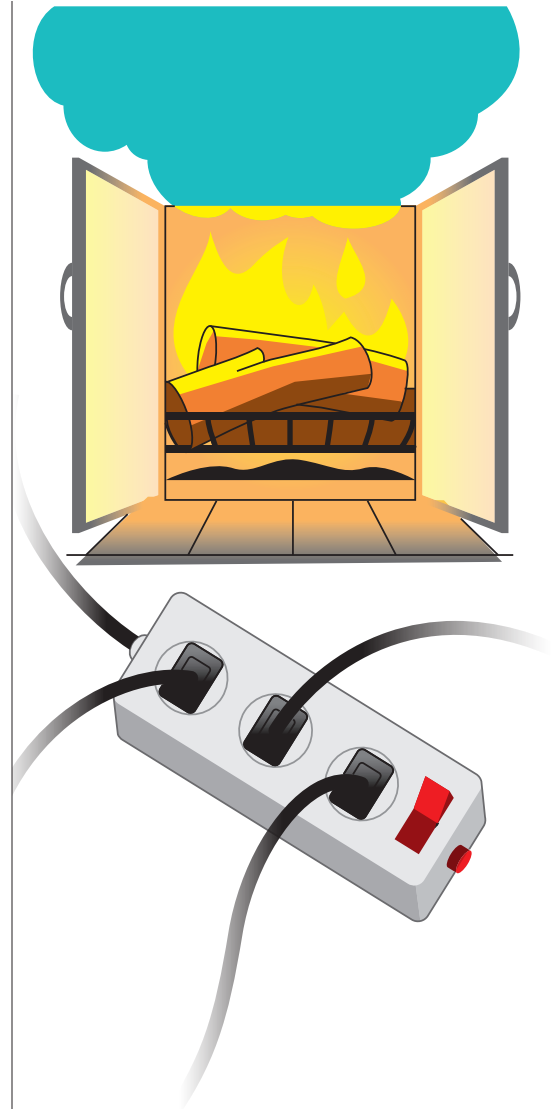
- Tsuas hlawv cov ntoo uas qhuav rau hauv cov qhov cub rauv taws thiab cov qhov cub ntoo xwb – tsis txhob hlawv khib nyiab los yog ntawv.
- Xyuas kom ib tug kws tshaj lij tuaj soj ntsuam thiab ntxuav cov raj pa taws yam tsawg ib xyoos ib zaug.
- Muab cov hmoov tshauv tso rau hauv ib lub taub ntim uas yog hlau, kaw kom khov thiab tos kom txias tso mam li muab pov tseg. Cov hluav taws ntawm cov hmoov tshauv tseem yuav cig tau ntau hnub tom qab muab pov tseg tsis raug cai lawm.
- Muab cov rooj tog tso kom deb yam tsawg peb tshwm ntawm qhov cub rauv taws.

Lub taub tso cua kub (Furnace)

- Xyuas kom muaj ib tug kws tshaj lij tuaj soj ntsuam lub taub tso cua kub txhua xyoo, los yog raws li qhov chaw ua ntawd cov lus qhia uas xav kom ua.
- Hloov daim lim hauv lub taub tso cua kub raws li qhov chaw ua ntawd cov lus qhia xav kom ua.

Hluav taws xob

- Cov hlua txuas mas tsis yog siv los hloov cov qhov hluav taws xob. Siv cov tiv thaiv kom hluav taws xob tsis txhob cig thaum uas ntsia ntau txoj xaim.
- Rho cov hlua ntawm cov twj siv uas me me (piv txwv li, cov tshuab ua khas fes haus, cov qhov cub ci nplev) thaum uas tsis siv lawm.
- Hloov cov hlua uas puas lawm.
- Cov teeb halogen mas nws kub heev, li no yuav ua tau hluav taws thiab kub hnyiab tau. Yuav tsum tau ceev faj heev thaum siv cov no.
- Siv cov qhov muag teeb kom yog rau txhua lub twj siv teeb.
- Cov hlua hluav taws xob yuav tsum tau tsis txhob muab tso rau hauv qab cov ntaub pua taw rooj (rugs) los yog ntawm cov qhov rooj.
- Tag nrho cov qhov hluav taws xob thiab cov chaw nta teeb yuav tsum tau muaj daim khw rau.
- Yuav tsum mus xyuas tau lub thawv uas muaj cov pob teeb hluav taws xob me me (fuse) thiab yuav tau muab ntawv lo rau kom paub tias lub twg yog lub twg. Lub qhov rooj hlau rau lub thawv ntawd yuav tsum tau muab kaw.
- Tag nrho cov qhov hluav taws xob uas ze dej yuav tsum tau muaj GFCI tiv thaiv.



Cov kev



Sab nraum zoov thiab hauv chaw nres tsheb

- Muab cov khoom uas yuav kub hnyiab tau yooj yim (qhov seem ntawm tej khoom puas tsuaj, ntoo, nplooj qhua, khib nyiab, lwm yam zoo li no) tso kom deb ntawm lub tsev.
- Cov qhov hluav taws xob sab nraum zoov yuav tsum tau muaj daim khwb lub qhov hluav taws xob rau.
- Xyuas kom tsis txhob muaj cov pa carbon monoxide ntau ntau; tsis txhob tiv cav tsheb hauv lub tsev nres tsheb kom txog thaum uas lub qhov rooj hauv lub tsev nres tsheb qhib lug tso. Tsis txhob tiv cav cia hauv lub tsev nres tsheb.
- Muab cov kua uas yuav txais hluav taws tso rau hauv cov taub ntim uas tsis phom sij rau hauv ib lub tub hlau rau khoom uas muaj qhov rooj kaw – txav kom deb ntawm cov chaw muaj pa sov thiab cov chaw tawm. Nyob nraum zoov txhab roj rau cov cav kom tau cov cua tshiab.
- Yuav tsum tau muab cov roj qhov cub (propane)/cov qhov cub uas siv thee tso rau sab nraum zoov ntawm ib qho chaw uas tawg tsis taus. Yuav tsum tau tsis txhob siv cov qhov cub ci nqaij hauv ib qho chaw uas muaj dab tsi dai vias thiab yuav tsum tau muab tso rau ib qho chaw yam tsawg rau tshwm (feet) deb ntawm lub tsev thaum uas siv.
- Cov chaw nyob thiab cov tsev nres tsheb uas txuas rau lub tsev yuav tsum tau muaj ib lub qhov rooj tuab tuab los yog ib lub qhov rooj hlau uas thaiv tau hluav taws.
- Cov phab ntsa mas muab kev tiv thaiv hluav taws tsawg heev. Xyuas kom tsis muaj qhov hauv cov phab ntsa uas cais lub tsev nres tsheb thiab qhov chaw nyob.
- Xyuas kom qhov nta kom lub qhov rooj rov qhib rov qab rau saud ntawd ua hauj lwm thiab nruab yog.
- Cov kob rau tus zauv ntawm lub tsev yuav tsum tau txawv cov kob ntawm lub tsev thiab loj txaus kom nyob ntawm kev ntsia tuaj los pom. Xyuas seb koj puas yuav siv cov zauv uas ci thiab pom thaum tsom teeb rau.
- Yuav tsum tau txiav cov ntoo kom nws thiaj li tsis chwv los yog dai ntawm rub tsev kom tiv thaiv tau qhov hluav taws yuav txais tau mus rau lwm qhov chaw.

phom sij

Cov Kev Phom Sij thiab seb koj yuav ua tau dab tsi los txo cov kev pheej hmoo

Teeb Meem Txhaum Cai (Crime)

- Feem ntau cov teeb meem txhaum cai mas yog los ntawm qhov uas muab sij hawm zoo rau. Tsis txhob ua rau kom cov neeg tub sab yuav nyiaj tau koj cov khoom yooj yim. Nruab thiab xyuas kom muaj ib lub teeb rau sab nraum zoov, nrog rau cov twj uas ntes tau thaum muaj dab tsi txav rau ntawm lub qhov rooj txuas thiab lub qhov rooj tag.
- Tag nrho cov qhov rooj sab nrauv, nrog rau lub qhov rooj ntawm tsev nres tsheb mus rau hauv tsev, yuav tsum tau muaj cov pob xauv qhov rooj rau.
- Yuav tsum tau nruab cov iav uas tawg tsis taus rau tag nrho cov qhov rooj thiab ntawm cov sab ntug ib sab ntawm cov qhov rooj.
- Yuav tsum tau npog tag nrho cov qhov rais hauv lub tsev nres tsheb.
- Tag nrho cov paj thiab nroj tsuag uas cog rau ntawm qhov rais yuav tsum tau muab txiav kom luv kom thiaj li tsis ua ib qho chaw nkaum.
- Tag nrho cov qhov rais yuav tsum tau muaj lub xauv ntsia rau thiab muab xauv.
- Cov qhov rooj uas swb yuav tsum tau muaj dab tsi los xauv rau. Ntxiv thiab, tso ib tug pas los yog ib tug ntsia txheem rau ntawm tus npoo taw swb ntawd.
- Nruab sij hawm rau cov teeb sab hauv tsev thiab muab taws rau thaum uas tsis muaj neeg nyob hauv tsev lawm.
- Yuav tsum tau xauv koj lub qhov rooj tsheb tas mus li. Tsis hais seb koj lub tsheb nres rau ntawm kev, hauv tsev nres tsheb, los yog ntawm kev loj. Muab cov khoom muaj nqis tshem tawm hauv tsheb kom tas.
- Yuav tsum tau muab cov phom thiab mos txwv xauv thiab nyias cia rau nyias ib qho chaw.
- Xyuas kom tsis txhob muaj neeg pom koj lub twj qhib qhov rooj rau lub tsev nres tsheb kiag li.



Ua Kom Muaj Kev

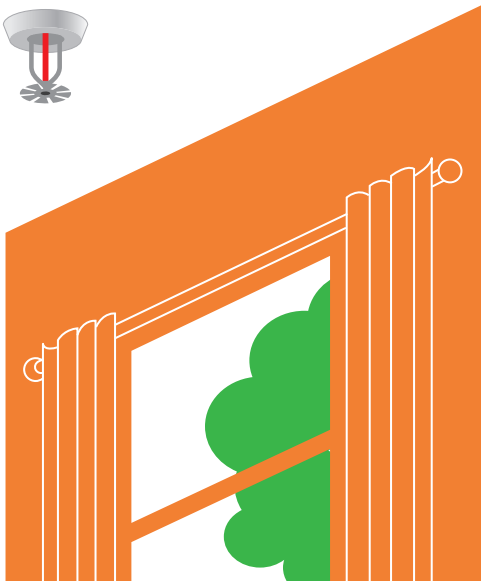
Lwm cov kauj ruam yuav ua kom muaj kev nyab xeeb zog tuaj



Kev tiv thaiv yog txoj zoo tshaj plaws los txo qhov uas yuav muaj kev kub hnyiab hauv koj lub tsev. Muaj ntau yam uas koj yuav ua tau kom koj tsev neeg muaj kev nyab xeeb, yog hais tias muaj hluav taws.

Cov twj txuag dej rau hluav taws hauv tsev

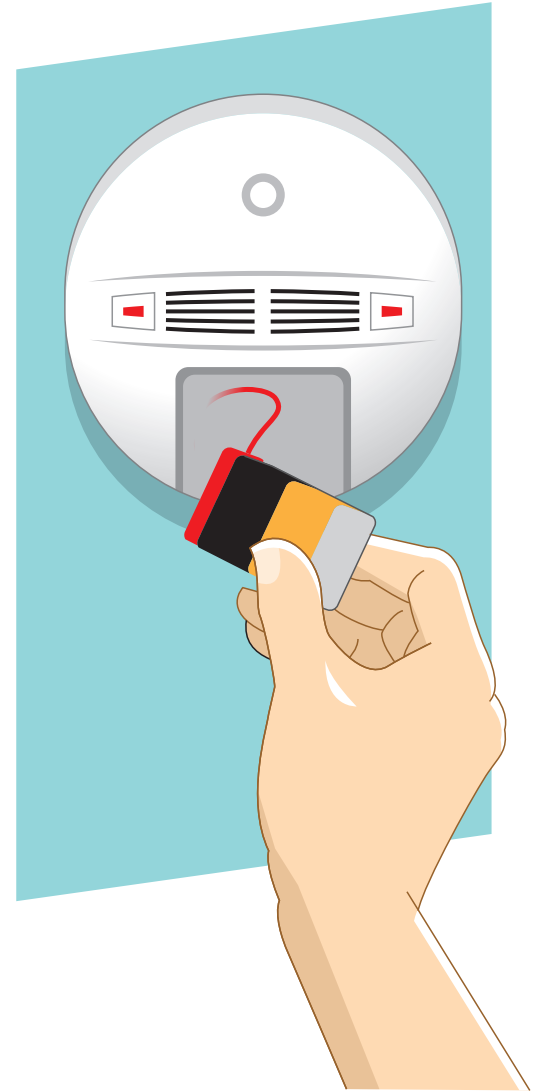
- Cov twj txuag dej rau hluav taws hauv tsev ua hauj lwm raws lub tswb txhom pa hluav taws kom cawm tau neeg txoj sia. NFPA cov ntaub ntawv tau qhia tias cov twj txuag dej rau hauv tsev nws txo tau kev tuag hauv qhov muaj tsev kub hnyiab mus 80%.
- Cov twj txuag dej tua hluav taws nws tiv thaiv neeg txoj sia thiab vaj tse uas ua kom qhov hluav taws ntawd nws me. Vim hais tias lub twj txuag dej tua hluav taws nws khiav tau ceev, nws yuav txo tau qhov kub, cov nplaim, thiab cov pa uas muaj thaum muaj hluav taws ntawd, uas yuav muab sij hawm rau koj tsev neeg khiav kom dim mus yam nyab xeeb.
- Yuav nruab tau cov twj txuag dej tua hluav taws hauv cov tsev tshiab uas nyuam qhuav ua tau los yog cov tsev qub. Yog hais tias koj tab tom kho kom lub tsev zoo los yog ua ib lub tsev, nruab ib lub twj txuag dej tua hluav taws rau hauv.
- Nws yog ib qho tseem ceeb tshwj xeeb uas yuav tau nruab ib lub twj txuag dej tua hluav taws rau hauv cov tsev uas muaj cov neeg uas yuav tawm tsis tau yog tsis muaj neeg pab, xws li cov neeg uas muaj kev tsis taus, cov me nyuam me, los yog cov laus.
- Kom ib tug neeg nruab uas tsim nyog tuaj nruab lub twj txuag dej tua hluav taws rau hauv koj lub tsev. Tu xyuas kom zoo raws li cov cai hais txog kev nyab xeeb ntawm hluav taws hauv zos.



Nyab Xeeb Zog Tuaj

Nruab cov tswb txhom pa hluav taws

- Cov tswb txhom pa hluas taws nws cawm neeg txoj sia, txo txoj kev pheej hmoo uas yuav tuag hauv lub tsev mus lawm ib nrab. Yuav tsum tau nruab cov tswb txhom pa hluav taws thiab tu xyuas kom zoo hauv txhua lub tsev.
- Ib lub tswb txhom pa hluav taws yuav txhom thiab ceeb toom thaum pib muaj hluav taws. Qhov no yuav muab sij hawm rau koj khiav tawm mus.
- Nruab cov tswb txhom pa hluav taws rau txhua theem hauv koj lub tsev, sab nraum txhua chav pw thiab hauv txhua chav pw.
- Thaum koj hloov cov hlua xaim ntawm cov tswb txhom pa hluav taws, muab tib hom qub coj los hloov.
- Tshem los yog nqus cov plua plav ntawm cov tswb txhom pa hluav taws kom cuag ncu. Ua raws li cov lus qhia tu los ntawm qhov chaw ua lub tswb.
- Yuav tsum tau sim cov tswb txhom pa hluav taws txhua hli los ntawm qhov uas nias lub pob “TEST”.
- Hloov lub roj teeb yam tsawg ib xyos ib zaug (tshwj tsis yog tias koj muaj cov tswb txhom pa hluav taws uas muaj lub roj teeb lithium uas yuav kav mus 10 xyoo). Ib txoj kev yooj yim kom koj nco hloov cov roj teeb yog thaum uas koj hloov koj lub moos txhua xyoo.
- Hloov cov tswb txhom pa hluav taws txhua 10 xyoo twg los yog raws li cov lus qhia hloov los ntawm lub tuam txhab ua lub tswb ntawd.



Ua Kom Muaj Kev



Npaj ib lub hom phiaj tawm

1. Siv ob peb feeb los xav seb koj yuav tawm li cas yog thaum muaj hluav taws kub.
2. Xyaum koj lub hom phiaj khiav tawm nrog tag nrho cov neeg uas nyob hauv koj lub tsev yam tsawg ob zaug ib xyoo twg.
3. Nrhiav ib qho chaw los sib ntsib ntawm lub tsev es xyuas kom paub tseeb tias tag nrho cov neeg nyob hauv tsev paub tias yuav los sib ntsib rau ntawd yog thaum muaj tsev kub hnyiab.
4. Xyuas kom txhua tus neeg hauv lub tsev sawv thaum hnov lub tswb txhom pa hluav taws nrov. Cov me nyuam, cov laus, thiab cov neeg uas muaj kev tsis taus tej zaum yuav tsum tau mus pab tsa thiab pab coj tawm. Xyuas kom paub tseeb tias muaj neeg pab lawv.
5. Nrhiav ob txoj kev tawm hauv txhua chav pw.
6. Kaw koj lub qhov rooj txag thaum mus pw. Yog hais tias thaum muaj hluav taws kub, lub qhov rooj kaw ntawd yuav pab thaiv kom cov pa hluav taws thiab qhov kub ntawd tawm kom muab sij hawm rau koj tawm ntawm lwm qhov chaw khiav tawm.
7. Kov lub qhov rooj ua ntej yuav tawm mus rau ntawm kis tsev. Yog hais tias lub qhov rooj kub kub, siv lwm txoj kev tawm. Yog hais tias nws txias, nyob qis qis thiab maj mam qhib lub qhov rooj. Yog hais tias yuav tawm tau mus nyab xeeb lawm, tawm mus rau ntawm qhov chaw nej yuav npaj mus sib ntsib.
8. Xyuas kom txoj kev tawm ntawd nws du lug. Tsis txhob muab khoom tso kom sw. Yog hais tias koj tsis tau siv ib yam khoom tsaib no, xyuas seb muab pub lwm tus neeg los yog muab pov tseg puas tau.

Nyab Xeeb Zog Tuaj

Lwm cov kauj ruam yuav ua kom muaj kev nyab xeeb zog tuaj

Yuav ua li cas thaum muaj hluav taws

Yog hais tias thaum muaj hluav taws... Tawm Mus

Nyob Twj Ywm Sab Nraud

HU 9-1-1

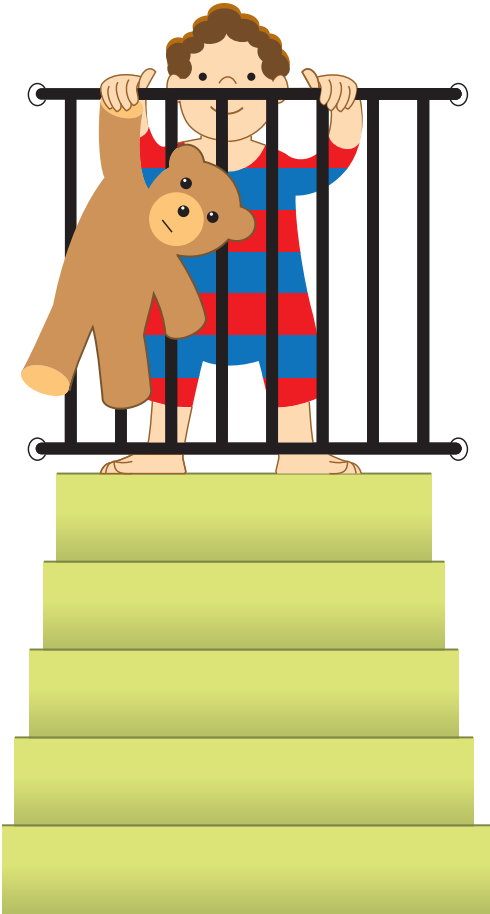
- Nyob tswm xeeb thiab nqis tes ua ub no kom ceev! Tsis txhob laug sij hawm—cia li tawm mus! Tsis txhob nkim sij hawm los nrhiav khoom.
- Muab koj lub hom phiaj khiav tawm coj los siv.
- “Nyob qis qis” uas cov pa nws ntshiab thiab txias.
- Nco ntsoov siv tus ntaiv. Tsis txhob siv tus ntaiv hluav taws xob yog thaum muaj tsev kub hnyiab!
- Tsis txhob rov qab mus rau hauv tsev. Muaj coob tus neeg tuag los ntawm qhov rov qab mus rau hauv tsev mus nqa nws cov tsiaj yug hauv tsev los yog cov khoom tseem ceeb. Siv ib lub xov tooj sab nraud hu rau 9-1-1 thiab nyob ntawm koj qhov chaw sib ntsib ntawd tos kom lub tsheb tua hluav taws tuaj txog.
- Yog hais tias tawm tsis tau ntawm ib lub qhov rais, kaw lub qhov rooj twj ywm. Muab cov pam los thaiv sab hauv qab ntawm cov qhov rooj kom thaiv tau cov pa. Muab cov qhov tso cua kub/txias kaw. Taws teeb. Qhib qhov rais kom neeg pab. Hu 9-1-1.

Yog hais tias koj cov khaub ncaws kub hnyiab

- **STOP. DROP** to the ground. **ROLL** over to put the fire out.
- **NRES. PW** hauv pem teb. **DOV** kom tua tau cov hluav taws.
- Muab koj txhais tes los npog koj lub ntsej muag kom cov pa hluav taws tsis txhob nkag rau koj lub qhov ntswg thiab qhov muag.
- Siv cov dej txias los pab rau qhov kub. Muab ib daim ntaub huv thiab qhuav los npog qhov uas kub ntawd.
- Nrhiav kev pab kho mob rau cov kev kub loj.



Tswv Yim



Tswv yim tshwj xeeb rau cov niam txiv thiab cov kws muab kev pab

Kev raug mob los ntawm qhov tsis saib xyuas yog thawj qhov uas ua rau muaj kev tuag hauv cov me nyuam. Cov niam txiv thiab cov neeg saib xyuas muaj txoj dej num los ua raws li cov kauj ruam uas tsim nyog los pab kom lawv lub tsev muaj kev nyab xeeb li nyab xeeb tau rau cov me nyuam.

Ua kom koj lub tsev muaj kev nyab xeeb zog rau cov me nyuam

- Muab cov rooj vag nruab rau sab saum toj thiab hauv qab ntawm tus ntaiv hauv cov tsev uas muaj me nyuam me kom thiaj li tsis poob.
- Nruab cov thaiv qhov rais rau cov qhov rais nyob rau theem saud kom me nyuam thiaj li tsis poob.
- Tshem cov khoom noj thiab cov kua uas kub kub tawm ntawm rooj thiab cov npoo ntawm lub txee kom thiaj li tsis kub.
- Yuav tsum tau xyuas cov dej tas li seb puas kub ua ntej muab me nyuam tso rau hauv lub dab dej. Xyuas seb ntsia puas tau ib lub twj pab cheem kom tsis txhob hle tawv (uas yuav txo cov dej kom nrog me me lawm xwb thaum uas cov dej nws kub ze txog 120 degrees Fahrenheit) rau ntawm cov kais dej hauv lub dab da dej thiab lub txuag dej rau saum taub hau (showerheads). Kho tus nt-suas kub ntawm koj lub taub dej kub kom txog 120 degrees Fahrenheit los yog qis dua ntawd.
- Muab cov thaiv lub qhov hluav taws xob ntsaws rau kom cov me nyuam tsis txhob muab khoom tshum rau hauv.
- Khaws tag nrho cov tshuaj noj thiab cov khoom tu vaj tse xauv rau hauv ib qho chaw zoo.
- Yog hais tias muaj me nyuam nyob hauv tsev, tsis txhob tawm hauv chav dej mus thaum uas tso dej rau hauv lub dab dej.

Tshwj Xeeb

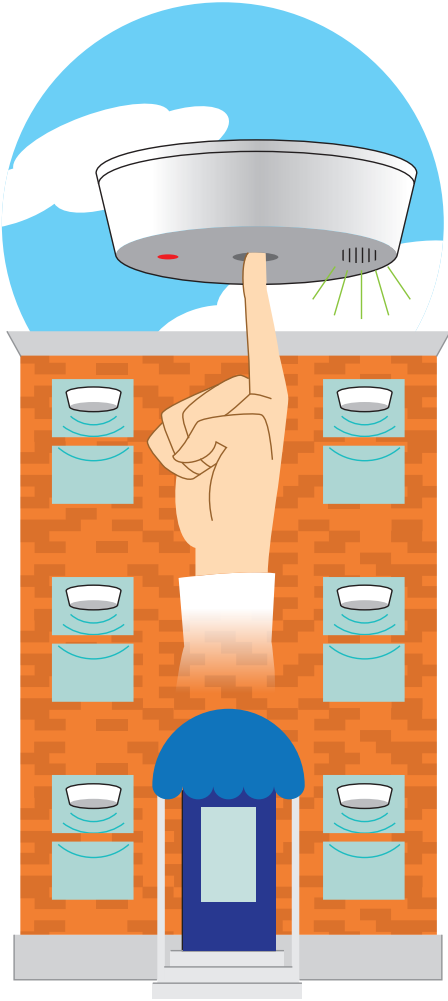
Qhia rau cov me nyuam txog qhov phom sij hawm ntawm hluav taws xob

Nws yog ib qho tseem ceeb uas yuav tsum tau ras tias ib sij huam cov me nyuam yuav pib tau hluav taws. Feem ntau cov me nyuam nws nyiam nplaim taws, tswm ciab, ntais ntawv, thiab ntais. Qhia rau koj cov me nyuam tias hluav taws yog neeg laus cov twj, tsis yog me nyuam yaus cov khoom ua si.

- Khaws cov luam yeeb, ntais ntawv, ntais, thiab lwm yam twj haus tso rau hauv ib lub tub uas xauv tau thiab kom me nyuam tsis txhob ncav (thiab tsis txhob pom) tau.
- Txhawb kom cov me nyuam qhia rau ib tug neeg laus yog hais tias lawv pom cov ntais ntawv los yog cov ntais.
- Qhia kom cov me nyuam tsis txhob kov cov ntais ntawv los yog cov ntais.
- Yog koj paub cov me nyuam uas tej zaum yuav pib hluav taws, hu rau lub tuam tsev tua hluav taws kom lawv pab.
- Qhia rau cov me nyuam tias lawv yuav tsum tau txav deb ntawm cov qhov cuab thiab lwm cov twj tso cua kub.
- Ua ib qho piv txwv zoo txog kev coj xeeb ceem nyab xeeb ntawm cov hluav taws xws li cov qhov cub rauv nraum zoov (bonfires), qhov cub ci nqaij, qhov cub rauv taws, thiab qhov cub rauv thaum mus pw tom hav zoov (campfires).
- Ib sij xyaum koj lub hom phiaj khiav tawm thaum muaj tsev kub hnyiab kom cov me nyuam paub seb yuav khiav tawm li cas yog thaum muaj hluav taws.



Tswv Yim



Cov tswv yim tshwj xeeb rau cov neeg khais tsev nyob

Kev khais tsev nyob tsis tau txhais tias koj yuav tsum tau tsis quav ntsej txog kev tiv thaiv hluav taws. Xyuas kom koj nkag siab thiab xyaum koj txoj kev khiav tawm. Muab kev koom tes nrog koj tus tswv tsev kom tshem tawm tau cov teeb meem uas tej zaum yuav muaj hais txog qhov hluav taws kub tsev.

- Tus tswv tsev yuav tsum tau muab cov tswb txhom pa hluav taws uas ua hauj lwm rau koj. Tiam sis, nws yog koj txoj kev dej num los xyuas tas li kom nws ua hauj lwm thiab qhia rau tswv tsev paub yog tias cov tswb txhob pa hluav taws tsis ua hauj lwm lawm.
- Npaj thiab xyaum koj lub hom phiaj khiav tawm thaum tsev kub hnyiab. Xyuas kom paub seb muaj pes tsawg lub qhov rooj hauv koj txoj kev khiav tawm. Tsis txhob siv tus ntaiv hluav taws xob.
- Tsis txhob haus luam yeeb thiab tsis txhob ci nqaij ntawm cov sam thiaj ntawm lub tsev muaj coob yim neeg nyob.

Tshwj Xeeb

Tswv yim tshwj xeeb rau cov laus

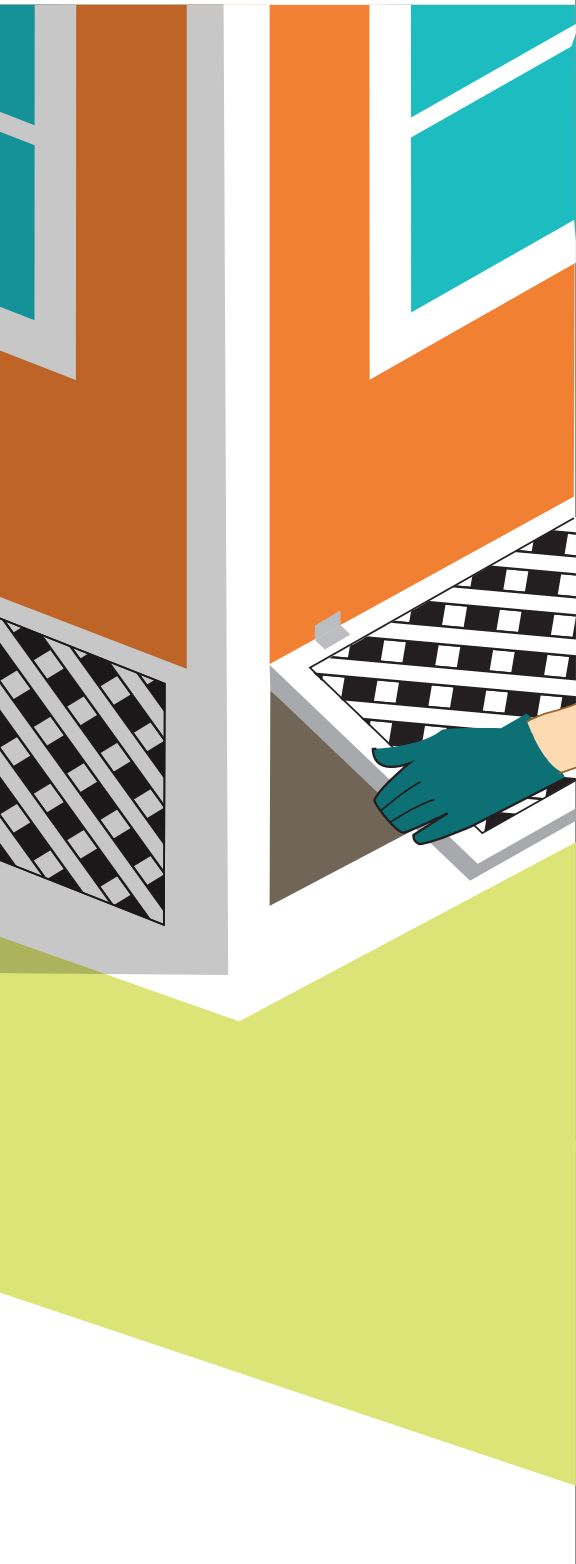
Cov laus mas nws muaj txoj kev pheej hmoo tshwj xeeb tias yuav raug mob loj thiab yuav tuag taus los ntawm qhov tsev kub hnyiab thiab qhov ntog. Koj yuav tsum tau ras txog cov kev phom sij, thiab ua cov kev ceev faj kom thiaj li nyob nyab xeeb. Kev nquag sib nug nrog cov neeg hauv tsev neeg, cov neeg nyob ib ncig, thiab/los yog cov phooj ywg yog ib qho tseem ceeb ntawm txoj kev nyob nyab xeeb.

Kev nyab xeeb txog kev ntog

- Cov kev ntog hauv tsev mas nws phom sij heev tshwj xeeb rau cov laus. Xyuas xim ua ntej kom txo tau cov kev pheej hmoo ntawm kev ntog.
- Hais kom koj tus kws ntsuam mob soj ntsuam koj cov tshuaj thiab cov kev tsis haum tshuaj uas tej zaum yuav muaj.
- Mus soj ntsuam koj lub qhov muag.
- Pib qoj ib ce kom thiaj li muaj zog thiab tig taus.
- Xyuas kom cov ntaiv tsis txhob muaj khoom, thawv ntawv, cov khoom sw. Cov khoom uas tso rau ntawm cov ntaiv yuav ua rau kom dawm ntog.
- Tshem cov ntaub pua taw rooj me me los yog sis cov ntaub nplaum uas nplaum ob sab los yog daim ntaub nyias uas pua rau hauv qab daim ntaub pua taw rooj kom cov ntaub pua taw rooj tsis txhob swb mus mus los los.
- Khaws cov khoom uas nquag siv ntawd tso rau hauv cov tub uas koj yuav ncav tau yam uas tsis tas siv tus ntaiv nce.
- Nruab cov pas tuav rau hauv lub dab da dej/lub dab da dej sawv ntsug thiab lub qhov dej.
- Siv cov lev uas tsis swb rau hauv cov chav dej thiab hauv cov dab da dej.
- Tshem kom cov daus thiab cov dej khov tawm ntawm txoj kev taug.
- Xyuas kom cov teeb hauv koj lub tsev ci kom pom kev.
- Nruab cov tes tuav thiab cov teeb kom tsim nyog rau tag nrho cov taw ntaiv.



Tswv Yim



Tswv yim tshwj xeeb rau cov neeg nyob hauv cov tsev txawb

Cov tsev txawb, tshwj xeeb cov uas qub zog lawm, yuav ua tau kom muaj kev phom sij. Xyuas kom ua raws li cov qauv hais txog kev nyab xeeb uas xav kom ua rau lwm hom tsev, uas xyuas kom cov tswb txhom pa hluav taws ua hauj lwm, saib xyuas ntsoov thaum ua noj, thiab siv txoj cai peb tshwm (feet) rau ib ncig ntawm cov chaw muaj cua kub.

Ntaub nplaum rau lub taub tso cua kub (Heat tape)

Cov ntaub nplaum rau lub taub tso cua kub mas qhwv ib ncig rau ntawm cov kais dej uas dej los hauv koj lub tsev. Yuav kom tiv thaiv tau cov ntaub nplaum rau lub taub tso cua kub kom tsis txhob khov thaum lub caij ntuj no, ntiav neeg tuaj xyuas txhua lub caij nplooj ntoos zeeg ua ntej yuav lo ntaub nplaum rau. Tom qab kob daus kawg los tas lawm, muab tshem kom txuag tau hluav taws xob. Tseg cov thaiv ib ncig lub tsev nyob twj ywm kom cov me nyuam tsiaj thiaj li mus tsis tau hauv qab tsev es mus tom daim ntaub nplaum. Yog hais tias daim ntaub nplaum hle thiab cov kais dej khov, hu rau ib tug kws tshaj lij.

Tshwj Xeeb

Lwm cov lus qhia txog kev cawm siav

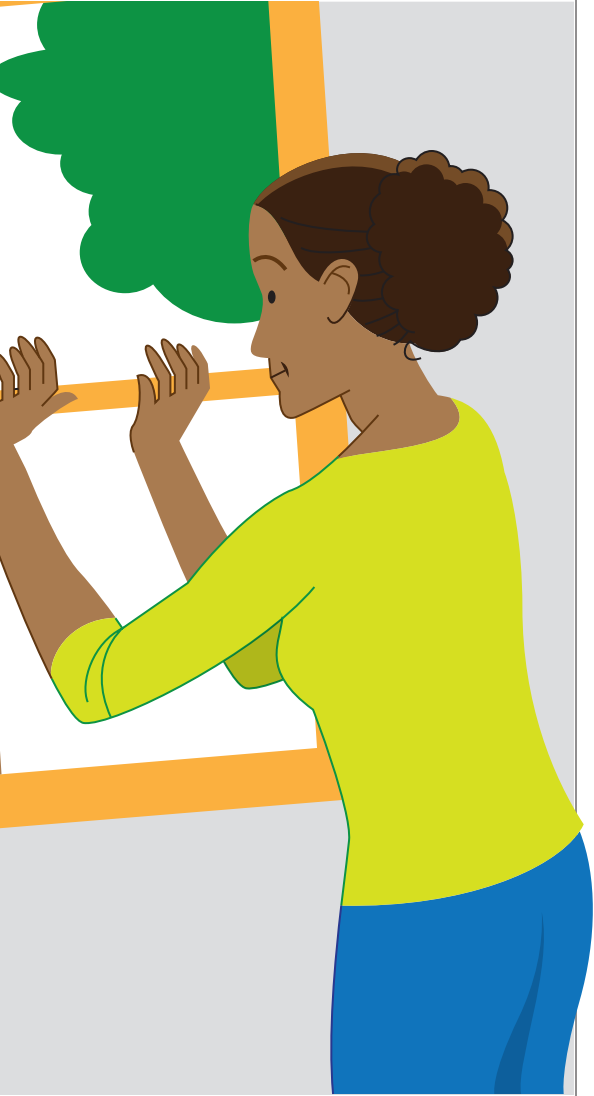
Kev tiv thaiv thiab qhov uas muaj ntau hom tswb, twj, thiab cov txheej txheem rau thaum muaj xwm ceev yuav ua tau rau koj tsev neeg dim tau zoo zog.

Cov tswb txhom carbon monoxide

- Cov pa carbon monoxide (CO) yog ib hom nkev uas tsis muaj ntshiab, tsis muaj kob, thiab tua tau neeg tuag. Nws yuav tua tau koj ua ntej koj paub tias nws nyob hauv koj lub tsev. Pua pua tus neeg tau tuag los ntawm cov pa carbon monoxide txhua xyoo.
- Cov pa CO yuav los ntawm cov twj siv hauv tsev uas siv nkev taws, cov qhov cub ci nqaij uas siv thee, cov qhov cub rauv taws thiab qhov cub ua noj uas siv ntoo, thiab cov tsheb.
- Cov tsos mob ntawm kev raug cov pa CO lom mas tej zaum yuav muaj xws li mob taub hau, xeev siab, thiab tsaug zog.
- Nruab ib lub tswb txhom cov pa carbon monoxide li ntawm 10 tshwm (feet) ntawm tag nrho cov chaw pw. Ua raws li cov lus qhia ua los ntawm qhov chaw ua lub tswb hais txog kev hloov thiab seb yuav ntsia siab npaum cas.
- Siv cov tswb txhom carbon monoxide digital uas ntsia rau tim qhov hluav taws xob thiab muaj roj teeb rau hauv tsam koj cov hluav taws xob lam cia li tuag lawm.
- Tsis txhob yuav cov tswb txhom cov pa carbon monoxide/pa hluav taws ua ke.
- Sim cov tswb txhom pa CO ib zaug ib hlis.
- Hloov koj lub tswb txhua 5-7 xyoo twg (muaj hnuv tim nyob rau sab nraum qab) los yog raws li qhov chaw ua ntawd cov lus qhia ua. Cov pob uas pom los yog tsom (sensors) hauv cov tswb txhom cov pa CO mas tsuas siv tau mus ib ntus xwb.



Tswv Yim



Kuv yuav ua li cas yog tias kuv lub tswb txhom cov pa CO nrov?

Yog hais tias tsis muaj neeg tsis xis nyob:

- Muab lub twj tua kom ntsiag.
- Muab tag nrho cov twj siv hauv vaj hauv tsev thiab cov khoom uas yuav tawg taus ntawd tua kom tas.
- Hu rau ib tug kws tshaj lij thiab/los yog lub tuam txhab tso nkev kom tuaj soj ntsuam seb puas muaj qhov tias muaj cov pa CO ntawd ntau dhau lawm.

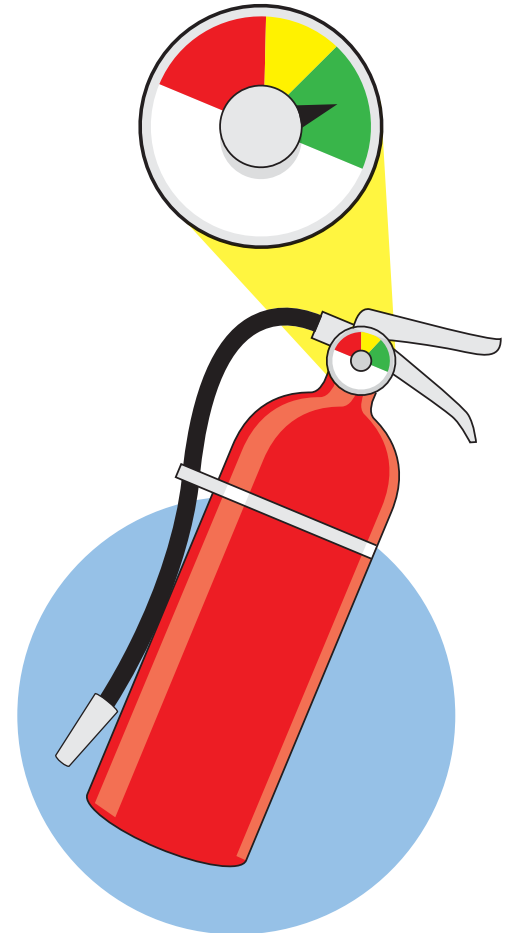
Yog hais tias muaj neeg muaj cov tsos mob zoo li ua daus no:

- Tawm hauv lub tsev tam sim ntawd.
- Hu rau 9-1-1.
- Nyob hauv ib qho chaw uas muaj cua tshiab kom txog thaum uas cov neeg muab kev pab thaum muaj xwm ceev tuaj pab koj tso.

Tshwj Xeeb

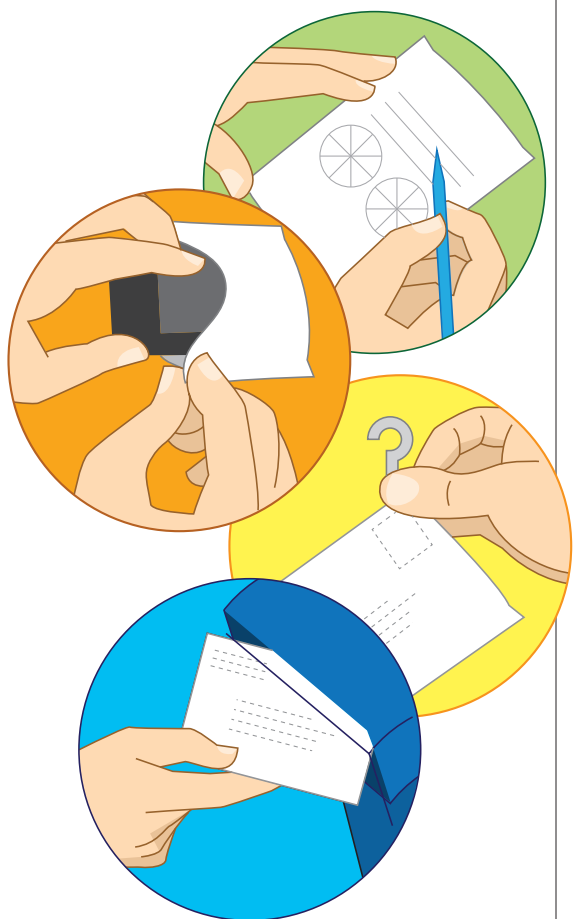
Cov twj tua hluav taws

- Txiaiv txim yuav ib lub **5 lb. ABC twj tua hluav taws** rau koj lub tsev.
- Muab cov twj tua hluav taws tso ze rau ntawm cov chaw tawm hauv chav ua noj thiab hauv lub tsev nres tsheb.
- Xyuas kom tus koob nyob rau qhov “ntsuab” uas qhia tias muaj pa. Kom neeg xyuas lub twj tua hluav taws thiab rov sam rau txhua rau xyoo twg.
- Siv tus txheej txheem PASS (Rub tus koob, Taw rau lub hauv paus ntawm qhov hluav taws, Nyem tus tes, thiab Yoj sab rau sab). Yuav tsum tau xyuas kom muaj qhov tawm sab nraum qab koj kom koj thiaj li tsis khuam rau hauv, thiab xyuas kom tau hu rau 9-1-1 lawm ua ntej koj sim tua qhov hluav taws.



Cov Twj

Cov twj thiab kev kawm txog kev nyab xeeb



Ntsuas cov pa radon

- Cov pa radon yog qhov ua rau muaj cancer hauv lub ntsws zus ib hauv cov neeg uas tsis haus luam yeeb.
- Minnesota Lub Tuam Tsev Tswj Xyuas Txoj Kev Noj Qab Haus Huv (Minnesota Department of Health) xav kom koj sim ntsuas seb koj lub tsev puas muaj cov pa radon.
- Yuav cov khoom ntsuas cov pa radon hauv lub khw kho vaj tse hauv ib ncig koj nyob, los yog yuav online.
- Ua tib zoo nyeem thiab ua raws li cov lus qhia ua hauv cov khoom ntsuas cov pa radon.
- Yog hais tias qhov ntsuas ntawd pom tias muaj cov pa radon siab, hu rau Minnesota Lub Tuam Tsev Tswj Xyuas Txoj Kev Noj Qab Haus Huv kom xa koj mus rau ib qho kev txo kom me (mitigation).

Kev kawm txog CPR/Muab Kev Pab Ua Ntej (First Aid)

- Kev paub ua CPR thiab Muab Kev Pab Ua Ntej yuav cawm tau thiab tau cawm neeg txoj sia.
- Mus kawm ib chav qhia txog CPR kom paub txog txoj kev cawm neeg no.
- Hu rau koj lub tuam tsev tua hluav taws, The Red Cross, los yog The American Heart Association yog xav paub ntxiv.

Nyab Xeeb

Chaw Xyuas Txog Tshuaj Lom (Poison Control)

1-800-222-1222 (Chaw Teb Xov Tooj qhib 24/7)

- Yog hais tias muaj neeg raug tshuaj lom, hu tuaj tam sim ntawd. Ua raws li lawv cov lus qhia.
- Muab tag nrho cov tshuaj xauv rau hauv ib lub tub.
- Muab cov xauv uas me nyuam qhib tsis tau ntawd tso rau tag nrho cov chaw uas tso cov tshuaj siv hauv tsev—piv txwv li, hauv qab dab ntxuav tais diav, cov tub rau khoom hauv chaw nres tsheb, lwm yam zoo li no.
- Tsis txhob siv cov raj tshuaj uas tsis muaj tshuaj nyob rau hauv lawm coj los ua khoom ua si.





www.MNhomesafetychallenge.org