

Cov Laus, tshaj 18 xyoos

Muaj Kev Nojqab Haushuv Kalifonias

Koj tus kws khomob xav qhia cov tswvyim hauv daim ntawv no rau koj. Yog koj ua raws li cov tswvyim no nws yuav pab tau kom koj muaj kev nojqab Haushuv. Qhia rau koj tus kws khomob lossis neeg saib mob paub yog hais tias koj mus khomob ntawm ib tus kws khomob uas nej ib txwm siv (xwslis ib tus kws hno leeg, kws tshuaj ntsuab, lossis ib tus txivneeb). Qhia rau koj tus kws khomob yog tias koj niajnhub siv tshuaj ntsuab lossis haus tshuaj yej.



Kho Ncauj Hniav Luag

- Txhuam koj cov kaus hniav, dighniav, thiab tus nplaig tomqab noj mov tas txhua zaum. Siv ib tus txhuam hniav muag muag los txhuam. Siv cov tshuaj txhuam hniav uas muaj fluoride.
- Dig koj cov kaus hniav txhua hnuv. Qhov no yuav pab tau kom koj tsis txhob tsw quav hniav.
- Siv cov khoom thaiv kaus hniav thaum ua sports.
- Mus ntsib kws kho hniav yam tsawg ib xyoos ib zaug. Nug tus kws kho hniav txog cov tshuaj leem hniav.



Kev Tawm Dagzog thiab Kev Hnyav

- Tawm dagzog yam tsawg ib hnuv 30 feeb. Qhov no yog ib txoj kev zoo los ua kom tsis txhob rog.
- Sim mus kev, seevcev, caij tsheb kaujvab, ua luamdej, lossis lwmyam kev uasi uas koj nyiam.
- Tawm dagzog nrog ib tus phoojywg.
- Nco ntsoov majmam pib tawm dagzog. Pib ua li ib hnuv 10 feeb thiab txhua lub limtiam mam ua ntej zuzus mus. Nrog koj tus kws khomob thaj uantej pib txoj kev tawm dagzog thiab ua kom poob phaus.

Yog xav tau kev qhia ntxiv thov hu rau:

Aerobics and Fitness Association of America
1-800-233-4886



Zaubmov

Noj ib hnuv 3 pluag mov uas zoo rau lub cev thiab noj khoom txomncauj mentsis peb zaug. Pib txhua hnuv los ntawm kev noj tshais. Pluas tshais yog pluas mov uas tseemceeb tshaj plaws rau hnuv ntawd. Noj ntau yam zaubmov uas zoo txhua hnuv:

- 5-9 yam zaub thiab txiv
- 7-11 daim ncuav (bread), lossis ib txaum cereal lossis noob txiv
- 3 khob mis tsis muaj roj, lossis mis muaj roj tsawg, tshij muaj roj tsawg, lossis yogurt
- 3 paug khoom noj uas muaj protein, xwslis nqaij ntshiv, nqaij qaib, ntses, qe, lossis hnoob taum qhuav, taummos, lossis taumfwv

Noj mov nrog koj tsevneeg ntau pluas li uas ntau tau. Haus yam tsawg ib hnuv 8 khob dej. Txo cov dej muaj caffeine siab xwslis kafes, tshuaj yej, thiab dej qabzib.

Xaiv cov zaub mov uas luag muab txhiab, ci, cub, lossis ci saum nplaim taws. Noj cov zaubmov uas muaj roj, suabthaj, thiab ntsev tsawg. Thaum mus yuav khoom noj nyeem cov ntawv uas luag teev hais tias muaj dabtsi nyob rau hauv yam khoom noj ntawd.

Yog xav tau kev qhia ntxiv, thov hu rau:

American Dietetic Association
1-800-366-1655



Kev Xav

- Mus koom nrog tej kev uasi thiab tej pab tibneeg (xwslis sports, kev sib pab hauv zejzoes, mus cov ntseeg).
- Xyaum txo kev ntxhov siab. Noj tej zaubmov uas zoo, tawm dagzog, thiab pw kom tsaugzog txaus yuav pab tswj tau cov kev ntxhov siab.
- Mus xyaum ua tej yam tshiab. Qhov no yuav pab tau koj pom tau tias koj muaj peevxwm.
- Npaj ib cov homphiaj rau koj tuskheej thiab xav hais tias yuav ua licias thiaj li yuav ua tiav cov homphiaj ntawd.
- Yog koj pheej ntxhov siab, ntshai, ceeb, tiv dabtsi, txhov siab, lossis poob siab thov hu mus rau koj tus kws khomob.
- Nrog cov phoojywg uas hais lus zoo thiab txhawbzog.
- Ua tibzoo xav txog cov kev txiavtxim siab uas tseemceeb.

Yog xav tau cov kev qhia ntxiv, thov hu rau:

The National Mental Health Association
1-800-969-6642



Kev Tivthaiv Kev Quav Luamyeeb thiab Quav Yeeb-tshuaj

- Kev hnia tau pa luamyeeb yog hnia tau thaum koj nyob ze lwm tus uas tabtom haus luamyeeb.
- Txav deb pa luamyeeb. Xyaum tsis txhob siv luamyeeb hlo li (xwslu haus luamyeeb, ntsuas luamyeeb lossis haus cigars).
- Yog koj haus luamyeeb thiab xav thum, mus nrog koj tus kws khomob tham.
- Paub txog qhov tsis zoo ntawm kev haus cawv, haus luamyeeb, thiab siv yeeb-tshuaj.
- Yog koj muaj lus nug txog tej yam yeeb-tshuaj, nug koj tus kws khomob. Saib taus lwm tus txoj kev txiavtxim siab tsis kam siv yeeb-tshuaj.
- Txav deb ntawm tej chaw uas yuav nrhiav tau yeeb-tshuaj thiab cawv yoojyim. Nrhiav lwm txoj kev lomzem uas tsis siv yeeb-tshuaj thiab cawv.

Yog xav tau kev qhia ntxiv, thov hu rau:

American Lung Association
1-800-LUNG-USA

American Cancer Society
1-800-ACS-2345

California Smokers Helpline
1-800-NO-BUTTS (Askiv)
1-800-45-NO-FUME (Mev)
1-800-778-8440 (Nyablaj)

**National Council on Alcoholism and
Drug Dependence**
1-800-NCA-CALL



Kev Cobphum txog Phom

- Yog koj khaws ib rab phom rau hauv tsev, muab muastxwv rho thiab muab caws kom nyem tsis txhob txhais. Yuav tau muab cov muastxwv mus khaws cia rau lwm qhov chaw.
- Muab txhua rab phom mus khaws cia rau tej qhov chaws uas menyuum yaus ncav tsis cuag thiab muab xauv cia rau hauv ib lub tub lossis thawv.



Kev Sibtxiag

- Nrhiav txoj kev sibtxiag uas cobphum—uv tsis txhob sibtxiag lossis siv khoom los tivthaiv. Yog tias koj sibtxiag, mus kuaj chaw xis yam tsawg ib xyoos ib zaug. Koj tus kws khomob yuav nrog tau koj tham txog cov kev tswj kom tsis txhob muaj menyuum.
- Txawm koj yuav sibtxiag thiab tsis txiag los, koj yuav tau paub txog kev tswj kom tsis txhob muaj menyuum, kev siv hnab looj qau, cov kabmob kascees thiab kev xeebtub.
- Yog koj xav hais tias koj xeebtub lawm, qhia rau koj tus kws khomob tamsid.

Yog xav tau kev qhia ntxiv thov hu rau tus
STD Hotline:

1-800-227-8922 (Askiv)

1-800-344-7432 (Mev)

1-800-243-7889 (TTY)



Kev Cobphum Dav Dav

Sia txoj siv zoj txhua zaum koj caij tsheb. Ua tibzoo tsav tsheb thiab khiav raws txoj kevcai. Tsis txhob haus cawv lossis siv yeeb-tshuaj thaum tsav tsheb ib zaug li. Nrhiav ib tus neeg tsis haus cawv los tsav tsheb lossis caij tsheb taxi.

- Niaj zaus ntoo kausmom thaiv taubhau thaum caij motorcycle, tsheb kaujvab, khau muaj log, lossis skate boarding.
- Thaum tawm mus ziab hnub, siv dabtsi los roos thiab pleev cov tshuaj thaiv hnub uas muaj SPF (Sun Protection Factor) 15 lossis siab dua. Qhov no yuav pab tivthaiv kom tsis txhob mob cancer ntawm daim tawv.
- Xyaum tivthaiv koj tuskheej ntawm txoj kev ua phem. Nrhiav kev pab los ntawm ib tus kws khomob lossis tub ceevxwm yog tias koj raug luag ntaus lossis mos txiag, lossis ntshai tsam luag yuav ua phem rau koj.

Yog xav tau kev qhia ntxiv thov hu rau:

Nation Highway Traffic Safety
1-800-424-9393

TEJ UAS KOJ TUS KWS KHOMOB SAU: