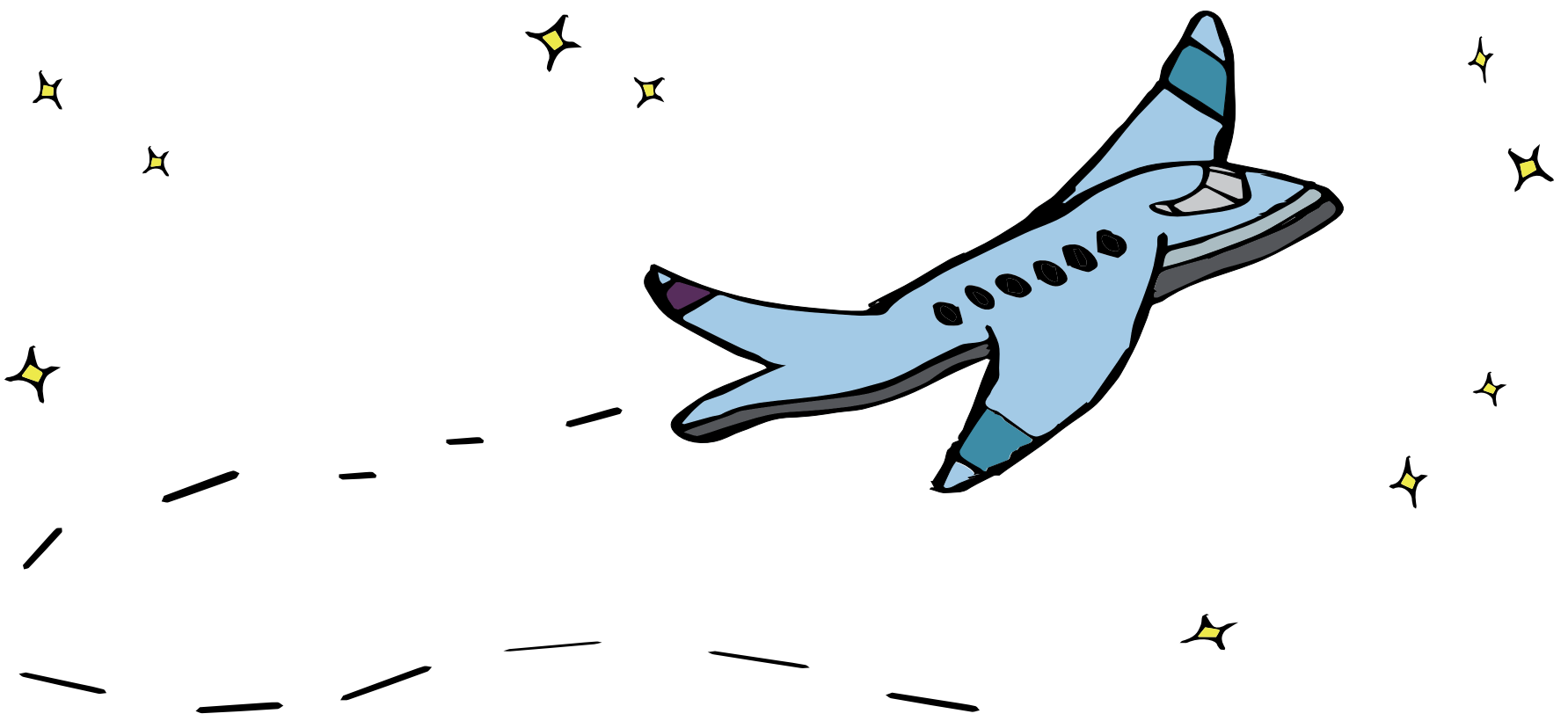




NCAV CUAG NYOOJ HOOM



Yam uas koj tuaj yeem ua los tiv thaiv koj tus kheej:

- **Mus ntsib koj tus kws kho mob los sis lub chaw kuaj mob mus ncig 4-6 lub lim tiam ua ntej koj mus ncig txawv teb chaws.**
- **Noj cov tshuaj uas muaj daim ntawv yuav tshuaj thiab zam tsis pub yoov tshaj cum tom.**
- **Paub cov tsos mob:** mob taub hau, mob ib ce, qaug zog, tshee, ua daus no, xeev siab, ua npaws, ntuav, thiab/los sis raws plab.