



Meih duqy mbenc ziangx nyei fai?

Gorngv taux zorng-mbenc mbungh heiv sic nyei jauv yiem Sacramento nquenc



UC DAVIS
HEALTH SYSTEM

Zipv hiuv

“Meih duqv mbenc ziangx nyei fai?” naaiv kang jauv sei zeiz UC Davis Health System duqv gapv caux jienv ziex norm tengx taux heiv sic nyei gorn yiem naaiv Sacramento nuqenc mbenc cuotv daaih. Liepc naaiv norm gorn-baengx mienh sei zeiz:

Dengv bieiv mienh

Jerrold Bushberg	Bieiv zeiv, yiem UC Davis Health System mbenc mbungh heiv sic nyei jauv wuov guanh
Sharon Telles	Lengc jeiv borng bieiv mienh, yiem Sacramento goux sic dornngx (Sheriff's Office)
Bruce Wagner	Domh bieiv, yiem Sacramento nuqenc goux tengx taux zorc ndie heiv sic nyei gorn

Doic

Sharon Chow	Douc fienv dornngx, yiem Sacramento goux sic gorn (Sheriff's Department)
Jody Durden	Njaaux baengc zingh mienh, tengx domh zuangx baengc zingh jauv, yiem tengx domh zuangx gorn yiem Sacramento nuqenc.
Jill Estroff	Domh zuangx fienv bieiv, tengx domh zuangx baengc zingh jauv, yiem tengx domh zuangx gorn yiem Sacramento nuqenc.
Fernando Herrera	UC Davis Health System, nzaic zingh zaangc, goux domh zuangx sic
Carole Hopwood	Dengv bieiv zeiv, yiem Sacramento nuqenc heiv sic jauv-louc/goux sic gorn
Robert Lawson	UC Davis Health System, dimv baengc zingh caux goux kuv sic nyei bieiv
Linda Lichty	UC Davis Health System, bieiv zeiv tengx mbungh mbenc bieqc domh zorc ndie dornngx
Liz Meza	Zuangx horngc zaangc bieiv caux jienv dengv beiv zeiv, yiem tengx domh zuangx gorn yiem Sacramento nuqenc.
David Ong	UC Davis Health System, douc domh zuangx sic fienv mienh
Daniel Stratman	UC Davis Health System, zoux mbungh sic caux mbungh mbenc heiv sic bieiv
Karen Tait	Baengc zingh bieiv, tengx domh zuangx baengc zingh jauv, yiem tengx domh zuangx gorn yiem Sacramento mungv.
Steve Tharratt	Ndie-bieiv, tengx taux zorc ndie heiv sic nyei jauv-louc yiem Sacramento nuqenc

Yie mbuo duqv zieqv laengz taux Las Vegas Metropolitan goux sic gorn bun yie mbuo duqv longc deix ninh mbuo nyei sou-nyouz yiem ninh mbuo caaux coutv daaih naaiv buonv sou “ Mbungh taux biauv zong caux laangz zong heiv sic nyei jauv-louc(H.A.N.D.S.S.)”.



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Naaiv deix jauv longc tengx duqv haaix dauh?

Ginx dauh mienh, dongh zoux gong yiem domh dorngh haaix maaih nzaic zingh nyei jauv, yaac haih tengx duqv. Naaiv deix jauv duqv fiev cuotv daaih bun maaih tengx taux zorngh-mbenc taux ndorm-muonz haih maaih heiv sic nyei jauv. Dongh wuov kang sic coutv yiem Juov hlaax 11, 2001, zoux bun zuangx American baeqv-fingx hiuv duqv gorngv oix zuqc hnamv mbenc mbungh taux ziex nyungc heiv sic gauh longx jhex. Maiv gunv gorngv maaih mienh houv waac gorngv oix zoux waaic sic nyei jauv zeiz yietc nyungc siang-sic bun mbuo yiem naaiv meiv guoqv, duqv buangh jhex yaac zeiz aengx caux haih maaih ziex nyungc, heiv sic haih cuotv bun mbuo-beiv hnavg lungx zaangc sic caux mienh maanh zoux cuotv daaih nyei sic-mbuo yaac gengh oix zuqc mbungh longx.

Naaiv zeiz yietc ginc sou-nyouz duqv mbenc coutv daaih oix bun taux buonc-buonc caux dauh dauh mienh duqv longc tengx zorngh-mbenc taux haih maaih heiv sic nyei jauv yiem Sacramento nquenc. Maaih ziex norm dorngh zoux duqv maaih ziex nyungc kuv sou, mv baac yie mbuo sienx gorngv longx haic -- caux gengh maaih lamh longc bun zuangx mienh jhex -- gapv duqv naaiv buonv kuv sou kuv jauv-louc gorngv taux mbungh mbenc nyei jauv. "Meih duqv mbenc ziangx nyei fai?"njaaux taux zorngh-mbenc yiem biau v zong, yiem horqc dorngh, yiem gong caux yiem hungh jaa dorngh.

Yie mbuo hnamv jienv gorngv meih caux jienv meih nyei hmuangv doic dimv mangc naaiv deix jauv, dimv jienv meih buac jienv jhex wuov deix, liuz siou jienv bun meih duqv bangc-mbienc.

- Njaaub buonv sou nqa'haav maengx maaih dorngh bun meih fiev lengc jeiv longc jienv nyei finx-hoc dongh maaih heiv sic mv fai biaux-maengc caux maaih dapv nyaanh mbuoqc mbatv bun meih japv bun meih nyei hmuangv doic mv fai cien-ceqv yaac maaih buonc-deic nyei jienv nyei finx-hoc aengx caux maaih dorngh bun meih faaux meih nyei lengc jeiv finx-hoc hnavg maaih heiv sic haih heuc duqv.
- Njauux taux zorngh-mbenc taux tengx da' yietv ginc jauv, "jaa-sic" maaih ga' naaiv bun meih dorh gan sin longc tengx biaux-maengc ziangh hoc, caux porv mengh taux CPR caux tengx zorc baengc da' yietv ginc nyei jauv.
- Njaaux taux heuc mbuox heiv sic nyei jauv, horpc hnavg haaix nor zoux hnavg meih zuqc goux mienh yiem ga' nyuoz biau v mv fai goux mienh biaux maengc, horpc hnavg haaix nor zoux hnavg maaih wuom yiemx mv fai ndau dongz, mbuox taux houv waac oix zoux waaic sic nyei jauv caux maaih ziex nyungc zorngh-mbenc jae v heiv sic nyei jauv-louc.
- Douc waac hoh dauh caux Internet deic deic-zepv maaih yiem naaiv bun meih haih lorz duqv buac siang-fienx caux maaih ziex nyungc sou-nyouz jaa.
- Meih dimv mangc naaiv deix jauv yiem internet ga'nyuoz (online) caux jaa borqv nzaangc cuotv yiem naaiv www.ucdmc.ucdavis.edu/areyouprepared/

Yie mbuo hnamv oix bun meih mbuo ndorm zinh nziouv hmuangx longc naaiv deix sou-nyouz tengx meih mbuo zorngh-mbenc mbungh taux heiv sic nyei jauv-louc, hnavg zoux ei naaiv, haih tengx duqv meih mbuo nyei laangz-doic caux laangz zong gauh duqv kuv yiem.

Buonc-deic jienv nyei finx-hoc

Maaih heiv sic yiem Sacramento nquenc, zatv 911
Longc gan sin fonh, zatv (916) 847-5111



Maiv zeiz heiv sic oix longc tengx nyei buonc:

Sacramento nquenc finx-gorn.....	(916) 875-5000
Sacramento nquenc goux sic gorn.....	(916) 874-5115
Sacramento laangz goux sic mienh	(916) 264-5471
Elk Grove goux sic gorn.....	(916) 714-5115
Citrus Height goux sic gorn	(916) 486-1114
Rancho Cordova.....	(916) 874-5115
Folsom	(916) 355-7230
Isleton.....	(916) 777-7774
Galt.....	(209) 366-7000

Heuc mbuox taux heiv sic nyei jauv



Ndaangc heuc lorz... Zipv finx mienh maiv haih fungx mienh daaih tengx hnangv gorngv ninh mbuo maiv hiuv duqv meih yiem haaix.



Zorqv deix ziangh hoc daaih samx mangc gaax meih yiem haaix norm dorngx heuc daaih.

Hnangv heuc lorz 9-1-1

- ◆ Maaih duqv hoqc longx haih nyei mienh zuov jienv zipv finx.
- ◆ Zuov bun zipv finx mienh naaic waac meih
- ◆ Hnangv haih duqv nor, dorh nquenc mienh mv fai zornzengx mienh daaih gorngv fonh



Maiv duqv dorh 9-1-1 daaih caux fu'jueiv hoqc heuc aa'nziaauc.
Tengx njaaux bun fu'jueiv hoqc heuc

lorz 9-1-1 aa' nziaauc yiem naaiv norm gorn naaiv:
www.firepals.org/KSN/911N.html

Heuc lorz 9-1-1 hnangv gorngv meih:

- ◆ Buatc douz zieqc.
- ◆ Haiz zueix douz-sioux mv fai nqaetv.
- ◆ Buatc mv fai haiz ga'naaiv mbeux.
- ◆ Buatc mv fai qiex longc tengx taux zorc ndie nyei jauv.
- ◆ Buatc maiv sienx duqv hnyouv nyei mienh yiem jienv ga'nyuoz mv fai biaux cuotv jienv dorngx.
- ◆ Buatc mienh maaih caang-congx.
- ◆ Buatc maiv sienx duqv hnyouv nyei ga'naaiv-beu yiem domh zuangx dorngx.
- ◆ Buatc maaih mienh zuqc aapv hoic mv fai zuqc nimc zorqv jienv.
- ◆ Buatc mv fai hiuv fiex haih maaih jiep v sih houv waaic sic taux maengc mv fai jaa-dingh jaa-dorngx.
- ◆ Buatc maaih laauh lengc nyei jauv gamh nziex haih benx heiv sic.



Hnangv heuc lorz 9-1-1 Mbenc jienv dau naaiv deix waac

- ◆ Cuotv sic nyei dorngx fai deic-zepv yiem haaix?
- ◆ Naaiv norm dorngx zeiz biau v-ndutv, biau v-ndui (apartment) mv fai saeng-eix dorngx?
- ◆ Meih yiem haaix norm deic-zepv heuc daaih?
- ◆ Meih nyei mbuox fungc heuc?
- ◆ Meih nyei finx-hoc haaix nyungc?
- ◆ Sic ziangh haaix cuotv daaih?
- ◆ Meih haih gorngv taux deix cornx sic mienh nyei fai (hnangv duqv) haaix nyungc mienh, mh jangc fai mh sieqv, hnyangx-jeiv, hlang-soux, hiev-soux, ba'biei, mueic ziux, lui-houx, dieh nyungc.
- ◆ Cornx sic mienh bangc haaix nyungc mingh daaih? Yangh zaux, geh cie-ping, niouv cie, bieqc taekv sih, dieh nyungc.
- ◆ Cornx sic mienh maaih caang-congx nyei fai-haaix nyungc? Congx-yunh paiv-guinh, congx-nangv congx-tiux, nzuqc, ga'naaiv fuqv wuom mbiaatc, dieh nyungc.
- ◆ Nqa haav-laai naaiv meih buatc cornx sic mienh yiem haaix caux meih buatc ninh mingh haaix bung? (Baaqv bung, Naamh bung, Dong bung, Fai bung, dieh nyungc.)

Hnangv maiv haih nyiez sic fai maaih qangx nor ...

Samx mangc cornx sic mienh

- ◆ Samx mangc hnangv mv dungx ndeng jienv mangc
- ◆ Yiem mh nqorngv samx njiec
- ◆ Samx duqv muonc gauh longx jiej
- ◆ Samx gaax maaih haaix nyungc lengc
- ◆ Fiev njiec nyungc-nyouz ndangc meih haih la'kuqv

Samx mangc cie

- ◆ Cie-nyungc, cie-hoc, cie-six
- ◆ Cie-hnyangx-jeiv
- ◆ Cie-sin nyungc
- ◆ Maaih haaix nyungc lengc
- ◆ Cie nyei hoc-dauh caux yiem haaix norm saengv
- ◆ Mingh haaix bung

Ging tong heiv sic nyei gorn-baengx (EAS)



Ging tong heiv sic nyei gorn-baengx (EAS)

Zuqc muangx taux buonc deic ziouv

Hnangv maaih heiv sic, meih nyei buonc deic ziouv yaac haih bun duqv cing fiex bun meih duqv hiuv. Zuqc gic sin muangx buonc deic nyei dienx taaih caux mangc TV cingx haih hiuv duqv.

Dienx-douz daic

- ◆ Hnangv gornv meih nyei dienx daic doix jienv maaih heiv sic ziangh hoc caux meih yaac maiv maaih longc dang-ndie nyei tiqv nyuqv meih zuqc longc cie nyei tiqv nyuqv muangx (hnangv maiv zuqc simv heiv sic).
- ◆ Guon longx-longx meih duv yen caux fri nzerh

Siou yiem ga' nyuoz biauv

Maaih heiv sic ziangh hoc, qiemx zuqc longc yiem ga' nyuoz biauv nyei ga'naaiv yaac gengh haic maiv gaux caux mbuo yaac maiv haih maaih ziangh hoc mingh lorz jaa duqv. Longx haic nyei hnangv gornv haih hiuv duqv dimv maaih siou jienv qiemx longc nyei ga'naaiv. Zuqv hnamv taux siou l zix kuaaiv zaangc horngh dimc nzaatv six ndie-hmuoqv caux l zix njunc ndie nyouh.

Red Cross njoux sic biauv

Red Cross njoux sic biauv haih koi daaih bun mienh yiem dangh baav hnangv gornv maaih sic gaaax taux zix dauh mienh camv caux/mv fai heiv sic haih maaih zix hnoi ndaav. Zorngh-mbenc jienv mingh yiem njoux sic biauv hnangv gornv:

- ◆ Maaih haih benx heiv sic nyei ga'naaiv yiem meih yiem nyei dorngx dauh
- ◆ Wuom haih yiemx taux
- ◆ Meih nyei biauv waac jix ndaangc
- ◆ Goux sic mienh caux/mv fai buonc-deic ziouv heuc meih zuqc biaux cuotv

Red Cross njoux sic biauv ziang naaiv tengx lai hnaangx, dorngx yiem dangh baav caux tengx zorc baengc da' yietcv ginc nyei javu bun zuqc biaux maengc mienh.

(EAS) Ging tong taux heiv sic nyei gorn-baengx naaiv sei zeiz yietv norm ging-tong gorn haih bun siepv fiex bun mienh maanh hiuv taux haih maaih maengc sic nyei javu caux haih maaih sic gaaax taux jaa-dingh jaa-dorngx. Naaiv norm gorn yaac haih bun fiex cuotv bun yietc zuangx mienh maanh yiem dienx taaih, yiem TV aengx caux yiem maaih ke mboh dorngx. EAS maaih ziangh hoc ging mbuox taux l buo norm horngc zaangc, dor buonc yiem naaiv laangz zong, nquenc, da luonh zuonv, zix norm saengv mv fai ziangh norm guoqv-jaa. EAS yaac haih ging tong taux yietc norm guoqv-jaa, saengv mv fai buonc deic taux maaih heiv sic nyei javu. Yietc zungv dienx taaih, TV caux ke mboh dorngx yaac zuqc ei, doh leiz, zuqc gengh jienv nyei ging tong baeqv-fingx hnangv maaih lungx zaangc mv fai mienh maanh zoux cuotv daaih nyei heiv sic. Saengv caux buonc-deic ging-tong heiv sic nyei javu, yaac sei, zeiz caah lengc laengx douh mbuox nyei weic.

Hnangv gornv maaih domh heiv sic taux fatv

- ◆ Maiv dungx huaang caux zuqc maaih noic nyei
- ◆ Ei jienv bounc deic goux heiv sic mienh nyei waac
- ◆ Muangx meih nyei tiqv nyuqv caux mangc TV yaac haih tengx duqv
- ◆ Dimv mangc gaax haaix ndau mun
- ◆ Tengx taux zorc baengc da'yietv ginc caux zuqc lorz mienh tengx hnangv gengh mun camv
- ◆ Longc fai-faav dang zix mangc gaax haaix nyungc waaic. Maiv dungx longc laapc zuoqv mv fai bungx zieqc dienx-douz.
- ◆ Dimv mangc douz caux zix nyungc haih benx heiv sic ga'naaiv
- ◆ Hnomv muangx nqaetv-qix, yiem wuom-jorm ndongh jix gorn mingh. Hnangv gornv meih haiz zueix nqaetv mv fai nziex cuotv qix, bungx daic domh gorn, koi jienv gaengh dorn (window) liuz gaanv biaux cuotv ga'nyiec siepv-siepv nyei.
- ◆ Bungx daic nzengc waaic wuov deix dienx-gorn
- ◆ Lorz dorngx bun saeng-kuv yiem longx
- ◆ Hnangv meih maaih ziangh hoc nor---heuc mbuox meih nyei hmuangv doic gornv meih mingh haaix caux haaix zanc meih mingh taux dorngx—liuz maiv dungx longc fonh aqv cih njiec gornv maaih mienh maengc sic.
- ◆ Dimv mangc meih nyei laangz-doic---jienv jix dongh mienh gox mienh mv fai maaih baengc-waaic mienh.

Hnangv gornv mienh heuc meih biaux "bieqc ga'nyuoz biauv"

Bounc deic ziouv nziex haih mbuox meih zuqc yiem jienv meih nyei biauv ga'nyuoz mv fai meih nyei zoux gong dorngx ga'nyuoz "yiem ga'nyuoz biauv" yaac haih tengx duqv meih.

Gornv hnangv naaic:

- ◆ Dorh jienv meih longc aa'nziaauc nyei saeng-kuv bieqc ga'nyuoz
- ◆ Guon caux forv longx gaengh dorn (window) caux gaengh
- ◆ Bungx daic mbiaapc, nziaaux-jorm caux nziaaux-namx gorn
- ◆ Guon jienv domh zox kuotv imx
- ◆ Lorz nzoih yiem biauv longc tengx heiv sic nyei jaa-sic (mangc 9 wuov pin)
- ◆ Zuqc hiuv duqv gornv tiqv nyuqv zoux gong nyei.
- ◆ Mingh bieqc ga'nguaaaic ga'nyuoz jix wuov qongx dongh maih gaengh dorn (window)/gaengc zoqc jix wuov.
- ◆ Hnangv maaih ndie-laengc sic, simv cuotv faaux maengx gauh longx jix weic zuqc maaih deix baav ndie-laengc henv haic gengh haih saamx bieqc ga'ndiev ndau-ndiev qongx biauv maiv gunv gornv meih guon gaengh dorn (window) dongh haaix longx.
- ◆ Maiv dungx yiem nitv fatv gaengh dorn (window)
- ◆ Muangx jienv buonc-deic nyei dienx taaih (KFBK 1530 AM, KXJZ 88.9 FM mv fai KSTE 650 AM) taux heiv sic nyei javu-louc



Hnangv gorngv mienh mbuox meih zuqc biaux sic

Hnangv gorngv buonc-deic ziouv heuc meih zuqc biaux cuotv meih nyei biau, ninh mbuo buac maaih jienv sic cingx heuc caux meih yaac zuqc ei jienv ninh mbuo nyei waac wuov zanc aaqv. Muangx jienv meih nyei tiqv nyuqv mv fai mangc TV yaac haih hiuv duqv. Mbuox meih mingh lorz horpc mingh nyei dornx. Jangx jienv naaiv deix kuv sic yiem meih nyei hnyouv:

- ◆ Zuqv jienv lui-mueiz ndaav, houx-ndaav caux jiem nyei heih
- ◆ Dorh longc tengx heiv sic “ga’naaiv” (mangc 9 wuov pin sou-nyouz)
- ◆ Caux meih nyei dorh guv-nguaaz mienh caangh laangh ziangx
- ◆ Mbenc dorh meih longc aa’nziaauc nyei saeng-kuv mingh ganh norm dornx (mangc 11 wuov pin sou-hlen)
- ◆ Bungx daic dienx, wuom caux nqaetv ndongh
- ◆ Sueih pinc bungx jienv biau nyei nqaetv (da’faanh mv maaih mienh mbuox haaix nyungc)
- ◆ Goux longx meih nyei maaih jaa-zinh ga’ naaiv
- ◆ Forv jienv meih nyei biau
- ◆ Gan dingc buonc-deic ziouv mbuox yangh wuov diuh javu-maiv dungx zoux “hungh heic sic.”
- ◆ Hnangv gorngv duqv nor juangc jienv cie bieqc
- ◆ Maiv dungx mingh yiem nitv fatv dongh finx mbaang daaih wuov

Biaux maengc yiem ziex nzangh domh biau

Maaih heiv sic yiem domh biau dongh maaih ziex nzangh wuov nyungc:

- ◆ Gaanv jienv biaux cuotv
- ◆ Ei jienv domh biau nyei biaux heiv sic nyei javu
- ◆ Seix muangx gaax gaengh jorm nyei fai mv jorm ndaangc meih koi
- ◆ Hnangv gorngv douz zieqc nor, maiv dungx bieqc tei-naangh
- ◆ Yangh dongh mbienc jix buac maiv maaih douz caux douz-sioux wuov norm tei
- ◆ Nyorm gan douz-sioux ga’ ndiev cuotv

Hnangv gorngv meih zuqc zaeqv jienv ga’nyuoz biau nor

- ◆ Zuqc zoux suonc nyei
- ◆ Mingh lorz horngc dongh maaih gaengh dorn nqoi cuotv ga’nyiec caux maaih douc waac finx.
- ◆ Yiem dongh njoux maengc mienh haih mangc duqv buac meih nyei dornx.
- ◆ Nanv jienv hinc nyei ndie huangx buoz heuc
- ◆ Koi nqoi gaengh dorn---mv baac zuqc guon hnangv maaih douz-sioux haih bieqc
- ◆ Zorqv lui-houx mv fai zeiv fapv jienv gaengh qangx.
- ◆ Tengx deix dieh dauh mienh
- ◆ Oix hiuv duqv hnangv haaix nor haih tengx duqv dongh maaih baengc-waac wuov deix mienh biaux maengc ziangh hoc nor dimv mangc yiem: www.fema.gov/rrr/assistf.shtm

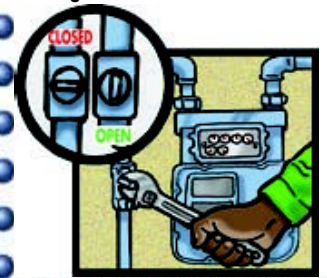


Goux sic mienh goux mangc

- Hnangv maaih biaux-maengc sic, buonc-deic nyei goux sic mienh yaac tengx goux mangc jienv meih nyei laangz-horngc.

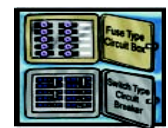
Horpc zuqc hnangv haaix nor bungx daic nqaetv gorn

- (Ei jienv naaiv zoux hnangv gorngv meih buac meih nyei biau-qorngv waic mv fai haiz nzueix nqaetv fai nqaetv qiex cuotv)
- 1. Bungx daic nqaetv gorn nyei dornx yiem nitv jienv dimv soux mouc ga’naaiv dongh bungx bieqc wuov diuh gorn.
- 2. Longc nqimh gapc jienv niouv yietc gouv nyei dornx niouv mingh haaix bung yaac duqv. Niouv nqaetv-nqaax gunggh gangc an jienv. Liuz ninh daic aaqv.
- **Maiv dungx: Bungx zieqc nqaetv; bun nqaetv gorn mienh ganh bungx hnangv**



Horpc zuqc hnangv haaix nor bungx daic dienx-gorn

- 1. Mangc longx meih nyei dienx-gorn longz.
- 2. Zuqc hiuv dingc gorngv meih haih bungx daic dienx-gorn hnangv maaih heiv sic



Zieqv dingc haih nyiez baengc nyei ga’naaiv

- Dorh HAZMAT nyei cie yaac zuqc maaih jienv jangx-hoc maaih jienv hoc-dauh caux waac bun zieqv duqv gorngv dorh haaix nyungc nyiez baengc ga’naaiv.

Hnangv gorngv meih caah buoc buangh zuqc haih nyiez baengc ga’naaiv nyei sic

Haih nyieh baengc ga’naaiv (HAZMAT) sei zeiz ga’naaiv dongh haih laengc fai doc mienh, saengh kuv, jaa-dornx mv fai nyungc-nyungc tauh mbuo. HAZMAT yaac zeiz yietc nyungc heiv sic mv fai haih maaih nyiez baengc zingh ga’naaiv. Laangz zong dongh yiem nitv fatv zoux ndie nyei gorn yaac haih nyiec zuqc HAZMAT baengc. Hnangv haaix yaac baac, mbuo hnoi-hnoi fungx haih nyiez baengc ga’naaiv yangh cie ndau, yangh rotv fai caux yangh wuom fai gan nzaangv, hnangv naaiv liuz mbuo yaac zuqc hiuv gorngv norm-norm dornx yaac haih nyiez maaih heiv baengc sic.

- ◆ Hnangv gorngv meih buac maaih sic, heuc 9-1-1. Hnangv haih nor, mbuox zipv finx mienh tauh ga’ naaiv nyungc caux/mv fai haaix nyungc hoc-dauh cingx hiuv duqv gorngv maaih haaix nyungc nyiez baengc ga’naaiv. (mangc sou-hlen)
- ◆ Simv faaux maengx, simv mingh nziaaux daaih wuov bung caux simv bieqc ndoqv-nyuonh yiem sic dornx.
- ◆ Maiv dungx caaiv fai muoqv zuqc hnangv maaih ga’naaiv-laengc kung.
- ◆ Simv jienv maiv dungx sorqv zuqc nqaetv qiex, youh qiex mv fai douz-sioux bieqc ga,nyuoz hnyouv.
- ◆ Hnangv haih nor, zorqv quaaiv ndie buang jienv meih nyei nzuih dongh meih biaux cuotv ziangh hoc.
- ◆ Mbuox njoux douz gorn fioux nzengc mein (hnangv ga’naaiv laengc guoqv meih) ndaagc meih biaux cuotv.

Mbenc mbungh taux heiv sic nyei jauv



Mbenc mbungh taux maaih heiv sic nyei jauv

Zorng-mbenc mbungh taux heiv sic jauv ndaangc maaih heiv sic yaac njaaux duqv meih camv haic caux zoux duqv yietv-nyeic bun zuotc. Doqc naaiv buonv sou caux ei jienv naaiv deix jauv zoux nor meih yaac duqv yietc diuc kuv jauv. Dimv mangc siang-sou-nyouz haih zoux bun meih guai jaa jienv mingh.

Horpc zuqc hnangv haaix nor mbenc yiem biau v zong

Zorng-mbenc mbungh taux haih maaih heiv sic nyei jauv

◆ Siou jienv heiv sic douh waac hoc-dauh duqv bangc mbienc.

Fiev jienv heuc lorz hmuangv doic nyei jauv. Faaux njiec heuc lorz hmuangv doic nyei jauv an wuov maaih heiv sic heuc lorz wuov kuaaiv mbatv nqa'haav maengx. Yienx longc duqv maaih heiv sic longc nyei mbatv yiem naaiv buonv sou-juoqv (Tim bieqc A 33-34 wuov pin) bun meih caux meih nyei hmuangv doic longc. Siou kuaaiv nitv jienv fonh caux dauh dauh hmuangv doic yaac siou kuaaiv yiem nyaanh mbuoqc oc.

◆ Mbenc tengx laangz zong yietv-nyeic jauv-louc

Maaih heiv sic heuc nyei jauv caux mbenc tengx taux fu'jueiv caux mienh gox mienh nziex haih maaih yiem biau v lengh dongh maaih heiv sic nyei ziangh hoc. Dimv gaax laangz-doic qiex longc tengx haaix nyungc, fu'jueiv-lunx, mienh gox mienh caux dongh maaih baengc-waaic mienh, caux mbenc jienv tengx ninh mbuo dongh maaih heiv sic nyei ziangc hoc.

◆ Zoux bun hunghe heic lorz duqv buatc meih nyei biau v

Zoux meih nyei biau v-hoc hlo caux nqaengc nyei liuz goux heiv sic mienh cingx daaih haih lorz duqv buatc siepv. Naetv jienv biau v-hoc biau v-nqaang maengx yaac longx nyei.

◆ Lorz nzoih “Maaih heiv sic yiem biau v longc nyei jaa-sic.”

Nziex meih zuqc heuc biau x “yiem jienv ga'nzuoz biau v” yietc hnoi fai zix hnoi-ndaav. Mbenc nzoih maaih heiv sic yiem biau v longc nyei ga'naaiv dongh meih haih lorz duqv siepv-siepv wuov. Zorqv dapv jienv hunghe heic dorh mingh daaih nyei ga'naaiv beiv hnangv mbuoqc nyiex mv fai mbuoqc hopv. Dimv mangc dang-ndie, yieic siang-wuom caux ga'naaiv-nyanc juqv hlaax nyieqc yieic yietc nzunc.

◆ Mbenc nzoih caah lengc “Dorh gan sin jaa-sic.”

Mbenc jienv meih qiex zuqc longc nyei ga'naaiv hnangv gongv mienh heuc meih zuqc biau x cuotv meih nyei biau v. Hnangv naaiv nor, meih maiv zuqc mbenc maaih wuom mv fai ga'naaiv nyanc (cih njiec meih zuqc lengc jeiv nyanc nyei ga'naaiv). Mbenc lui hou camv deix, nyaanh, kue nditc mbatv, ndie-daan, mueic ziux caux lengc jeiv longc nyei ga'naaiv.

◆ Jaa mangc taux zorng-mbenc mbungh heiv sic jauv

“Meih mbenc nzoih aaqv fai” zeiz mbuox duqv longx (jiex ndaangc 100 pin) taux zorng-mbenc mbungh heiv sic jauv-louc. Maaih bun mangc yiem FEMA internet gorn yiem www.fema.gov/areyouready/ mv fai heuc lorz 1-800-480-2520.

Maaih heiv sic zuqc biau x-maengc nyei jauv

◆ Zuqc zoux caux hoqc taux biau x-maengc cuotv yiem biau v jauv-louc

Oix zuqc hiuv duqv hnangv haaix nor zoux hnangv gongv meih zuqc biau x cuotv meih nyei biau v mv fai laangz zong. Dauh dauh fu'jueiv caux zix dauh hmuangv doic yaac zuqc hiuv zoqc jiex I diuc jauv (hnangv haih nor) biau x cuotv yiem biau v hnangv maaih douz zieqc mv fai dieh nyungc heiv sic. Hnangv gongv meih yiem biau v-ndui (apartment), yaac zuqc hiuv duqv biau x maengc nyei jauv-louc. Yietc zungv biau x cuotv liuz yaac zuqc mingh gapv doic yiem lomh nzoih laengz gapv doic dorngx wuov.

◆ Mbenc jienv horpc hnangv haaix goux meih nyei saengh kuv

Jangx jienv gongv cih cuotv dorh jauv juv, njoux sic biau v yaac maiv bun dorh saengh kuv bieqc (mangc 11 wuov pin zou-hlen).

◆ Hoqc taux bungx daic douz-gorn beiv hnangv dienx-gorn, wuom-gorn caux nqaetv-gorn (mangc 7 wuov pin sou-hlen).

Maaih domh heiv sic yiem biau v longc nyei jaa-sic

- ◆ Zuqc maaih wuom gauv buo lorz biau hnoi longc yietc hnoi yietc dauh mienh qiex yietc lom wuom.
- ◆ Ga'naaiv nyanc dongh maiv haih sox caux maiv zuqc zouv wuov nyungc.
- ◆ Koi ndongh ga'naaiv dongh maiv zuqc longc dienx-douz wuov nyungc
- ◆ Zorc baengc jaa-sic caux jienv zuqc nyanc nyei ndie (mangc 18 wuov pin)
- ◆ Heiv sic longc nyei jaa-sic hnangv bungx dang-ndie nyei tiqv nyuqv, fai faav dang, jaa jienv dorh dang-ndie.
- ◆ Lengc jeiv longc nyei ga'naaiv beiv hnangv zeiv-mau, nyaah sortv, nyaah gaau caux la'fapv-mbuoqc
- ◆ Lui hou-x-yieic, duih mbiungc longc nyei ga'naaiv caux jienv heih
- ◆ Suangx caux suangx-mbuoqc
- ◆ Yietc poux cih lengc mueic ziux
- ◆ Yietc biong cih lengc forv-zeih
- ◆ Laapc zuoqv caux douz-limh
- ◆ Lengc jeiv ga'naaiv bun guv-nguaaz, mienh gox mienh caux maaih baengc-waaic mienh
- ◆ Yietc daapc paih caux fu'jueiv longc zoux aa'nziaauc ga'naaiv. (mangc 25 wuov pin sou-hlen maaih fu'jueiv hoqc zoux tengx simv maengc nyei jaa-sic)
- ◆ Faaux nzoih hmuangv doic nyei ndie-sai caux maaih heiv sic heuc lorz nyei mienh.
- ◆ Cih lengc longc nyei “jaa-sic.”

Zuqc mbenc ziangx kue nditc mbatv, nyaanh caux fonh ndutv bun haaix nzanc yaac longc duqv.

Oix hiuv duqv longx nor bieqc mangc: www.redcross.org/disaster/safety/guide.html caux www.fema.gov/rrr/talkdiz/ kit.shtm

Yiem biau v biau x cuotv nyei jauv-louc

Hnangv maaih heiv sic daaih taux, meih yaac maiv maaih ziangh hoc camv mbenc. Jaa-ndaangc mbenc ziangx haih maaih jiepv sih heiv sic jauv. Qiex zuqc longc tengx taux zorng-mbenc biau x cuotv meih nyei biau v nyei jauv---bieqc naaiv norm internet gorn:

www.usfa.fema.gov/public/factsheets/

Oix zuqc longc tengx zorng-mbenc taux tengx hmuangv doic jaev heiv sic jauv nyei fai? Maaih ziangx yietc norm yiem naaiv norm gorn: www.fema.gov/rrr/displan.shtm

Maaih liuz domh heiv sic, fu'jueiv gamh nziex jixx gornv ...

- ◆ Aengx haih cuotv nzunc sic
- ◆ Maaih mienh mun mv fai daic
- ◆ Ninh mbuo a'zuqc leih go ninh mbuo nyei hmuangv doic
- ◆ Ninh mbuo zuqc guangc lengh
- ◆ Maaih fiou sic gorn yiem naaiv Sacramento nquenc caux ga'hlen da'luonh zuonv. Fiou sic gom liepc daaih tengx caangh laangz taux hnangv haaix nor jaev duqv jixx daaih nyei sic bun nquenc mienh, bun hmuangv doic caux yiem-hlen mienh. Qiemx zuqc lorz fiou sic dornx, heuc (916) 857-1801.

California goux sic mienh (CHP) nyei gong yiem ging tong taux nimc mienh nyei javu

California goux sic mienh (CHP) laengz gunv mangc taux ging tong taux nimc mienh nyei javu bun naaiv norm saengv aengx caux jienv zixx nyungc nimc fu'jueiv nyei javu. CHP yaac mbenc ziangx tengx lorz caux mbuox taux fu'jueiv-dingx laaih nyei javu tong naaiv norm saengv.

Oix hiuv duqv longx nor bieqc: <http://www.chp.ca.gov/html/amber-en.html> (800) 222-3463

Hnangv meih yiem jienv ga'nyuoz internet (online) mangc ga'naaiv aa'nziaauc nor koi mangc gaax fu'jueiv yiem naaiv lungn ndiev haih benx haaix nyungc nyei javu louc, ninh mbuo yaac haih buangh zuqc heiv sic. FBI duqv zoux cuotv norm gorn

"Njaaux die maa longc internet." Meih bieqc mangc duqv yiem: www.fbi.gov/publications/pguide/pguidee.htm

Oix tengx bun fu'jueiv duqv longx zuqc zuotc jienv McGruff zoux: www.mcgruff-safe-kids.com/f_internet-kitpg.htm



Zuqc hnangv haaix nor zorn-mbenc meih nyei hmuangv doic

Zuqc dimv cing gornv dauh dauh hmuangv doic sei hiuv duqv horpc zuqc hnangv haaix nor zoux hnangv gornv maaih heiv sic.

- ◆ **Njaaux ninh zuqc ging tong:** liepc benx leiz-fingx bun fu'jueiv zuqc tong mbuox die maa domh mienh dongh ninh mbuo yiem horqc dorngh nzuonx taux biauuv vuov norm ziangh hoc mv fai caux aengx maaih dieh nyungc javu-louc.
- ◆ **Dimv cing gornv ninh mbuo haih heuc lorz meih yiem gong.**
- ◆ **Dimv cing gornv ninh mbuo hiuv duqv ninh mbuo ganh nyei finx-hoc caux deic-zepv:** liemh jienv jaamx jixx biauuv-hlen javu nyei javu-mbuox caux dorngh-long (landmarks).
- ◆ **Caux laangz-doic caah laangh taux kuv dorngh bun fu'jueiv-faix caux fu'jueiv caan mingh hnangv maaih heiv sic:** Naaiv deix kuv dorngh yaac haih zeiz aa'nziaauc doic nyei biauuv, goux douz mv fai goux sic dorngh, siou sou biauuv mv fai miuc-biauuv. Longx jixx nyei dorngh bun fu'jueiv yiem dongh maaih heiv sic nyei ziangh hoc sei zeiz horqc dorngh weic zuqc maaih mienh goux mangc jienv maiv bun maaih ga'nyiec nyei heiv sic daaih fatv. Dimv cing gornv meih nyei fu'jueiv hiuv duqv gornv ninh mbuo horpc mingh nyei kuv dorngh yiem haaix caux finx-hoc hnangv haaix nor.
- ◆ **Caux meih nyei fu'jueiv gornv taux hnangv haaix nor caux haaix zanc horpc heuc lorz 9-1-1.**
- ◆ **Njaaux meih nyei fu'jueiv haih duqv longx:** mbuox ninh mbuo zuqc lorz fin-saeng tengx hnangv gornv ninh mbuo haiz maaih horqc saeng doic gornv oix zoux doqc ninh mbuo ganh fai zoux doqc dieh dauh.

Fu'jueiv caux domh heiv sic

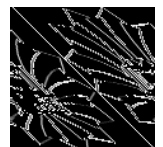
Domh heiv sic yaac gengh haih haeqv zuqc fu'jueiv maiv gunv gornv ninh mbuo hiuv duqv zuqc hnangv haaix nor zoux yaac baac. Maaih jienv domh heiv sic ziangh hoc, meih nyei hmuangv doic nziex zuqc biauuv cuotv meih nyei biauuv caux nziex zuqc guangc dorm-muonz gong. Fu'jueiv yaac ging, hnamv maiv tong caux/mv fai gamh nziex. Gengh jienv haic nyei zuqc bun zaaqc eix ninh mbuo tengx ninh mbuo jaev gamh nziex nyei javu. Faanh maaih heiv sic, fu'jueiv mangc meih caux dieh dauh domh mienh tengx ninh mbuo. Meih hnangv haaix nor zoux dongh maaih heiv sic nyei ziangh hoc fu'jueiv yaac haih ei jienv meih zoux nyei eix-leiz zoux. Hnangv gornv meih ging jixx ndaangc, fu'jueiv yaac gengh gauh gamh nziex. Ninh mbuo buatc meih gamh nziex zoux bun ninh mbuo gornv gengh zien maaih heiv sic. Hnangv meih hnamv maiv tong nor, zoux bun fu'jueiv aengx gauh hnamv maiv tong jixx.

Domh heiv sic nyei waac-fienx caux mienh nyei eix-leiz zoux bun fu'jueiv maaih qiex jiez camv. Hnamv longx nor fu'jueiv maiv horpc zuqc mangc TV taux naaiv deix heiv sic lo haaix, guaix zuqc dongh cuotv zixx baan vuov deix. Heiv sic jixx liuz zuqc gaanv jienv, zuqc mangc jienv tengx fu'jueiv jaev gamh nziex caux hnyouu huaangv nyei javu. Gapv zunv hmuangv doic. Manc-manc gornv javu-louc bun muangx. Mbuox fu'jueiv maaih haaix nyungc yaac zuqc gornv caux heuc ninh mbuo tengx jienv dimv mbenc jaev nyei javu-louc.

Mbungh computer nyei sic

Dor baanx mienh maiv hiuv duqv gornv ninh mbuo nyei computer gorn haih zoux duqv waaic sic taux hung hja caux saeng-eix javu--nzaah nzengc longc zoux zaaqc mv fai zoux waaic kou-nyouz yietc nyeic beiv hnangv zoux waaic dimv zinh nyaanh nyei gorn-baengx mv fai nimc lengc jeiv nyei javu-louc. Hnamv mbung h taux meih ganh:

- ◆ Zuqc gornv seix nyei caux maiv hiuv duqv nyei mienh yiem internet.
- ◆ Tong mbuox goux sic ziouv taux maiv buatc jixx nyei javu-louc.
- ◆ Longc nzaangc-forv (passwords) dongh mienh maiv hung heic cai vuov nyungc.
- ◆ Zoux jienv nzanc-nzanc lengh-siou kouh nyouz gorn siou dongh jienv nyei javu.
- ◆ Longc jienv mbung zoux waaic nyei ga'naaiv caux ga'naaiv-nqaeqv (firewall).
- ◆ Tutv ndutv internet hnangv meih longc ziangx.
- ◆ Nzanc-nzanc tim jienv mbung waaic nyei ga'naaiv.



Mbunggh wuom nyei sic

Hnyangx-hnyangx maaih 6000 cin dauh mienh ndortv wuom daic yiem naaiv meiv guoqv. Yietc zungv 6000 dauh, mh nziex maaih 5000 nyei domgx haih cuotv singx maengc ih hnoi hngangv gomgv ninh mbuo duqv zuqv jienv njiec wuom lui. Jiex ndaangc 3000 mienh ndortv wuom daic weic laaix diuv caux in. Tengx taux wuom-sic nyei jauv maaih yiem 19 wuov pin.

Buo diuc jienv nyei jauv haih zoux bun mienh haih ndortv wuom sei zeiz:

1. Maiv zuqv njiec wuom lui
2. Hopv diuv mv fai buov in
3. Ziouh wuom maiv henv

Nqaeqv sic jauv – ndoqv, njaangh, nzaeng mbaih, niouv nzaangv

- ◆ Zuqv jienv njiec wuom lui – maiv dungx hnamv bangc meih nyei mbaih mv fai dieh nyungc haih tong nyei ga'naaiv-mbong mbiouh jienv meih. Njiec wuom lui yaac haih gaav longc duqv yiem zix norm American River aa'nziaauc domgx yiem Sacramento yiem naaiv faah hlaax mingh lorz ziepc hlaax. Lorz "fu'jueiv maiv haih mbiouh" wuov norm gom caux ganv jienv bung-hnyungc mingh buatc aaqv.
- ◆ Hoqc ziouh wuom
- ◆ Maiv dungx hopv diuv mv fai buov in
- ◆ Meih maiv zuqc dorh maengc mingh domgx meih yaac haih njoux duqv mienh nyei. Naauc "tengx!" Curv caa, ndiangx-nquaah, mv faiv nzaangv-zeih fai guaengx haih mbiouh nyei ga'naaiv beiv hngangv wuom namx longz fai cie-yaang mau njiec wuom mingh tengx mienh cuotv.
- ◆ Yiem nzaangv nyei sic – yiem jienv meiv nyei nzaangv. Mbiaah faaux ga'nguaaic mingh zuov jienv miend tengx.
- ◆ Jangx jienv gomgv wuom yiem Sacramento wuom njaangh caux ndoqv naaic gengh namx caux seix haic. Gaanv cuotv wuom wuov norm ziangh hoc hngangv meih haiz buoz-zaux haih mau.

Nqaeqv sic jauv – Ziouh wuom njaangh

- ◆ Hoqc ziouh wuom
 - ◆ Maiv dungx bungx lorx fu'jueiv yiem nitv ziouh wuom njaangh
 - ◆ Weih longx njaangh longc ninh ganv haih forv, ninh ganv haih guon wuov nyungc laatic.
- Gom: Army Corps of Engineers



Meih nyei biau wuonv nyei fai?

- ◆ Domh gaengh longc ndiangx-jiem mv fai hlieqv zoux daaih.
- ◆ Domh gaengh an jienv zaangc homgh gaengh forv.
- ◆ Domh gaengh maaih ciepv mangc kuotv mv hunggh heic mangc duqv tong ga'nyiec ga'naaiv.
- ◆ Cih lengc longc nyei forv-zeih yaac maiv dungx bingx yiem ga'nyiec biau.
- ◆ Domh gaengh yaac zuqc guon fai forv longx.
- ◆ Gaengh fuoqv yaac zuqc longc zaangc homgh forv, maaih forv-zeih wuov nyungc.
- ◆ Zuqc an jienv gaengh som cingx daaih bouh gaengh cuotv maiv duqv.
- ◆ Gaengh dom (window) zuqc maaih I norm ga'naaiv forv.
- ◆ Gaengh dom (window) zuqc hunggh heic koi nyei hngangv biaux heiv sic.
- ◆ Deic-zeqv yaac zuqc ngaengc nyei.
- ◆ Biau-hlen miev fai ndiangx-dom yaac zuqc japv jienv maiv bun mienh haih daaih bingx.
- ◆ Biau-hlen gaengh yaac zuqc forv longx.
- ◆ Ga'nyiec maengx dang yaac zuqc dauh longx bun zoux gong nzengc.
- ◆ Yangh cie-liuh bieqc biau wuov dauh gaengh yaac zuqc longc ndiangx mv fai hlieqv zoux caux zuqc forv longx.
- ◆ Yiem cie-liuh nyei wuov gaengh dom (window) yaac zuqc buang ndipc mienh cingx mangc maiv buatc ga'nyuoz ga'naaiv.
- ◆ Bungx zieqc haeqv mienh ga'naaiv (Alam).

Mbenc taux nqaeqv sic nyei jauv yiem biau zong

Biau zong nyei sic: Guoqv zaangc gom bieiv njaaux bun longc tengx donv yiem biau zong sic nyei jauv sei maaih:

- ◆ Zuqc an jienv tei-laatic, buoz baav nyei domgx caux lunggh muonz dang liuz cingx tengx duqv ndorpc nyei jauv yiem biau, jienv jiex dongh mienh gox mienh mingh daaih fai yiem nyei domgx.
 - ◆ Nzanc-nzanc dimv mangc jienv ndie-daan mbunggh haih nyanc ndie camv jiex ndaangc.
 - ◆ Nzauh heix haic douz haih zieqc biau liuz zuqc mbenc jienv zorqv douz-sioux caux fuqv douz daic nyei ga'naaiv. Nzanc-nzanc dimv jienv sorqv douz-sioux ga'naaiv nyei dang-ndie caux mbenc taux hoqc biaux douz nyei jauv yaac haih tengx nqaeqv duqv ndortv maengc caux zuqc mun sic.
- (<http://www.nsc.org/library/rept2000.htm#home>).

Muoz-korqv ngaengc: California saengv nyei leiz gomgv dauh dauh maaih hnyangx-jeiv 18 hnyangx ga'ndiev maengx zuqc ndongx jienv muoz-korqv-ngaengc faanh ninh geh cie-ping, cie ping dom mv fai benv-ping (scooter or skateboard), daapc heih ping (roller skates), caux geh rotv kiangv mv fai rotv kiangv dom.

Mbunggh congx nyei sic: Nyungc nyungc congx horpc siou longx maiv dungx dapv yunh. Congx yaac zuqc forv jienv longc California dimv sic gom nqoi eix bun longc nyei forv mv fai dapv jienv siou congx nyei longz. Siang-maiz congx mienh zuqc ei nzengc naaiv deix leiz. Longc jienv jiex bun dongh maaih fu'jueiv 18 hnyangx ga'ndiev maengx caux juangc yiem biau wuov deix. Oix hiuv duqv camv faaux nor lorz California goux congx gom yiem <http://caag.state.ca.us/firearms/> or 800 952-5225.

Ga'naaiv-laengc: An jienv gaengh ngau caux forv yiem meih zoux nyanc domgx nyei ndiangx-longz, jaev buoz domgx caux norm-norm domgx dongh maaih haih laengc mienh nyei ga'naaiv wuov. Goux taux nqaeqv ga'naaiv-laengc gom (The Product of Safety Commission) maaih jauv njaaux taux nqaeqv ga'naaiv laengc sic bun fu'jueiv yiem biau. (www.cpsc.gov)

Hngangv gorngv meih maaih aa'nziaauc saengh kuv

- ◆ Njoux sic biau maiv bun dorh saengh kuv bieqc—mv gurv gomgv dapv jienv longz. Meih zuqc mbenc
- ◆ ziangx gomgv oix hngangv haaix nor zoux.
- ◆ American Kennel dongx maiv oix bun guangc lengh aa'nziaauc saengh kuv mv gurv hngangv haaix yaac baac. Hngangv gomgv meih daaih maiv mbenc duqv yietc nyungc jauv nor, zuqc hiuv gomgv ninh maaih ga'naaiv nyanc caux wuom gaux caux naetv jienv meih biaux mingh yiem nyei domgx nqaengc nyei (hngangv tuv yen). Naetv jienv nqaengc nyei mbuox gomgv maaih aa'nziaaux saengh kuv yiem ga'nyuoz biau zouv jienv zuqc longc tengx.
- ◆ Naetv jienv ga'nyuoz maengx gaengh nqaengc nyimbux gomgv maaih aa'nziaaux saengh kuv yiem ga'nyuoz biau zouv jienv zuqc longc tengx.
- ◆ Hngangv meih haih dorh duqv aa'nziaauc saengh kuv caux meih nor, meih zuqc mbenc gaux 3 hnoi jienv nyei ga'naaiv bun dauh dauh aa'nziaauc saengh kuv.



Hungh nyei waac dauh

"Yie oix yietc zuangx American baeqv-fingx tengx zorc bun mbuo nyei laangz zong duqv longx, hnamv jenv, oix zuqc hiuv duqv cing caux zoux taux hingh mienh waac mienh."

– Hungh G .W. Bush
Ziepc yietv hlaax 8, 2001

Caangh laangh gapv tengx zuangx baeqv-fingx gom



Buonc-deic nyei caangh laangh tengx baeqv-fingx gom yaac qnoix eix caux tipv caaqv bun tengx baeqv-fingx gom yiem naaiv laangz zong wuonc. Buonc-deic gom sei maaih zuangx mienh camv ganh oix gapv benx yietc norm gom daaih tengx taux goux sic nyei jauv-louc caux goux jom namx yiem laangz zong yaac zuqc maaih ziox norm domh gom gapv jenv, die maa caux fin-saeng yaac zeiz yietc guanx, leiz paaix domgh wuov deix yaac zeiz yietc guanx, goux taux zorc ndie wuov deix yaac zeiz yietc guanx caux samx mangc sic yiem laangz-homgc wuov deix yaac zeiz yietc guanx.

Gapv lorz naaiv deix ziox guanx mienh naaiv yaac zeiz kuv ziangh hoc bun ziox dauh mienh guai mienh duqv longc ninh mbuo lengc jiev hoc daaih nyei zaaqc eix caux ninh mbuo nyei hnamv. Gapv daaih tengx taux laangz zong naaiv norm gom naaiv yaac bun benx l guanx liuz guanx guanx yaac maaih dongh guai fai hiuv duqv jauv-louc longx mv fai zoux duqv ziov nyei mienh yiem jenv, liemh jenv saeng-eix/gapv jenv nyei domh gom, douc fiexx jauv-louc, goux zinh nyaanc caux aengx maaih ziox bung ziox louc.

Sacramento mungv mienh maanh eix duqv bieqc caux buonc-deic tengx baeqv-fingx gom nor heuc daaih lorz Sacramento mungv goux sic gom (Sheriff's Department Volunteer Services Bureau) yiem (916) 433-0514.

www.csc.ca.gov



Samx mangc sic yiem laangz-homgc

Samx mangc sic yiem laangz-homgc naaiv yaac zeiz yiem guanx dongh ziox dauh laangz-doic duqv gapv daaih tengx goux mangc jenv ninh mbuo nyei laangz qangx hnavg maaih haaix nyungc haih zoux cuotv heiv sic fai waac sic nor yaac haih heuc mbuox goux sic gom. Hnavg meih oix benx yietc dauh goux mangx laangz zong mienh nor, heuc mingh lorz goux sic gom (Sheriff's Department or local police department). Hnavg qiemx zuqc longc tengx nor, heuc (916) 874-5115.

Horpc zuqc hnavg haaix nor mbenc yiem meih nyei laangz zong

- ◆ Zuqc ging nyei, Hiuv duqv meih nyei laangz-doic. Zuqc jien sin taux lengc mv fai buatc maaih ga'naaiv-beu la'guaih guangc jenv wuov dauh mv fai cie caux maiv sienx duqv fim nyei jauv-louc yaac horpc zuqc heuc mingh mbuox goux sic mienh.
- ◆ Zuqc dimv maaih njoux heiv sic gom caux ninh mbuo nyei finx-hoc caux deic zepv. Liemh jenv njoux sic biau, sueix lai hnaangx biau, goux sic caux njoux douz gom caux naaiv deix kou-gong yaac zuqc bun nzoih meih nyei laangz-doic.
- ◆ Zuqc hiuv duqv mbungh heiv sic nyei jauv yiem laangz zong. Meih nyei horqc domgh maaih haaix nyungc zaaqc eix haih tengx? Meih nyei zoux gong domgx maaih haaix nyungc haih tengx?
- ◆ Zuqc dimv cing gomgv horqc domgh caux zoux gong domgx faaux nzoih meih nyei siang-douc fiexx jauv-louc hnavg maaih haaix nyungc heiv sic yaac haih heuc lorz meih nyei hmuangv doic duqv. Liemh jenv meih nyei gan sin fonh hnavg gomgv meih maaih nyei nor.
- ◆ Dimv mangc horqc domgh haih tengx taux fu'jueiv hnavg maaih heiv sic yiem horqc domgh nyei jauv. Meih yaac zuqc hiuv duqv gomgv meih nyei fu'jueiv yaac duqv goux yiem jenv horqc domgh taux die maa mv fai horpc dorh ninh mbuo nyei domh mienh daaih dorh ninh mbuo. Zuqc bieqc hnyouv gomgv horqc domgh yaac haih lorz ganh norm domgx, beiv hnavg domh zuangx aa'nziaauc domgx bun meih mingh dorh fu'jueiv zounx.
- ◆ Gomgv ziangx hnavg haaix nor gapv zunv hmuangv doic hnavg gomgv maaih heiv sic caeqv nzaanx zuqc hmuangv doic liuz nor. Faux jenv yiem dieh norm mungv nyei mienh, beiv hnavg aa'nziaauc doic mv fai muoz-doic, dongh meih nyei hmuangv doic dauh dauh haih heuc mingh lorz duqv wuov. Zuqc hiuv duqv gomgv mh deix mienh zipv laengh caux dauh dauh maaih nzoih finx-hoc caux haih hiuv duqv heuc mingh lorz. Longx haic hnavg mbenc maaih heuc finx batv (prepaid calling card) caux maaih heiv sic heuc lorz nyei mienh bun meih nyei fu'jueiv. Hatc ziangx mingh gapv doic nyei domgx maiv gunv gomgv go fai fatv yaac longx.
- ◆ Mbenc jenv meih qiemx zuqc longc nyei ga'naaiv hnavg meih cuotv jauv mingh go caux aengx maaih heiv sic guaaux taux ziangh hoc. Dapv jenv wuom, suangx caux maiv haih sox fai huv nyei lai-hnaang meih nyei cie ga'nyuoz. Haaix zanc yaac zuqc mangc jenv meih nyei cie youh bun maaih ndaamh tongv nyei domgx. Jangx jenv hnavg gomgv dienx maiv zoux gong nor, dapv cie youh domgx yaac maiv haih zoux gong.
- ◆ Goux ganh nyei nzaaac hmien. Dimv mangc ziox norm gom-baengx yiem meih nyei laangz zong, beiv hnavg domgh mingh zoux sienx fim nyei domgx, horqc domgh, njoux douz gom caux tengx heiv sic gom (Red Cross), yietc zungv mbenc maaih tengx nyei jauv. Dimv mangc gaax meih haih tengx duqv haaix nyungc caux meih oix tengx duqv nyei jauv.
- ◆ Gapv jenv, jixx gom mv fai zoux bun maaih caaqv liepc tengx mangc sic yiem laangz-homgc nyei gom. Samx mangc sic yiem laangz-homgc naaiv deix jauv-louc yaac zeiz kuv jauv liuz meih yaac haih dorh naaiv buonv sou mingh longc tengx jenv mbenc tengx taux laangz zong ga'nyuoh. Mangc gaax hnavg gomgv meih nyei laangz zong liepc duqv maaih tengx zuangx gom nor meih yaac horpc zuqc bieqc mingh caux jenv zoux.

Njaaux taux hnavg haaix nor zieqv duqv maiv sienx fim nyei jauv yiem meih nyei laangz-homgc

- ◆ Maiv buatc jixx nyei mienh bieqc meih nyei laangz-doic nyei biau dongh ninh mbuo maiv yiem biau nyei ziangh hoc.
- ◆ Haaix dauh yaac baac dongh ciepv mangc ga'nyuoz mv fai jatc bieqc ga'nyuoz cie dongh forv jenv wuov.
- ◆ Lengc haih nyei qiox beiv hnavg mborqv gingx huv, buonv congx, mv fai mienh naaac.
- ◆ Gaengh dom (window) nqoi mv fai waac yiem guon mingh zoux gong domgx mv fai biau.
- ◆ Cie dingh jenv, maaih mienh yiem ga'nyuoh cie—maiv horpc zuqc la'guaih daaih nyei ziangh hoc.
- ◆ Zieqv maiv duqv nyei cie guangc jenv maiv bungx daih, dingh jenv meih yiem nyei jauv .caux maiv maaih mienh yiem ga'nyuoh.
- ◆ Maaih mienh daaih caeqv ga'naaiv, caeqv cie hoc-dauh mv fai sorqv cie youh yiem cie cuotv.
- ◆ Eix leiz lengc mv fai jixx mingh jixx daaih maaqc gauh yiem biau mv fai yiem saengx eix domgx.
- ◆ Yiem cie zoux saengx eix.

Jangx jenv oc – buatc mienh maiv hiuv hnyouv, buatc eix leiz cingx hiuv.

Horpc hnavg haaix nor mbenc yiem gong

Mbenc mbungh taux ziex diuc heiv sic

Haaix zanc yaac haih maaih heiv sic cuotv. Meih caux meih nyei zoux gong doic yaac zuqc hiuv duqv gorngv horpc zuqc hnavg haaix nor zoux hnavg maaih heiv sic cuotv yiem gong. Maiv gunv gorngv meih hnamv daaih meih maiv zeiz yiem dongh haih maaih heiv sic nyei dorngx, maaih ziex nyungc javv beiv hnavg tor ndie cie mbienv mv fai maaih wuom yiemx yaac haih nqaeqv zuqc meih mingh mv fai nzuonx zoux gong nyei dorngx.

Saeng-eix nyei javv yaac maiv horpc zuqc zoux hnavg maiv mbenc duqv maaih simv heiv sic nyei javv-louc. Maaih 40 gouv zoux fiuv-saeng-eix yaac maiv haaix zoux saeng-eix borqv jienv mingh hnavg maaih domh heiv sic guaax taux beiv hnavg wuom yiemx mv fai ndau dongz. Hnavg gorngv meih zeiz yietc dauh zoux saeng-eix mienh mbenc taux simv heiv sic yiem saeng-eix nyei javv, zuqc hnamv taux heiv sic hnavg haaix nor haih hoic zuqc meih nyei gong-mienh, kaeqv mienh caux zoux gong dorngx. Zuqc hnamv taux meih hnavg haaix nor haih nzipc jienv meih nyei saeng-eix zoux hnavg gorngv meih nyei saeng-eix ga'hlen dorngx zuqc guon nzengc mv fai javv yaac mingh daaih maiv duqv. Zuqc hnamv taux gorngv meih zuqc hnavg haaix nor tengx meih nyei kaeqv mienh hnavg meih nyei dorngx yaac zuqc guon.

Gong-mienh horpc zuqc:

- ◆ Hoqc caux seix mangc taux simv heiv sic nyei javv-louc.
- ◆ Hiuv duqv l diuh biaux sic javv yiem norm-norm congx (hnavg benx duqv nor)
- ◆ Biaux yiem hmuangx nyei dorngx yaac zuqc hiuv duqv, beiv hnavg, maaih mbuoqc ziex norm dieh mv fai qongx dorngx yiem meih nyei zoux gong dorngx mbaqc ndongx-wuonc caux l diuh biaux sic javv dongh yiem nintv fatv jhex wuov.
- ◆ Hiuv duqv zuqc mingh gapv doic yiem haaix norm dorngx hnavg biaux liuz heiv sic.
- ◆ Hiuv duqv fuqv douz daic ga'naaiv yiem haaix caux yaac zuqc haih long.
- ◆ Siou jienv zoux gong doic nyei finx-hoc yiem biaux.
- ◆ Mbenc nzoih lengc jeiv jienv nyei finx-hoc. Mborqv kuaaiv cuotv daaih an jienv meih nyei dieh mv fai nitv jienv fonh fatv nyei. Maiv dungx hnamv bangc longc dienx nyei ga'naaiv, jaa-ndaangc mbenc ziangx finx-hoc mv fai computer siou-nyouz gorn yaac haih maiv zoux gong hnavg maaih heiv sic.
- ◆ Lorz deix maaih heiv sic lengc jeiv longc nyei ga'naaiv dapv jienv dieh ga'nyuoz: Liem jienv fai-faav-dang, daapc yangh javv heih, buang nzuih caux mbaqc zong ga'naaiv, yietc ndongh wuom caux maiv haih sox fai waaic nyei ga'naaiv-nyanc.
- ◆ Heuc mbuoqc gorngv nqaeqv sic gorn waaic mv fai zoux gong maiv benx.
- ◆ Maiv dungx forv mv fai torngv zuqc biaux douz javv mv fai gaengh javv. Mv baac, zuqc guon jienv gaengh donv maiv bun douz-sioux caux douz haih bieqc duqv siepv.
- ◆ Mbenc nzoih tengx doic nyei javv cing-meng nyei. Hnamv taux hnavg haaix nor haih tengx duqv doic hnavg dorh domh zuangx mienh nyei cie maiv haih yangh dongz mv fai javv mingh daaih maiv duqv. Hnamv taux zuqc lorz dorngx bun yiem minh zinh fai dangh baav, fungx mingh daaih mv fai lorz ga'naaiv bun meih nyei gong-doic nyanc hnavg maaih heiv sic.

Gong-ziouv horpc zuqc:

- ◆ Dimv cing gorngv maaih simv heiv sic nyei javv-louc, zorc caux hoqc mangc zoqc jhex juqv hlaax nyieqc yietc nzunc.
- ◆ Mbenc nzoih tengx gong-mienh dongh maiv fangh mbienc mv fai qiemx zuqc lengc jeiv nyei longc tengx hnavg maaih heiv sic nyei ziangh hoc.
- ◆ Gapv jienv yiem gong longc nyei finx-douh, lorz nzoih dauh dauh nyei biaux nyei finx-hoc caux paaiv ziangc nzunc-nzunc douc fienv mienh. Yienx kuaaiv bun nzoih dauh dauh gong-mienh. Naaic liuz gong-mienh nyei nqoi eix ndaangc cingx daaih haih bun ninh mbuo nyei biaux nyei finx-hoc dauh dauh duqv.
- ◆ Haaix zanc yaac zuqc siou jienv meih nyei gong-bieiv mienh nyei finx-hoc.
- ◆ Hnavg gorngv meih maaih siou waac gorn, mbenc ziangx yietc norm hoc-dauh dongh meih haih longc siou duqv yietc zungv gong-mienh nyei waac liuz bun naaic norm hoc-dauh ninh mbuo.
- ◆ Zoux bun maaih finx-gorn ganh haih tengx heuc borqv mingh lorz meih nyei saeng-eix nyei domh finx-gorn.
- ◆ Bun jienv forv-zeih caux mbungh sic hoc (alarm codes) dongh sienx duqv hnyouv wuov deix gong-mienh mv fai a'nziaauc doic duqv longc dongh hnavg meih maiv haih mingh taux gong-dorngx.
- ◆ Dimv siou computer gong-bou maaqc nyei.
- ◆ Maaih jienv NOAA tiqv nyuqv dongh maaih mbuoqc taux jom-namx caux haih zipv duqv ging sic nyei javv-louc.

Tong jhex guoqv zaangc caux maaih mbiungc nziaaux fai jom-namx nyei javv-louc fai gorn-baengx nyei tiqv nyuqv (NOAA)

Tong jhex guoqv zaangc caux maaih mbiungc nziaaux fai jom-namx nyei javv-louc fai gorn-baengx nyei tiqv nyuqv yaac haih zipv duqv waac dauh gomgv taux mbiungc nziaaux jom namx nyei javv caux hung haa fai domh zuangx mouox cuotv nyei sic yiem naaiv norm gom NOAA caux yiem dongh ging tong heiv sic nyei gom (EAS). NOAA gom juix fienv cuotv bun buonc-deic 24 mong, gomgv taux bieqc cie fai niouv cie mingh daaih nyei javv caux maaih ging taux domh mbiungc nziaaux fai jom namx nyei javv-louc. EAS bun fienv cuotv gomgv taux baengh zingh caux nqaeqv sic nyei javv. Longc dang-ndie bungx muangx mbiungc nziaaux fai jom namx nyei tiqv nyuqv naaic \$50 ga'ndiev maengx yaac haih maaiz duqv longc nyei. Maaih ziex norm gom zaangc maaiz tiqv nyuqv. Yaac haih lorz mangc duqv yiem internet dim lorz ganh naaiv joux "NOAA Weather Radio."



www.noaa.gov
(916) 979-3051



Together, we can save a life

Maaih gong-meinh juqv dauh fai faaux maengx, Red Cross yaac haih lengc nyei durx ziangh hoc njaaux taux zorc baengc da'yietv ginc (First Aid) mv fai njaaux CPR nyei juav yiem Red Cross nyei domgx mv fai meih nyei saeng-eix domgx. Heuc lorz baengh zingh caux nqaeqv sic gom yiem (916) 368-3131 hnavg gomgv oix hiuv duqv paaih mengh.

www.sacramento-redcross.org

Oix hiuv camv faaux taux mbenc mbungh heiv sic yiem zoux saeng-eix nyei javv, mingh mangc zoux fiuv-saeng-eix nyei gom yiem: www.sba.gov/disaster/textonly/getready.html



Zorc baenge da'yietv ginc-CPR



CPR tengx domh mienh caux fu'jueiv maaih hnyangx jeiv jiex ndaangc 12 hnyangx

1. Heuc

Mangc gaax baengc mienh baengh hiev ndongc haaix maiv nzang fai maiv hiuv mienh. Hnangv mangc daaih maiv hiuv mienh nor, heuc 9-1-1 liuz daaux nzuonx mingh goux jienv baengh mienh. Goux heiv sic nyei mienh yaac haih mbuox jienv meih zoux CPR.



2. Biomv

Waan mh nqorngv ngorngz jienv liuz muangx gaax haiz tauv qiex nyei fai. Hnangv gorngv tauv qiex maiv dongh nyungc, nanv jienv mbaqc zong liuz dorh meih nyei nzuih daux jienv ninh nyei nzuih liuz biomv tauv meih buatc ninh nyei laqc kuotv mbong faaux. Biomv I nzunc qiex. Yietc nzunc horpc zuqc longc I buon ziangh-hoc.



3. Caa

Hnangv gorngv baengc mienh daaih maiv haih tauv qiex benx, hopv mv fai dongz, njongh deix jiex gorn caa ninh nyie laqc kuotv. Caa laqc kuotv njiec 1 1/2 mingh lorz 2 ndoqv 15 nzunc ziangx nyei ninh nyei I norm nyorx-zueiv baqc ndongx qangx. Caa siepv donc dongc 100/naa ti, yietc nzunc gauh siepv deix yietc buon ziangh-hoc.



Borqv jienv biomv 2 nzunc qiex caux caa laqc kuotv 15 nzunc zoux tauv tengx nyei mienh daaih tauv.

Dimv mbuox: Naaiv deix eix leiz longc fih hnangv bun yietc dauh fai I dauh zoux CPR. I dauh mienh zoux CPR nor dongh caa laqc kuotv wuov dauh zuqc dingh njiec dongh dorh nzuih caux nzuih daux jienv wuov dauh biomv jienv qiex nyei ziangh-hoc.

Hoqc CPR caux zorc baengc da'yietv ginc

Meih yaac gauh hiuv caux gauh haih tengx duqv heiv sic nyei jauv hnangv gorngv meih duqv hoqc liuz CPR caux zorc baengc da'yietv ginc nyei jauv. Heuc mingh lorz American goux mangc mbuoqc nziu nyei gorn (916-446-6505) caux American Red Cross (916-368-3131) naaic tauv njaaux nyei jauv.

Muangv

Mbuoqc nziu maiv dongz, mbuoqc nziu yaac maiv haih zungx nziaamv, nziaamv-caaqv dingh maiv zoux gong caux buoz-maengc yaac maiv tiux. Mbuoqc nziu maiv dongz 10 buon nyei dorngx zoux bun mienh maiv hiuv duqv mienh liuz muangv. Hnangv gorngv meih nqamv mv fai naauc baengc mienh, ninh yaac maiv haih dau.

Caa laqc kuotv Laqc kuotv naaiv yaac horpc zuqc caa njiec 1 1/2-2 ndoqc nyei dorngx. Nzunc baav meih haih lorbc lorbc deix. Maiv dungx gamh nziex. Naaic zeiz mbungv-lunx fai laqc saengx mbungv mbui hnangv. Haiz mbui hnangv naaiv mv baac maiv zoux haih maaih domh mun. Ngaih mv fai maiv zoux CPR naaic gauh maiv horpc jiex dongh nzauh heix zoux zuqc laqc saengx mbungv nauv nyei jauv.

Mungx buoz-maengc

Muangx buoz-maengc nyei jauv yaac maiv maaih njaaux mv fai maiv longc jienv hnangv mienh king bueix jienv wuov ndau. Daqc faanh, hnangv meih buatc maiv maaih maengc (beiv hnangv maiv tauv qiex benx, hopv mv fai dongz) you yaac horpc zuqc jiex gorn caa ninh nyei laqc kuotv. Tov zuqc hiuv gorngv muangx buoz-maengc nyei jauv sei zoux yiem zorc baengc dorngx nyei.

Nzipc bieqc daaih yiem "Hoqc CPR", Domh horqc yiem Washington yaac nqoi eix.

Tauv qiex maiv dongh nyungc

Jangx jienv dongh mienh muangv nyei ziangh hoc yaac haih maaih tauv qiex maiv dongh nyungc nyei javv yietc I norm naa ti nyei dongx. Naaiv kang tauv qiex maiv dongh nyungc nyei javv sei zeiz hm nqorngv-famv heuc tauv hnangv nziaamv yaac maiv tiux aqc. Leih lengc nyei qiex sei hnangv qiex-njortc, qiex jienv mv fai hnangv njaanh nor. 2-3 norm naa ti liuz yaac maiv haih qiex aqc. Hnangv meih buatc mienh tauv qiex hnangv naaiv nor maiv dungx ngaih zoux CPR. Baengc mienh gengh jienv nyei qiex zuqc qiex liuz meih hnangv dongh haih bun duqv qiex ninh yiem naaic norm ziangh hoc.

Maiv hung h heic zoux CPR

Lov nyei javv gengh haih buangh maaqc haic zoux bun maiv hung h heic zoux CPR. Hnangv baengc mienh lov, waan baengc mienh nyei mh nqorngv huih ga'hlen maengx liuz gueix cuotv Haih nyiez zuqc baengc nyei javv bun tauv tengx baengc mienh nyei mienh yaac maiv nangc maaih. Muangv nyei javv naaiv nzengc-nzengc maaih cuotv yiem mienh nyei biau v – muoz-doic mv fai aa'nziaauc doic zeiz dongh tengx zoux CPR wuov deix. Maiv gunv gornv ga'hlen mienh zoux CPR mv baac maiv nangc maaih haih nyiez zuqc baengc. Maiv maaih jiex njiec sou gornv maaih mienh zoux CPR liuz nyiez zuqc HIV mv fai AIDS.

Nzipc bieqc daaih yiem "Hoqc CPR", Domh horqc yiem Washington yaac nqoi eix.

CPR tengx fu'jueiv maaih hnyangx-jeiv 1-12 (Dimv mbuox Maaih hnangv caux domh mienh nyei dongh dm/jenv/finc/yei wuov deix)

Heuc

Mangc gaax baengc mienh hiuv duqv mienh nyei fai maiv hiuv. **Hnangv gornv meih ganh caux fu'jueiv hnangv gaanv tengx zoux yietc naa ti CPR ndaangc heuc lorz 9-1-1.** Goux heiv sic nyei mienh yaac haih mbuox jienv meih zoux CPR.



Biomv

Waan mh nqorngv ngorngz jienv liuz muangx gaax haiz tauv qiex nyei fai. Hnangv gornv tauv qiex maiv dongh nyungc, nanv jienv mbaqc zornv liuz dorh meih nyei nzuih daux jienv ninh nyei nzuih liuz biomv tauv meih buatc ninh nyei laqc kuotv mbong faaux. **Biomv I nzunc qiex.** Yietc nzunc horpc zuqc longc I buon ziangx-hoc.



Caa

Hnangv gornv baengc mienh daaih maiv haih tauv qiex benx, hopv mv fai dongz, njongh deix jiex gornv caa ninh nyie laqc kuotv. Caa laqc kuotv njiec **1-1 ½ ndoqv 5 nzunc** ziangx nyei ninh nyei I norm nyorx-zueiv baqc ndongx qangx. **Longc buoz-zaangv-nyuoz hnangv.** Caa siepv donc dongc 100/naa ti, yietc nzunc gauh siepv deix yietc buon ziangx-hoc.



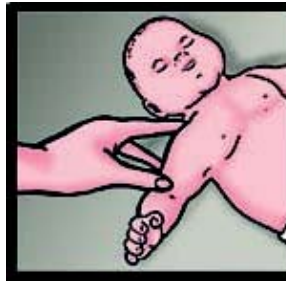
Borqv jienv biomv **1 nzunc qiex caux caa laqc kuoqv 5 nzunc** zoux tauv tengx nyei mienh daaih tauv.

Dimv mbuox: Naaiv deix eix leiz longc fih hnangv bun yietc dauh fai I dauh zoux CPR. I dauh mienh zoux CPR nor dongh caa laqc kuotv wuov dauh zuqc dingh njiec dongh dorh nzuih caux nzuih daux jienv wuov dauh biomv jienv qiex nyei ziangx-hoc.

CPR tengx guv-nguaaz maaih hnyangx-jeiv 1 hnyangx ga'ndiev maengx

Nauc caux mbaeqv

Nauc caux heng-heng mbaeqv guv-nguaaz nyei baqc dauh. Hnangv buate maiv dongz, zorqv guv-nguaaz daqc nziaaux bueix jienv. Hnangv gorngv meih ganh caux guv-nguaaz hnangv gaanv tengx zoux yietc naa ti CPR ndaangc heuc lorz 9-1-1. Goux heiv sic nyei mienh yaac haih mbuox jienv meih zoux CPR.



Koi nqoi nziaaux-jauv

Waan guv-nguaaz nyei mh nqorngv ngorngz jienv liuz waan ninh nyei haah baah nqoi daaih tengx koi nqoi nziaaux-jauv. Maiv dungx waan mh nqorngv ngorngz jiex ndaangc.



Heng-heng biomv 2 nzunc qiex

Hnangv guv-nguaaz maiv haih tauv qiex nor heng-heng biomv 2 nzunc qiex. Dorh meih nyei nzuih dauh jienv guv-nguaaz nyei nzuih caux mbaqc zorng. Yietc nzunc horpc zuqc biomv 1 1/2 mingh lorz 2 buon ziangx-hoc. Meih horpc zuqc buate guv-nguaaz nyei laqc kuotv mbong faaux dongh nzunc-nzunc meih biomv wuov.



Zatv 5 nzunc

Heng-heng zatv biao nzunc laqc kuotv caa siepv donc dongc 100/naa ti. Longc meih nyei buoz-ndoqv-ndaauv caux buoz-ndoqv-zeic lorngx jienv laqc kuotv mbaqc ndongx ndaamh buoz-ndoqv nyei dorngx yiem nyorx-zueiv ndiev. Zatv njiec ndaamh buoz-ndoqv mingh lorz yietc ndoqv hnangv.



Faan gorn

Faan biomv 1 nzunc qiex caux zatv 5 nzunc laqc kuotv.

Guv-nguaaz liemh zeih daic (SIDS)

SIDS zeiz guv-nguaaz liemh zeih daic yiem naaiv maaih hnyangx-jeiv 1 hnyangx ga'ndiev liuz yaac duqv dorh mingh dimv longx nyei mv baac maiv hiuv duqv gorngv weic laaix haaix nyungc jauv daic.

Hnangv haaix nor haih mbungh maiv bun guv-nguaaz maiv haih bungh SIDS:

- ◆ Bun guv-nguaaz daqc nziaaux bueix mh njormh
- ◆ Longx suangx-dimc longx nyei, dimc jienv horpc nyei yiem guv-nguaaz nyei coux-longz dongh zoux daaih doix hnangv nqaeqv heiv sic jauv wuov
- ◆ Zorqv nqoi nzomz-dauh, laangc cuox ndie, domh suangx, suangx-bie, zotv daaih bun guv-nguaaz longc aa'nziaauc ga'naaiv caux yietc zuangv ga'naaiv-mau yaac zuqc siou pien gamh ziex opv zuqc guv-nguaaz
- ◆ Bun guv-nguaaz zuqv jienv bueix njormh lui-houx liuz meih yaac maiv zuqc longc dieh nyungc ga'naaiv daaih gomv
- ◆ Bun guv-nguaaz bueix longx ninh nyei zaux yaac zuqc bun bueix tauv guv-nguaaz coux mingh
- ◆ Baeng suangx bieqc nyei fapv jienv I maengx suangx-dimc ndiev, homc tauv guv-nguaaz nyei laqc kuotv hnangv
- ◆ Mangc longx maiv dungx gomv zuqc guv-nguaaz nyei mh nqorngv dongh ninh njormh ziangh hoc
- ◆ Foux jienv bun guv-nguaaz siouv nyei, mv baac maiv dungx bun siouv jiex ndaangc
- ◆ Zuqc hiuv duqv gorngv mau nyei ga'naaiv yaac haih benx heiv sic yiem cuox
- ◆ Simv jienv domh mienh cuox, wuom-cuox, zueiz nyei dorngx mv fai fingx mau cung nyei dorng

Gorn: Guoqv zaangc SIDS/guv-nguaaz daic sou-gorn dorngx (NSIDRC). (NSIDRC). <http://www.sidscenter.org> or 866-866-7437

Zuqc maaih fu'jueiv lorh

Fu'jueiv bieqc cie yaac zuqc maaih horpc zueiz caux sai nyei ga'naaiv (nqaeqv sic lorh mv fai fu'jueiv caan lorh) tauv ninh mbuo maaih hnyangx-jeiv juqv hnyangx mv fai hnyiev-soux maiv bun gauh aiv jiex 60 paaub hnyiev. Oix hiuv jaa nor lorz meih nyei buonc-deic nyei goux sic gorn (CHP) mv fai dimv doh leiz dorngx.

Yiem biau longc zorc baengc da'yietv ginc nyei jaa-sic

- Meih horpc zuqc maaih nyei ja'naaiv:
- ◆ Buoz matc longc liuz guangc wuov nyungc
- ◆ Zouv fai zaang jhex nyei ndie-beu longc beu donv nziaamv.
- ◆ Ndie-nzaaux/saa mbu caux siqc jaaub-ndie longc nzaaux ga'naaiv-mun maiv bun haih butv.
- ◆ Ndie-nzaatv nzaatv jienv maiv bun ga'naaiv-mun haih butv.
- ◆ Douz-buov ndie nzaatv jienv maiv bun haih butv.
- ◆ Ndie-beu-nyouz mbenc jienv zhex hoc nyei.
- ◆ Nzaaux mh nzing ndie longc nzaaux maiv bun haih nyiez baengc.
- ◆ Maiv maaih sa'nyaangh wuom wuov nyungc dimv sin jorm ga' naaiv (Non-mercury thermometer)
- ◆ Ndie-sai bun nyei ndie dongh meih hnoi-hnoi nyanc wuov deix beiv hngangv nziaamv-gaam ndie-baaqv, mbuoqc nziu ndie caux tengx jaang zietc ndie. Meih yaac zuqc nzanc-nzanc dimv mangc taux ndie jhex ziangh hoc nyie jauv.
- ◆ Ndie-sai bun daaih longc dimv baengc ga'naaiv beiv hngangv dimv mangc nziaamv gaam caux nziaamv hlang nyei ga'naaiv jaa-sic.
- ◆ Nqiuu
- ◆ Siaa-nipv

Maiv zeiz ndie-sai bun daaih nyei ndie:

- ◆ Aspirin mv fai mv maaih aspirin jaev mun ndie
- ◆ Ga'sie fiex ndie
- ◆ Antacid (ga'sie-mbuoqc mun ndie)
- ◆ Bungx bangx ndie
- ◆ Douz-taanx ndie(longc tengx jaev ndie laengc hngangv tengx ndie laengx gorn heuc longc)
- ◆ Dimv mbuox: American hoqc zoux fu'jueiv nyei ndie-sai gorn yaac maiv oix bun biau zong mienh longc (syrup of ipecac) zoux bun mienh lov naaiv nyungc ndie-wuom longc tengx zorc baengc da'yietv ginc yiem biau.

Nzipc bieqc daaih caux duqv dimv mbenc mangc longx liuz yiem nqaev domh zuangx hev sic nyei domh gorn, http://www.ready.gov/first_aid_kit.html.

Tengx taux ga'naaiv nqaengx nyei jauv

Domh mienh caux fu'jueiv nzang nyei (1 hnyangx ga'nguaaic maengx)

Horpc zuqc hngangv haaix nor tengx koi nqoi qiex-jauv hngangv maaih ga'naaiv nqaengx zuqc domh mienh fai fu'jueiv.

- ◆ Mangc gaax ninh haih gongv waac mv fai hopv nyei fai. Hngangv gongv maiv haih nor, zoux mingh da'nyeic diuc jauv tengx.
- ◆ Qam jienv ga'sie-dom fuoqv faaux (sou faaux sou njiec):
 - Yiem ga'haav maengx, zorqv meih nyei buoz-seih jaang qam jienv baengc mienh nyei laqc nyaapv- mau.
 - Nyuotv jienv buoz-juonh liuz zorqv meih buoz-ndoqv-nyeiz wuov bung an jienv baengc mienh nyei laqc kuotv-jomc, ga'ndiev maengx laqc laengx-mbungv qong ga'sie-mau ga'nguaaic maengx.
 - Longc meih nyei wuov bung buoz nyau jienv meih nyei buoz-juonh liuz zatv fai fuoqv faaux laqc kuotv-jomc maengx siepv nyei. Maiv dungx njaapc zuqc laqc saengx-qong; longc meih nyei buoz-zaangv zoux qaaqv hngangv.
- ◆ Zoux taux ga'naaiv nqaengx baetv cuotv.

Qam jienv laqc kuotv sou nyei jauv naaiv yaac zuqc faix fim nyei bun taux mienh junc mienh mv fai mienh maaih guv-nguaaz nqaengc haih aqc wuov deix.

Hngangv gongv buatec domh mienh fai fu'jueiv maiv hiuv duqv mienh nor zuqc zoux CPR. Hngangv meih buatec maaih ga'naaiv yiem ga'nyuoz jaang fai nzuih yaac zuqc zorqv cuotv mingh.



Guv-nguaaz nzang nyei (1 hnyangx ga'ndiev maengx)

Da'yietv diuc

Mangc gaax guv-nguaaz haih nyiemv mv fai hopv nyei fai. Hngangv maiv haih nor, zoux bieqc da'nyeic diuc.

Da'nyeic diuc

Mbaevq 5 nzunc dic daanz.



Da'fam diuc

Zatv 5 nzunc laqc kuotv.



Da'feix diuc

Aengx zoux da'yietv caux da'nyeic wuov deix l diuc zoux taux buatec tengx duqv mv fai buatec guv-nguaaz maiv hiuv mienh. Hngangv gongv buatec guv-nguaaz maiv hiuv mienh nor, zoux CPR. Hngangv meih buatec maaih ga'naaiv yiem ga'nyuoz jaang fai nzuih yaac zuqc zorqv cuotv mingh.

Tengx taux ga'naaiv nqaengx nyei jauv naaiv sei duqv nzipc daaih yiem "Hoqc CPR- ga'naaiv nqaengx nyei jauv" domh horqc yiem Washington yaac nqoi eix.

Tengx taux ndortv wuom nyei jauv

Zuqc gengh faix fim nyei maiv dungx bun ndortv wuom mienh nyau zuqc. Ndortv wuom mienh gamh nziex jhex ndaangc liuz yaac haih zoux bun mingh njoux nyei mienh haih ndortv wuom caux jienv.

Hnangv ndortv wuom mienh sei nzang nyei:

Fongv haih mbiouh nyei ga'naaiv mingh bun ninh mv cunv ndiangx-nquaah, caa, lui-houx mv fai dieh nyungc ga'naaiv bun ninh nanv jienv cuotv. Njoux maengc mienh maiv horpc dorh ninh mbuo ganh mingh maaih heiv sic. Heuc 9-1-1 daaih tengx.

Hnangv ndortv wuom mienh maiv hiuv duqv mienh:

- ◆ Zorqv ndortv wuom mienh cuotv wuom wuov zanc liuz yaac zuqc faix fim taux ninh nyei jaang caux ninh nyei jaaiv bun ninh bueix baengh nyei. Hnangv haih nor meih dorh jienv mbiouh wuom nyei ga'naaiv mingh tengx. Hnangv gongv cuotv taux ndoqv-hlen mv fai nzaaux sin njaangh hlen, bun ndortv wuom mienh da'nziaaux bueix jienv.
- ◆ Hnangv dortv wuom mienh maiv haih tauv qiex, mangc gaax ninh nyei nziaaux-jauv njaang nyei fai liuz koi nqoi nziaaux-jauv. Hnangv yietc l buon jhex liuz buatec ninh yaac maiv haih tauv cuotv qiex, gaanv jienv zoux CPR (mangc zoux CPR wuov kang). Heuc 9-1-1 daaih tengx.
- ◆ Hnangv nzaang nyei, dongh meih zuov jienv longc tengx nyei ziangh hoc, zoux bun ndortv wuom mienh siouv nyei (zorqv suangx, domh lui, caux haaih nyungc yaac duqv bun ninh homc jienv) caux bueix jienv.

Ciou

Meih haih zoux duqv deix baav tengx jaev ciou nyei jauv hnangv. Zuqc bun ninh ciou taux ziangx.

Ciou nyei eix-leiz:

- ◆ Buatec laa pien laa pien deix.
- ◆ Mh zing njouc faaux maengx.
- ◆ Tauv qiex mbui caux wuom-nzuih mbiaauh cuotv mv fai nzuih nqapc faaux nqapc njiec.
- ◆ Maaih dauh baav qiex zungv dangx dangh baac nyei.
- ◆ Baengc mienh yaac haih ngaatc zuqc ninh nyei mbietc liuz yaac haih cuotv nziaamv daaih zaeqv ninh qiex-jauv.

Ciou jienv nyei ziangh hoc:

- ◆ Gaanv jienv heuc zorc ndie mienh daaih tengx.
- ◆ Maiv dungx dorh ga'naaiv zotv baengc mienh nyei nzuih. Meih yaac haih zoux zuqc meih ganh caux/ mv fai baengc mienh mun.
- ◆ Tengx bun baengc mienh bueix jienv maiv dungx bun haih king zoux zuqc mun.
- ◆ Zorqv nqoi haih zoux zuqc baengc mienh mun nyei ga'naaiv.
- ◆ Maiv dungx borngz fai caengx-ngaengc caux mienh ciou mienh.

Ciou liuz nor mangc gaax baengc mienh haih tauv qiex nyei fai. Hnangv maiv haih nor, zuqc tengx bun qiex ninh (mangc da'nyeic kang CPR dongh "Biomv" wuov).

Nyanc ndie camv jhex ndaangc

- ◆ Nyanc ndie camv jhex ndaangc yaac haih laengc. Maiv dungx hnamv gongv diuv nquin naaic fiuv-sic. Diuv ganh mv fai caux jienv ndie yaac haih zoux bun guangc maengc.

- ◆ Mbungh longx: Mienh hopv diuv fai nyanc ndie nquin yaac haih zoux cuotv ciouv sic. Zuqc faix fim.

1. Hnangv buatec ninh maiv hiuv mienh, heuc 9-1-1. Hnangv buatec ninh hiuv mienh nyei, heuc tengx goux ndie laengc nyei gorn 1-800-222-1222.
2. Mangc baengc mienh nyei tauv qiex nyei jauv-louc. Hnangv maiv haih tauv qiex mv fait aux qiex maiv henv, koi nqoi qiex-jauv. Zouv l buo buon nyei dorgx liuz, baengc mienh daaih maiv haih tauv qiex nor, gaanv jienv tengx bun qiex ninh (mangc da'nyeic kang CPR dongh "Biomv" wuov).
3. Dongh zouv jienv longc tengx nyei ziangh hoc:
 - a. Mangc jienv tauv qiex nyei jauv-louc.
 - b. Zoux bun baengc mienh siouv nyei tengx ninh homc jienv suangx mv fai domh lui.
 - c. Maiv dungx dox wuom an baengc mienh nyei hmien.
 - d. Maiv dungx bun baengc mienh nyanc ga'naaiv fai hopv wuom cih njiec gongv 9-1-1 mv fai tengx goux ndie laengc gorn heuc bun.
4. Hnangv buatec maiv nzang, waan baengc mienh nzaqc hlengx sin bueix jienv yaac haih tengx koi njaang qiex-jauv, hnangv gongv ninh haih lov.



Mbuox baengc nyei buoz-limc

- ◆ Mangc longx baengc mienh gaax maaih mbuox baengc nyei buoz-limc nyei fai. Naaiv diuh buoz-limc yaac faaux maaih ninh nyei baengc zingh nyei jauv, lengc jeiv nyei hoc-dauh caux finx-hoc bun haih heuc duqv haiz fai oix hiuv duqv mengh baeqc.

Nziaam cuotv : Mh nqorngv sic

- ◆ Heuc lorz tengx heiv sic. Bun haih zorc ndie nyei mienh mangc ga'naaiv-mun.
- ◆ Zuqc samx taux jaang mun sic da'faanh maaih mh nqorngv mun nyei sic. Zaangv jienv mh nqorngv caux jaang dingh nyei.
- ◆ Dongh donv nziaamv nyei ziangh hoc, maiv dungx njiec qaaqv zatv jiex ndaangc. Maiv dungx zatv jienv mh normh maiv bun nziaamv cuotv.
- ◆ Maiv dungx bun yietc nyungc wuom baengc mienh hopv, buov in-mbiaatc mv fai dieh nyungc in. Naaiv deix ga'naaiv yaac haih zoux bun maiv hiuv duqv baengc gengh kuov ndongc haaix.

Nziaamv cuotv: Ga'nyuoz sic

- ◆ Zoux bun hiuv nyei eix-leiz:
 - Hopv mv fai lov nziaamv mv fai bungx yiez-nqaiiv maaih nziaamv.
 - Butv juangv, cuotv hanc fai ndopv yangh; mbuoz maengc maiv henv; mongh longh.
- ◆ Gaanv jienv lorz zorc ndie nyei jauv tengx siepv.
- ◆ Bun baengc mienh bueix jienv bouh zaux lorngx faaux hlang deix liuz hitv kuonx. Maiv dungx beiqv liuz zoux bun baengc mienh siouv nyei.
- ◆ Maiv dungx bun baengc mienh hopv fai nyanc yietc nyungc ga'naaiv.

Tengx taux cuotv nziaamv nyei jauv: Ga'naaiv-mun

Donv nziaamv dingh siepv jiex sei zeiz buang fai zatv jienv ga'naaiv-mun nzuih. Meih ganh maiv dungx laqc guaic hnamv seix longc donv nziaamv ga'naaiv. Zanc-zanc zuqc simv longx maiv dungx bun baengc mienh nyei nziaamv guoqv zuqc meih nyei ndopv. Longc zieux yienc ga'naaiv tengx, hnavgv qiexmv zuqc nor.

- ◆ Buang fai zatv jienv zietc nyei, zatv jienv dingh nyei 5 mingh lorz 15 naa ti. Nziaamv yaac nzengc-nzengc dingh yiem naaiv I buo naa ti nyei dorngx.
- ◆ Hnavgv nziaamv cuotv yiem zaux-benv, buoz-zaangv, cingh jaang mv fai buoz-seih jaang, zuqc bouh fai cau faaux baengh nyei liuz nziaamv cingx daaih maiv cuotv beqv. Hnavgv mbungv maiv nauv nor, zorqv buoz-zaux lorngx faaux hlaang deix bun ninh gauh hlaang deix baengc mienh mbuoqc niu wuov wuonc dorngx.
- ◆ Mbaqc zornv cuotv nziaamv camv nor zorqv buoz-ndoqv nanv ndipc mbaqc zornv kuotv liuz zueiz jienv zaaqc nyei yaac haih donv duqv nziaamv dingh. Nanv jienv mbaqc zornv 10 naa ti nyei dorngx maiv dungx bungx fong yietc dangh.

Mbungv nauv

- ◆ Heuc mingh lorz tengx heiv sic mienh daaih tengx mv fai lorz mienh tengx heuc mingh lorz zorc ndie heiv sic mienh daaih tengx siepv-siepv nyei.
- ◆ Maiv dungx suiv baengc mienh mingh haaix cih njiec gornv haih maaih heiv sic aengx haih cuotv jaa bun baengc mienh yiem naaiv norm dorngx.
- ◆ Hnavgv gornv buatc mbungv baetv cuotv ga'nyiec ziqc ndopv daaih nor yaac maiv dungx zoux bun mbungv bieqc ga'nyuoz.
- ◆ Buatc piatv fai corx yaac maiv dungx baengc ninh zaaqc. Bun ndie-sai mv dongh hoqc jiex nyei mienh tengx zoux. Hnavgv gornv meih zuqc suiv fai dorh baengc mienh mingh ganh norm dorngx, njaapc longx-longx nyei mbungv piatv fai corx nyei dorngx.
- ◆ Zoux bun baengc mienh siouv nyei, liepc zaux faaux 6 mingh lorz 12 ndoqv caux maiv dungx bun hopv wuom fai ndie-wuom. Maiv dungx liepc zaux faaux hnavgv meih buatc zaux mun, jaang mun, jaaiv caux mh nqornv mun.

Dienx-douz buov

- ◆ Maiv dungx muoqv zuqc dienx-douz buov nyei mienh zuqc samx mangc longx buatc dienx daic liuz cingx daaih muoqv duqv.
- ◆ Hnavgv buatc maaih finx mv fai domh finx mbaang ninv zuqc baengc mienh, long biaav-nqaai tiu nqoi finx. Hnavgv ndau ndorn nyei nor, maiv dungx mingh fatv. Heuc 9-1-1 daaih tengx.
- ◆ Hnavgv maiv zuqc gamh nziex fai mingh duqv taux nyei nor, mangc gaax maaih qiex nyei fai. Hnavgv buatc baengc mienh tauv qiex maiv henv mv fai qiex zutc, tengx koi nqoi qiex-jauv. Hnavgv jiex I buo buon nyei dorngx liuz baengc mienh yaac maiv haih tauv qiex nor, gaanv jienv zoux CPR (mangc zoux CPR wuov kang).

**Zorng-mbenc taux yangh nzaangv-
ndaix nyei jauv**



Sacraemnto domh nzaangv-ndaix ciangv nyei yangh nzaangv-ndaix nyei jauv-louc

- ◆ Zuqc mingh taux nzaangv-ndaix ciangv yietc norm bienx nyei ziangh hoc ndaangv meih dunx ndaix jie z sin nyei ziangh hoc wuov—mingh taux ndaangc l norm ziangh hoc hnangv meih ndaix mingh dieh norm deic-bung.
- ◆ Hnangv meih niouv cie nor, bungx jiev meih nyei cie tiqv nyuqv yiem 530 AM dongh meih daaih taux fatv deix nzaangv-ndaix ciangv wuov liuz meih cingx daaih haih duqv mangx taux dingh cie nyei jauv caux dieh nyungc waac dauh.
- ◆ Dorh mienh mingh caux zorqv mienh nzuonx yiem nzaangv-ndaix ciangv, bun meih bieqc mingh dingh cie yiem ei ziangh hoc fai mong dingh wuov wuonc domgx duqv 30 naa ti meih yaac maiv zuqc ndotv nyaanh. Yiem ga'nyuoz cie zuov—mv fai guangc jiev cie maiv goux mangc—yiem mv ndaangc mienh bieqc cuotv nyei domgx yaac maiv duqv liuz meih nyei cie yaac haih duqv zeiv-baatc caux/mv fai zuqc tor guangc.
- ◆ Hnangv zuqc dingh cie lauh jie x ndaangc l buo norm ziangh hoc nor, niouv jiev cie baeng zaaqc mingh lorz bun dingh cie ziangh hnoi nyei domgx liuz bieqc domh cie-ndaavv mingh nzaangv-ndaix ciangv gaengh.
- ◆ Zorqv meih nyei aamx fangx zomgh caux yietc zungv maiv gaengh duqv nzaaux nyei aamx fangx fimh dapv jiev meih dorh gan sin nyei faang. Ziux mangc faang nyei ga'naaiv yaac haih ziux waaic maiv gaengh nzaaux wuov nyungc fimh.
- ◆ Sacramento domh nzaangv-ndaix ciangv yaac maiv guon yietc dangh, maiv gunv gomgv mbungc-nziaaux caux jom-namx hnangv haaix yaac baac. Norm-norm nzaangv-ndaix gom yaac maaih ninh mbuo ganh nyei ndaix faaux-njiec nyei jauv, maiv zuqc nzaux heix taux ndaix zaih mv fai maiv duqv ndaix mingh; hnangv maiv sienx, daaih nzaangv-ndaix ciangv mv fai heuc lorz ninh nyei gom. Hnangv oix hiuv camv faaux nor, bieqc mingh mangc taux nzaangv-ndaix ciangv nyei jauv-louc yiem www.sacairports.org.

Oix hiuv duqv camv faaux taux yangh nzaangv-ndaix nyei sic dauh yiem Sacramento domh nzaangv-ndaix ciangv, bieqc mingh mangc taux nzaangv-ndaix ciangv nyei jauv-louc yiem www.sacairports.org liuz mingh lorz "yangh cie mienh/mingh nziaauc mienh" caux mingh lorz "nqaeqv sic dauh jauv".



Zorng mbenc taux yangh nzaangv-ndaix nyei jauv

Domh zuangx leiz

- ◆ Zuqc maaih noic
- ◆ Zanc-zanc goux longx meih nyei mbuoqc caux maiv dungx bungx lorqc mueic yietc dangh.
- ◆ Maiv dungx laengz maiv buatc jiev mienh nyei ga'naaiv beu.
- ◆ Maiv dungx gomgv jatv taux maaih ga'naaiv mbeux mv fai congx.
- ◆ Maiv dungx gomgv taux zoux waaic sic, caang-congx, haih mbeux nyei ga'naaiv mv fai hou v waac zoux waaic nyei jauv-louc dongh meih jie x dimv mangc sic nyei domgx ziangh hoc.
- ◆ Maiv dungx hnammv "seix" laqc guaih dorh jiev jaav mv fai zien congx, haih mbeux nyei ga'naaiv, caux dieh nyungc nyiez sic nyei ga'naaiv jie x dimv sic nyei jauv.
- ◆ Zuqc hiuv duqv taux maiv dongh nyungc nyei eix-leiz, ga'naaiv-beu caux guangc jiev maiv mangc fai goux taux nyei faang yiem wuov dingh cie nyei domgx mv fai yiem nzaangv-ndaix ciangv.
- ◆ Heuc mbuox goux sic mienh hnangv buatc maaih haaix diuc maiv dongh nyungc.
- ◆ Naetv nzoih meih nyei mbuox yiem meih nyei faang, liemh ga'nyuoz maengx caux jiev ga'nyiec maengx. Mbungh janx-nzaaac yiem meih nyei biau v dongh meih mingh go nyei ziangh hoc, longc saeng-eix nyei deic-zepv caux finx-hoc.
- ◆ Zorqv qiex longc jiev nyei ga'naaiv hnangv mueic ziux, ndie-sai bun daaih nyei ndie, longc jaev buoz nyei ga'naaiv caux cie nyei forv-zeih dapv jiev dorh gan sin nyei mbuoqc.
- ◆ Hnangv gomgv meih hiuv duqv meih nyei heih naaic maaih hieqv jie x dimv sic gaengh yaac haih zoux bun gaengh mbui nyei nor, tutv nqoi ndaangc liuz dapv jiev bun ninh jie x ziux dienx nyei jakv. Longx jie x nor, ganh daapc laengc heih.

Dimv bieqc

- ◆ Bieqc nzaangv-ndaix wuov deix domh mienh zuqc dorh jiev fangx-zieqv (ID) zoux cuotv yiem domh hung h jaa domgx, saengv mv fai buonc-deic hung h jaa domgx—beiv hnangv niouv cie mbatv mv fai zeiv. Hnangv hung h jaa zoux daaih nyei fangx-zieqv yaac maiv maaih nor, dorh l nyungc sou—maaih nyungc zuqc yiem hung h jaa nyei gom zoux cuotv daaih (beiv hnangv sosoh mbatv mv fai cuotv-seix daan).
- ◆ Lorz nzoih meih nyei ID caux bieqc nzaangv-ndaix sou cuotv daaih dongh meih mingh taux fatv dimv mangc sic nyei domgx wuov. Zorqv daaih mbienx nyei, nziex meih zuqc bun mangc zix nzunc nyei, beiv hnangv taux wuov domh gaengh nyei domgx.
- ◆ Longc computer zorqv daaih nyei nzaangv-ndaix mbatv wuov deix yaac zuqc dimv caux nzaangv-ndaix gom hiuv duqv gomgv horpc zuqc longc nzoih haaix hnyungc sou. Nziex qiex zuqc longc nzaangv-ndaix gom fiev daaih nyei sou-zipv (fienx, fax, e-fienx) yaac duqv.

Dimv mangc sic domgx

- ◆ Cih njiec dongh maaih baengc mienh mv fai qiex zuqc longc die maa tengx wuov deix, dongh maaih sou bieqc nzaangv-ndaix wuov deix mienh haih jie x duqv ziqc dimv sic nyei domgx hnangv.
- ◆ Yietc dauh yangh nzaangv-ndaix mienh bun dorh yietc norm mbuoqc nyiex fai buix hnangv caux yietc norm gan sin mbuoqc beiv hnangv nyanh mbuoc jomgx, computer dom (laptop) mv fai faang-hengx.
- ◆ Yietc zungv longc dienx ga'naaiv, hnangv compter dom (laptop) caux fonh ndutv yaac nziex zuqc lengc nyei dimv mangc jie x. Mbenc jiev zorqv cuotv meih nyei computer dom (laptop) yiem ninh nyei faang liuz l nyungc zungv haih caah lengc nyei ziux dienx mangc.
- ◆ Zuqv maaih hieqv zoqc jie x wuov deix. Oix hung h heic jie x dimv sic domgx, jaev nqoi nzengc dongh maaih hieqv nyei ga'naaiv ndaangc mingh jie x dimv sic domgx.
- ◆ Dor baanx nzaangv-ndaix ciangv heuc bieqc nzaangv-ndaix mienh zuqc zorqv ninh mbuo nyei domh lui caux lui-siouv dapv bieqc jie x ziux dienx mangc nyei ga'naaiv. Meih yaac haih tengx zanv duqv ziangh hoc maiv zuqc mbaih jiev zuov lauh hnangv meih jaev ziangx lui dongh meih taux fatv deix wuov.
- ◆ Maiv dungx beu-nzueic meih dorh gan sin nyei ga'naaiv, nziex ninh mbuo yaac oix koi dimv mangc meih nyei ga'naaiv dongh dimv mangc ga'naaiv ziangh hoc wuov.

Bun dorh gan sin

Meih haih dorh gan sin duqv:

- ◆ Biaav-mbiaac caux faanx.
- ◆ Buoz-ndoqv japv.
- ◆ Maiv haih gaatv mienh mv fai longc liuz guangc nyei teix siaam nzuqc.
- ◆ Baaqv ndie nyei ndongh caux zuqc maaih sou gorngv qiex zuqc ndie nyei javv.
- ◆ Siaam-nipv caux gapc mh zing-biei ga'naaiv.
- ◆ Eiv-naangh (wheelchairs) yaac zuqc ei horpc caux nzaangv-ndaix gorn nyei leiz. Dienx ndie yaac nziex zuqc tutv nqoi mv zorqv pien mingh liuz dienx-ndie gorn yaac zuqc buang jienv maiv bun haih nqaai.
- ◆ Lengc jeiv longc tengx buonc-sin nyei ga'naaiv dongh haih benx heic sic wuov deix, hnangv haih zieqc douz nyei wuom-ndaang caux fuqv wuom ga'naaiv yaac bun dorh maaih soux mouc nyei hnangv.

Maiv bun dorh gan sin

Faux njec daaih naaiv deix ga'naaiv yaac zuqc dimv caux dapv faang domgx dapv mv fai maaih deix yaac maiv haih bun dorh yangh nzaangv-ndaix mingh. Naaiv deix waac dauh seix bun cuotv daaih yiem wuov nqaevq sic taux faux njec fai bieqc cuotv nyei gom (TSA) yiem zih hlaax 2004. These deix nqaevq-leiz yaac haih tiuv nyei. Oix hiuv duqv siang jhex nyei waac-njaaux caux gauh nzoih nyei sou nyouz bieqc mingh mangc yiem <http://www.tsa.gov/public/>.

- ◆ **Caang congx:** Congx-nziaaux (BB Guns), zungx nziaaux nyei congx caux ziex nyungc congx yaac haih dorh duqv yangh dimv dapv faang nyei domgx. Naaic meih nyei nzaangv-ndaix gom gaax meih haih dorh duqv yunh yangh dimv dapv faang nyei domgx nyei fai. Hnangv bun dorh yunh nyei nor, yaac zuqc mbuox tong bun hiuv duqv dongh meih dimv bieqc wuov. Lengc jeiv longc nyei congx-dom yunh yaac zuqc dapv longc longc ga'naaiv jiem nyei beu jienv, ndiangx mv fai hieqv-longz mv fai dieh nyungc dongh lengc jeiv zoux daaih beu yunh dom nyei ga'naaiv wuov.
- ◆ **Nzuqc/Ga'naaiv-gaatv:** Nzuqc, cih cuotv maiv maaih nzuqc hmien mv fai yaang-nzuqc, nyungc-nyungc haih japv fai gaatv ga'naaiv nyei ga'naaiv, liemh jienv gaatv dimc ndau ndie (carpet) nzuqc, gaatv orv ga'naaiv, japv fai gaatv longz nzuqc, I maengx-laic nyei teix-do, nyungc-nyungc nzuqc nzipv, naamv-kaengx njapv, bouv, teix-do zaaqc, hieqv-nqiu, cih cuotv dongh mueiz ndomgv nyei ga'naaiv haih dorh duqv gan yangh dapv faang nyei domgx hnangv.
- ◆ **Nyungc baac somgx qaaqv nyei jaa-sic:** Hnangv mbes mbor biaav, mborqv nqorpv-biaav, buonv puh biaav, yangh somg nyei biaav caux horkv gih biaav yaac dapv yangh ga'ndiev dapv faang domgx.
- ◆ **Douz-mbeux:** Yietc zungv douz-mbeux, domh douz-fing, douz-fing-biangh mv fai dieh nyungc haih mbeux nyei ga'naaiv yaac maiv bun dorh gan sin mv fai yangh ga'ndiev dapv faangx domgx.
- ◆ **Haih njopc douz nyei wuom caux ga'naaiv ngaengc:** Youh, cietv, douz-limh youh, "tekv haaix ndau yaac haih zieqc" nyei yangh horv-sim, caux douz-limh dongh maaih haih njopc douz nyei wuom yaac maiv bun dorh gan sin caux dorh yangh ga'ndiev dapv faang domgx. Bun dorh duqv 4 gapv yangh horv nyei domgx hnangv.
- ◆ **Zungx-qhex fai haih mbeux nyei ndongh:** Liemh jienv fuqv qhex fai wuom ndongh (cih cuotv lengc jeiv longc nyei ga'naaiv miv baac zuqc dorh maaih soux mouc nyei), youh nzang nyei wuov nyungc, tauv qhex ndongh, gaetv ndongh, fiu-ndongh caux ninh ganh haih zungx qhex nyei mbaih yaac maiv bun dorh gan sin caux maiv bun dorh yangh ga'ndiev dapv faang nyei domgx.
- ◆ **Dieh nyungc haih nyiec sic ga'naaiv:** Hnangv dongh zuqc dapv youh nyei jaa-sic, dienx-ndie maaih wuom wuov nyungc, ga'naaiv-laengc, haih jhex mienh nyei ga'naaiv, naamv-kaengx nqaai caux dieh nyung haih nyiec sic mv fai haih aengx benx waaic sic nyei ga'naaiv yaac maiv bun dorh gan sin mv fai dorh yangh ga'ndiev dapv faang domgx.



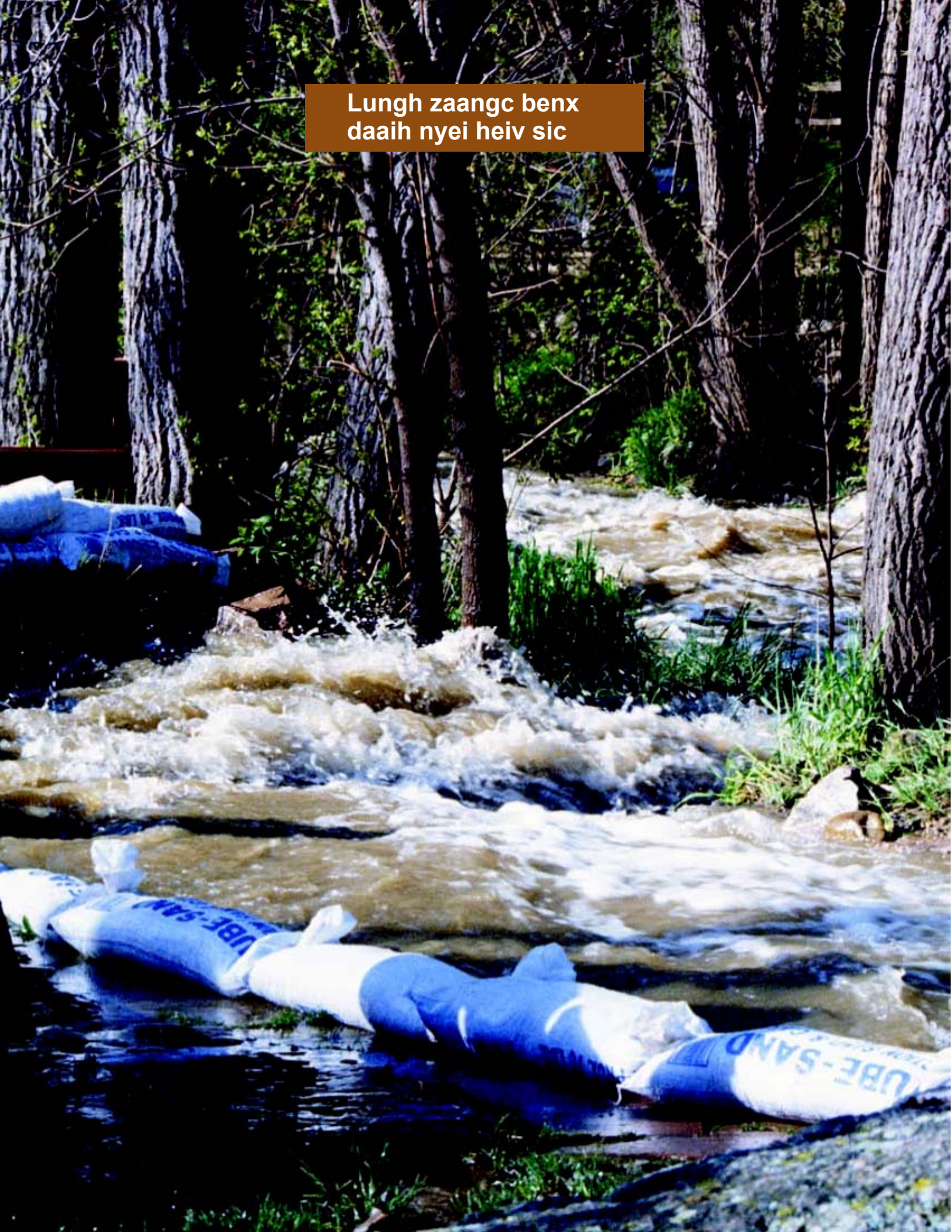
- ◆ Maaih naaiv ziex deix njaaux daaih nyei kuv waac dauh yaac longc bieqc tengx duqv ziex bung mingh daaih nyei javv-louc. Bieqc domh cie-ndaav (buses), rutv faiv, yangh ndau-ndiev rutv, domh nzaangv caux dieh nyungc mingh daaih nyei javv yaac zuqc maaih faix fim taux faux njec nqaevq sic nyei javv fih hnangv.



Youz mingh ziex norm deic-bung

- ◆ Dimv mangc jienv gaax minh zinh maaih haaix nyungc wuic aengx caux mangc taux dongh meih hnamv oix mingh nziaauc wuov norm deic-bung maaih haaix nyungc nzaic zingh.
- ◆ Zong-zuqv zong baan nyei. Simv jienv maiv dungx zuqv deic-bung-nyungc nyei cietv hnangv siqv, baeqc caux mbuov.
- ◆ Dorh jienv zuotv deic-bung longc nyei zeiv-nyanh (traveler's checks) caux yietc I kuaaiv kuei ditc mbatv maiv dungx dorh nyanh zeiv. Yienx I kuaaiv zeiv-nyanh caux mbatv hoc-dauh. Bun kuaaiv meih nyei aa'nziaauc doic/cien ceqv siou jienv liuz meih dorh kuaaiv gan sin hnangv.
- ◆ Yienx I kuaaiv meih nyei bieqc deic-bung sou dongh maaih meih nyei fangx wuov pin, bieqc nzaangv-ndaix sou, caux niouv cie mbatv. Yietc nyungc yienx I kuaaiv liuz bun mienh siou jienv hnangv ga'nguaaic gomgv jhex daaih wuov nor.
- ◆ Ndie yaac zuqc dapv jienv ninh nyei zien ndie-baengh dongh natv jienv ndie-daan wuov. Yienx meih nyei ndie-daan dorh jienv mingh caux meih nyei ndie-mbuox.
- ◆ Cih lengc dorh jienv yietc mueic ziux mv fai dapv mh zing gingx (contacts).
- ◆ Norm-norm faang faux jienv mbuox, deic zepv caux finx-hoc dongh heuc duqv haiz meih nyei wuov.
- ◆ Zuqc faix fim mv fai simv jienv domgx mangc daaih haih maaih sic guaax taux meih wuov.
- ◆ Maiv dungx zoux maux fai zoux liangv cung. Maiv dungx gomgv taux meih mingh daaih nyei javv caux mienh dongh meih maiv hiuv duqv wuov deix.
- ◆ Zuqc hnamv taux giu tong bieqc yiem nitv fatv jhex nyei U.S. hungh jaa gom mv fai hungh jaa domgx.

Lungh zaangc benx
daaih nyei heiv sic



Lungh zaangc benx daaih nyei heiv sic

Daaih hnavg zix norm dorgx yiem naaiv deic-bung nor, Sacramento mungv yaac maiv haih nqaev duqv lungh zaangc benx daaih nyei heiv sic. Hiuv duqv gorgv maiv nangc haih maaih lungh zangc sic, mv baac maaih qangx nziex haih buangh zuqc wuom guatv yiemx, ndau dongz caux douz lanh mboux nyei javv.

Wuom guatv yiemx

Mienh maanh zuqc wuom yiemx daic caux mun camv nziex wuic laaix mienh maanh maiv bieqc hnyouv tauv wuom-sic yaac ndongc haaix seix caux haih maaih heiv sic hiev ndongc haaix hnavg wuom yiemx caux wuon guatv nyei javv. Wuom guatv yiemx nyei ziangh hoc nor, wuom yaac haih buangv jienv faaux siepv gauh zoux bun maaih deix dien ziangh hoc fai zuangv maiv maaih ziangh hoc tong mboux tauv heiv sic nyei javv liuz meih yaac maaih deix dien ziangh hoc biaux hnavg. Maaih mienh zix dauh zuqc guangc maengc laaix niouv jienv cie biaux, yangh zaux biaux jix javv fai jix jiouh dongh wuom yiemx tauv wuov. Maiv gunv gorgv buac hnavg jaax wuom liangv nyei nor, mv baac zien zien naaic ninh yaac ndo nyei caux wuom yaac gengh haih maaih seix haic nyei. I ndoqc ndo wuom yaac haih guatv duqv cie mingh nyei. Juqv ndoqv ndo wuom-seix nyei wuov yaac haih torngx mienh njangx nyei.



- ◆ Hnavg meih buac maaih wuom haih guatv yiemx nor, gaanv jienv mingh lorz domgx hlaang nyei yiem jienv.
- ◆ Hnavg meih yangh zaux nor, maiv dungx seix yangh jienv wuom jix. Daaux nqaang liuz baeng zaaqc mingh lorz domgx hlaang nyei domgx yiem jienv.
- ◆ Maiv dungx bun fu'jueiv caux saengh kuv mingh nitv fatv wuom yiemx domgx, bungx wuom mingh nyei kuotv wuom-javv caux bungx ga'naaiv laqc hlopv javv.
- ◆ Hnavg meih yiem ga'nyuoz cie, niouv simv pien wuom yiemx nyei domgx. Maiv dungx hnamv niouv cie jix wuom. Maiv gunv gorgv meih nyei wuov ndaangc maengx norm cie jix duqv wuom mingh nyei, mv baac nziex meih maiv ndongc ninh maaih wuonc qix longx.
- ◆ Hnavg meih nyei cie zuqc zaeqv jienv nor, gaanv jienv guangc jienv wuov liuz biaux faaux yiem domgx hlang nyei.
- ◆ Wuom yiem nyei domgx yaac maiv nyunc ziev mingh niouv nzaangv aa'nziaauc lo haaix. Maaih zix dauh biah nzaangv dom mienh yaac zuqc qiemx njoux maengc zix dor laaix wuom seix guatv fai sorqv zuqc.
- ◆ Hnavg mienh heuc mbuo zuqc biaux nqoi nor, zuqc muangx liuz gaanv jienv biaux. Biaux gan jienv dongh mienh heuc biaux mingh wuov diuh javv. Wingc javv yaac nziex mingh maiv tong.

Ndau Dongz

- ◆ Hnavg meih yiem ga'nyuoz maengx biau caux haiz ndau dongz nor, da'yietc diuc zuqc zoux zeiz mangc huing nzuonx zix bung liuz lorz domgx yiem longx.
- ◆ Lorz dongh maaih ga'naaiv gomv jienv nyei domgx caux nzun bieqc dongh wuonv nyei wuov nyungc domh dieh, dangx mv fai yiem biau nyei jaa-domgx ndiev. Yiem dingh nyei zuov tauv ndau dingh.
- ◆ Yiem pien deix gaengh dom (window), buov douz domgx, buov zaangh nyei douz nzauc, an sou nyei longc, siou sou nyei longc, domh gingx, ndiux jienv nyei ga'naaiv zuangx, haeng jienv nyei dang caux zouv nyanc nyei douz-nzauc nyungc homgh lo haaix.
- ◆ Yiem jienv ga'nyuoz maengx hnavg. Zuotv ga'nyiec maengx yaac maaih ga'naaiv haih ndortv mborqv zuqc meih mun.
- ◆ Zuqc zoux suonc nyei caux heuc doic yietc zungv gan jienv zoux suonc nyei.
- ◆ Hnavg meih yiem ga'nyiec maengx nor, mingh yiem njang nyei domgx, leih domh biau fai domh finx-ndiouv go nyei.
- ◆ Hnavg meih niouv jienv cie nyei nor, dingh cie hnavg maaih qangx dingh duqv nor, mv baac yiem jienv meih nyei cie ga'nyuoz bun ninh leih jiouh go nyei, maiv dungx yiem nitv jiouh ndiev, nitv ndau-kuotv, nitv ndiangx-ndiev, nitv finx-ndiouv, domh finx ndiev caux paah ga'ndiev.
- ◆ Hnavg meih zueiz jienv eiv-naangh (wheelchair) zueiz jienv ga'nyuoc eiv-naangh. Mingh lorz gomv jienv nyei domgx, gapc jienv meih nyei eiv-ping liuz gomgv haih zoux duqv nor zorqv meih nyei buoz-seih jaang daaih buang jienv meih nyei mh nqomgv tomgv jienv deix.

Nzaatv cietv nyei heiv sic sou



- ◆ American teng heiv sic gom duqv zoux duqv buonv sou heuc "Mbenc mbungc heiv sic" (douz, wuom yiemx, bomgz mbuo bomgz nziaaux, ndau dongz, caux zix nyungc.) bun fu'jueiv nzaatv cietv fai six aa'nziaauc liuz naaiv buonv sou yaac maaih bun zorqv duqv yiem: www.redcross.org/serVICES/disaster/eduinfo/colorbk.pdf.

Zoux bun fu'jueiv duqv mbienc

- ◆ Meih yaac nziex zuqc leih biau mingh go dongh maaih heiv sic ziangh hoc. Yietc diuc longx haih nyei javv hnavg gomgv meih haih mbenc duqv maaih njaaux meih ganh nyei fu'jueiv goux ninh mbuo ganh nyei javv bun ninh mbuo maaih javv zoux tengx ninh mbuo ganh aengx caux ninh mbuo yaac haih tengx tauv ninh mbuo nyei fu'jueiv doic. Yie mbuo gomgv meih zuqc beu:
 - ◆ I buo buonv horpc hnyouv nyei sou.
 - ◆ Cietv-diuh caux batv (Crayons nd pencils).
 - ◆ Zeiv camv nyei.
 - ◆ Nqiu caux gaau.
 - ◆ I buo norm longc aa'nziaauc ga'naaiv (Toys).
 - ◆ Nyienx aa'nziaauc ga'naaiv (Board games).
 - ◆ Longc aa'nziaauc saengh kuv zotv daaih wuov nyungc.
 - ◆ Yungh yeim biau nyei saengh kuv nyei fangx.
 - ◆ Horpc hnyouv nyei suangx/nzomz-dauh.

Meih hnavg haaix nor zuqc jaa ndaangc mbenc mbungtaux ndau dongz nyei javv?



- ◆ Hoqc "nzun bieqc caux gomv nyei javv" zuqc hoqc zoux yiem biau caux yiem gong.
- ◆ Zuqc hiuv duqv njoux duqv sic longx jix nyei domgx yiem meih nyei biau.
- ◆ Zuqc hiuv duqv meih nyei bungx daic gaetv gom, dienx gom caux wuom gom yiem haaix caux yaac zuqc haih bungx daic norm-norm gom. (mangc 7 wuov pin)
- ◆ Zuqc hiuv duqv meih nyei buonc-deic horpc domgh nyei leiz fngx hnavg haaix nor longc dimv tauv fu'jueiv hnavg maaih heiv sic.
- ◆ Siou longx maaih heiv sic longc nyei jaa-sic ga'naaiv nyungc homgh bun mbienc nyei.



Da'faanh douz lanh mboux nitv fatv

- ◆ Bungx meih nyei longc dang-ndie bungx wuov nyungc tiqv nyuqv zieqc daaih muangx fiex gomgv taux douz lanh mboux nyei jauv.
- ◆ Huotv meih cie bieqc cie-liuh ga'nyuoz mv fai dingh hiun jienv jauv-kuv wuov maengx bun haih hung hieic nyei biaux douz.
- ◆ Zorqv forv-zeih dapv jienv tivv cie nyei domgx.
- ◆ Guon jienv cie liuh nyei gaengh dom (windows) caux gaengh, mv baac maiv dungx som fai forv.
- ◆ Zorqv meih yungz yiem biau nyei saengh kuv nzunv yietc congx domgx mbenc jienv hnangv haaix nor goux ninh mbuo hnangv gomgv zuqc biaux douz nor. (mangc 11 wuov pin sou-hlen)
- ◆ Mbenc jienv yiem dangh baav nyei domgx dongh douz lanh maiv haih taux wuov.
- ◆ Guon jienv gaengh dom (windows), njongc-kuotv, buang gaengh dom dom ga'naaiv fai ndie dongh hoz nyei wuov deix.
- ◆ Zorqv nqoi gaengh dom ndie dongh heng nyei wuov deix.
- ◆ Bungx daic gaetv gom caux bungx daic diemv gaetv gom caux jienv niouv daic gaetv ndongh.
- ◆ Koi nqoi buov douz domgx nyei imx liuz guon jienv buov douz domgx nyei gaengh.
- ◆ Suiv haih zieqc douz nyei jaa-domgx bieqc biau-mbaqc ndongx maiv dungx nitv fatv gaengh dom.
- ◆ Norm-norm homgc bungx nzoih dang liuz hnangv maaih douz-sioux cingx mangc duqv buatc njang.
- ◆ Zorqv fuqv miev ga'naaiv an jienv ga'nguaaic biau caux an nitv fatv nyei yiem-ga'nguaaic ziqc ndau nyei youh tong.
- ◆ Fuqv biau-ngorh ndom mingh,
- ◆ Fuqv ndom mv fai japv nqoi ndiangx-dom dongh yiem nitv fatv biau 15 ndorqc ga'nyuoh maengx.
- ◆ Lorz nzoih maaih heic sic longc tengx hmuangv doic nyei jaa-sic (mangc 9 wuov pin sou hlen).
- ◆ Hnangv mienh heuc meih zuqc biaux cuotv, gaavv ei jienv biaux. Samx mangc jienv gaax douz caux douz-sioux mingh haaix bung.

Ndau dongz liuz

- ◆ Mangc gaax maaih haaix ndau mun nyei fai.
- ◆ Mangc gaax maaih haih berx sic nyei fai—beiv hnangv douz, gaetv zuotv qjex, dienx-finx waaic, finx-ndiouh mbaang, maaih ga'naaiv ndortv yiem dapv lui houh dongx caux ndiangx-longz ga'nyuoz, domh nzox kuotv mbaang caux ndiangx nzaac mv fai ndiangx nauv fai mbaang.
- ◆ Dimv cing norm-norm fonh daux jienv ninh nyei fonh gom. Fonh maiv daux gom yaac zoux bun aqc taux daux doic nyei jauv.
- ◆ Fioux nzengc haih berx waaic sic nyei ga'naaiv caux jienv gomgv buatc maaih ndie kung.
- ◆ Zuqc mbungh taux ndau aengx haih mbaqc pioux. Nzengc-nzengc maiv ndongc ndau dongz seix mv baac haih zoux waaic ga'naaiv nyei.

Douz lanh mboux

Maaih mienh camv gau zoux biau yiem gemh lomc ga'nyuoz caux zoux biau yiem mbong-hlen yiem naaiv Sacramento da'luonh zuonv. Yiem naaic nyungc domgx, biau-ziou caux jienv aa'nziaauc mienh yaac duqv jorm hnyouy taux gemh dauh caux yiem naaic deix domgx nyei jauv-louc mv baac yaac zuqc gengh gamh nziex haih nyei taux douz lanh mboux nyei jauv. Douz lanh mboux nyei jauv yaac nzengc-nzengc maiv maaih gom-baengx liuz yaac haih lanh duqv siepv gau, yaac haih zieqc miev, ndiangx caux biau. Caux meih nyei hmuangv doic mbenc ziangx gomgv horpc zuqc mingh haaix hnangv gomgv maaih douz lanh taux fatv meih nyei biau mv fai meih mingh hitv kuonx nziaauc nyei domgx. American njoux sic nyei gom (Red Cross) mbenc duqv naaiv deix kuv fiex:

- ◆ Douz lanh mboux nyei jauv yaac nzengc-nzengc mienh ganh zoux cuotv daaih. Mangc longx gaax meih hnangv haaix nor haih hoqc tengx nqaeqv duqv douz lanh mboux nyei jauv.
- ◆ Heuc lorz meih nyei buonc-deic njoux douz gom, goux baengc zingh gom caux goux gemh lomc domgx naaic taux buonc-deic nyei doh leiz gomgv taux douz nyei jauv.
- ◆ Dimv cing gomgv fuqv douz cie yaac haih mingh duqv taux meih nyei biau.
- ◆ Fioux njang dimv nzoih bieqc meih nyei biau nyei jauv caux naetv jienv meih nyei mbuox caux deic-zeqv.
- ◆ Heuc mbuox taux haih njiez sic nyei jauv mangc daaih haih zieqc douz fai lanh mboux wuov.
- ◆ Njaaux fu'jueiv taux mbungh douz nyei jauv. Siou jiez yangh horv maiv bun fu'jueiv haih muoqv taux.
- ◆ Mbenc nzoih zix diuh jauv yiem meih nyei biau biaux cuotv gan cie caux gan zaux yaac duqv.
- ◆ Mbenc jienv taux laangz-doic yaac zuqc hnangv haaix nor daaih gapv doic hnangv douz lanh jix liuz. Hnamv taux gomgv meih ganh yaac hnangv haaix nor haih tengx duqv meih nyei laangz-doic dongh qiemx zuqc lengc jeiv longc tengx wuov deix.
- ◆ Nzanc-nzanc fioux jienv biau ngorh caux wuom-genv.
- ◆ Yietc hnyangx dimv mangc nzunc meih nyei domh nzox kuotv liuz an jienv zorqv douz-fing ga'naaiv.
- ◆ An jienv zorqv douz-sioux ga'naaiv meih nyei ga'nguaaic caux ga'ndiev kang biau. Hlaax-hlaax dimv mangc jienv ndiex liuz yietc hnyangx zuqc yieic yietc nzunc ndie.
- ◆ Njaaux bun hmuangv doic haih hiuv duqv longc fuqv douz daic nyei ga'naaiv liuz mbuox ninh mbuo hiuv duqv gomgv fuqv douz nyei ga'naaiv siou yiem haaix norm domgx.
- ◆ Zuqc maaih zung tei dongh jaax taux ga'nguaaic biau-ngorh wuov nyungc.
- ◆ Hnamv taux an buang gaengh dom ga'naaiv fai ndie dongh haih nqaeqv duqv deix douz wuov nyungc.
- ◆ Zuqc maaih jaa-sic siou jienv dongh haih longc njoux duqv douz nyei wuov: pomg-njaaiv, bou, buoz-njoux mv fai jakv-njoux, tongv caux ciu.
- ◆ Hnamv jienv zoux fai fioux meih nyei biau-hlen daaih bun haih nqaeqv duqv douz lanh nyei jauv.
- ◆ Ginv ga'naaiv-longc fai ga'naaiv-zuangx dongh haih tomgv duqv douz wuov nyungc maiv dungx longc dongh haih nyiez douz wuov nyungc.
- ◆ Mbenc ziangx mbungh sic nyei domgx leih meih nyei biau 30 mingh lorz 100 ndorqc go.
- ◆ Nzanc-nzanc japv jienv miev, njaaiv jienv ndiangx-normh, caux nzauc nzengc ndiangx-nquaah nqai caux ndiangx-nquaah nyang. Fioux njang haih njopc douz nyei lai-zuangx.
- ◆ Zuix ndiangx nquaah saa yietc diuh leih yietc diuh 15 ndorqc nyei domgx liuz zuix njang ndiangx-caax yiem ga'ndiev ndau faaux 15 ndorqc nyei domgx. Gaetv nqoi ndiangx-nquaah nqai dongh jaamx jix ga'nguaaic biau caux jienv hmei dongh louc faaux biau wuov.
- ◆ Ndui zaangh leih biau zoqc jix 100 ndorqc go liuz ndui wuov jix maengx bung.
- ◆ Zorqv douz-nzauc, domh nzox caux ziqv orv ga'naaiv nyei saaiv dapv jienv hieqv-tongv, ziemx jienv wuom l hnoi liuz dorth saaiv-namx mingh biopv jienv ndau-ndiev.
- ◆ Siou youh, guoqv hmei nyei siqc jaaux caux dieh nyungc haih zieqc douz nyei ga'naaiv an jienv nqaeqv duqv sic nyei ndongh liuz siou jienv horpc siou nyei domgx maiv dungx dorth mingh siou yiem ga'ndiev biau ndorqv.

Mienh zoux waaic nyei sic caux gorngv haeqv





Mienh zoux waaic nyei sic yiem naaiv lunggh ndiev

Sei maaih huiang sic mv fai ciouv sic zoux daaih hoic zuqc mienh maanh taux maengc yiem naaiv ziex norm gapv-jaaix tong naaiv lunggh ndiev caux naaiv deix waaic nyei sic yaac domgc meiv guoqv nyei doh leiz. Hnamv jienv nyei javv sei oix zoux bun baeqv-fingx gamh nziex mv fai zieqv nyiemc taux, hunggh jaa haih maaih doh leiz goux mangc taux naaiv deix waaic sic nyei javv.



Mienh zoux waaic yiem meiv guoqv ga'nyuoz

Maiv maaih doh leiz zoux, mv fai gornqv haeqv, taux zoux waaic sic yiem naaiv meiv guoqv maiv gunv gornqv yietc dauh mienh ganh mv fai yietc guanh mienh yaac baac. Hnamv jienv nyei javv sei oix zoux bun baeqv-fingx caux hunggh jaa gamh nziex mv fai zieqv nyiemc taux ceix faaux hunggh jaa javv-louc mv nzaic zingh javv-louc yiem naaiv deic bung.



Gornqv haeqv fai houv waaic

Gengh zien maaih mv fai hnamv daaih haih maaih sic, mv fai nziex haih cuotv sic nqaqc haav hingv, yaac haih zoux ciouv bun mienh mv fai jaa-dingh jaa-domgc, mv fai nyauv taux jienv sic nyei javv. Hnamv jienv nyei javv sei zoux bun mienh gamh nziex, nzauh huaang caux maiv maaih sienx fim nyei javv.

Kuv waaic bun cuotv yiem meiv guoqv goux mangc dimv mbungh sic nyei domh gorn

Mienh houv waaic oix zoux waaic sic zoux bun mbuo zuqc zoux yietc nyungc. Mbuo zuqc gamh nziex mv fai mbuo zuqc mbenc daaih mbungh. Maiv dungx gamh nziex oc, mangc jienv mbenc—yietc dauh mienh, yietc biau v mienh, yietc laangz mienh manc-manc yietc nzunc mbenc deix cingx daaih mbenc duqv.

Goux mangc dimv mbungh sic nyei domh gom nyei "Mbenc nzoih javv" lorz javv tengx zoux bun American mienh maanh gauh haih mbenc mbungh taux maiv nangc la'guaih maaih nyei heiv sic nyei javv-louc. Maiv gunv gornqv mbuo maiv haih hiuv duqv gornqv haih maaih mienh daaih zoux waaic nyei sic, maaih ziex nyungc javv meih caux meih nyei hmuangv doic hunggh heix mbenc daaih mbungh mienh waaic mienh zoux waaic sic nyei javv.

Meih yaac haih lorz duqv meih qiemx longc nyei kuv javv yiem:

- Bieqc mingh mangc yiem www.ready.gov.
- Heuc 1(800) BE-READY lorz mborqv cuotv daaih nyei sou.

Mbuo zuqc mborqv taux hingh zoux waaic nyei javv weic zuqc mbuo nyei mborqv jaax baeng gengh duqv qaaqv haic, CIA caux FBI, meiv guoqv dimv mienh bieqc deic bung javv, dimv fungx ga'naaiv bieqc cuotv nyei gom, goux gapv-jaaix mienh caux mbuo nyei dengh bieiv da'yietv wuov guanh gengh duqv qaaqv gau. Meih yaac bungx duqv hnyou v ninh mbuo. Mv baac faanh maaih haaix nyungc gornqv haeqv oix zoux waaic sic, meih horpc zuqc hiuv duqv gornqv hnavg haaix nor zoux cingx daaih haih tentx duqv meih ganh caux jienv meih nyei hmuangv doic mbungh duqv jie zic. Longc deix ziangh hoc mbenc. Mbenc nzoih javv wuov norm gom yaac haih tengx meih, liuz meih yaac haih mangc jienv gornqv taux longc jienv nyei javv taux benx yietc biau v mienh nyei javv-louc.

Houv zoux waaic sic nyei javv maaih haaix nyungc?

Haih houv zoux waaic sic nyei javv fai ga'naaiv cou-louz nyei gornqv sei maaih domh cong x dongh haih zoux waaic duqv domh ziu-dingh wuov (yunh mbeux, caux/mv fai longc ga'naaiv naangh zoux daaih nyei ga'naaiv, ndie mv fai zoux benx douz nyei ga'naaiv) dongh hnamv jienv zoux daaih longc zoux waaic fai zoux qui ziex nyungc gom-baengx caux/mv fai saengh eix maaiz maaic nyei javv, caux zoux haeqv bun ninh mbuo hnamv oix zoux waaic bun wuov norm laangz zuqc gamh nziex. Norm baac domgc ganh yaac gauh nyiec zuqc naaiv deix javv-louc. Naaiv deix domgc sei maaih, beiv hnavg, zoux domh yunh mbeux dongh maaih nie-qaaqv dongh haih mbeux fai buov mietc ga'naaiv wuov nyungc (atomic energy) caux hunggh jaa nyei dieh nyungc douz-gom fai wuom-gom, domh nzaangv ndaix ciangv caux dieh nyungc fungx mienh mingh daaih nyei javv-louc, domh wuic tong ziex norm guoqv zaangc, caux jienv nyei domgc dauh.

Norm-norm laangz yiem naaiv America yaac fil hnavg, yiem Sacramento naaiv mv baac haih zeiz yietc norm laangz dongh maaih mienh oix zoux waaic bun. Norm-norm laangz yiem naaiv America, yaac zuqc mangc longx mbungh jienv. Goux sic mienh caux goux sic gom, caux jienv ziex norm domh hunggh jaa, saengv nyei hunggh jaa caux buonc-deic nyei hunggh jaa nyei gom duqv mbenc longx haic nyei daaih tengx nqaev mienh zoux waaic nyei domh sic. Meih yaac haih zoux nyungc baac daaih tengx duqv nyei:

- ♦ **Hiuv duqv ndorm-muonz nzaic zingh:** Yaac zuqc ging nyei taux meih nyei hnoi-hnoi bieqc cuotv nyei gong korv. Hoqc hiuv duqv taux nzanc-nzanc zoux nyei javv-louc yiem meih nyei laangz zong caux yiem meih nyei zoux gong domgc.
- ♦ **Zuqc mbungh:** Zuqc hiuv duqv meih nyei laangz-doic. Zuqc samx mangx taux maiv dongh nyungc nyei sic dauh javv-louc beiv hnavg buac maaih lengc sic yiem meih nyei laangz-homgc, yiem zoux gong domgc mv fai dongh meih niouv jienv cie mingh daaih nyei ziangh hoc.
- ♦ **Haiz haaix nyungc yaac zuqc gih sin nyei:** Hnavg gornqv meih haiz mv fai hiuv duqv gornqv maaih mienh gornqv waaic-maux mv fai gornqv taux maaih javv oix zoux waaic sic bun dieh dauh mienh mv fai ninh laangz gornqv ninh naaic zeiz yietc dauh mienh waaic wuov deix mienh yiem zoux waaic sic nyei gom wuov, zuqc gih sin liuz gaanv jienv heuc mingh mbuox dimv sic dauh nyei gom.

Koi fiensex caux ga'naaiv-beu

Njaaux hmuangv doic, aa'nziaauc doic caux gong-doic hiuv duqv mbungh dongh koi fiensex caux ga'naaiv beu nyei ziangh hoc.

Maiv dongh nyungc nyei eix leiz yiem fiensex caux ga'naaiv-beu:

- ◆ Maiv hnamv taux mv fai haaix dauh fungx daaih meih yaac maiv hiuv duqv.
- ◆ Maiv faaux duqv mengh gongv bun haaix dauh mienh.
- ◆ Faux jienv bun taux dongh maiv yiem naaiv norm dornx wuov dauh mienh.
- ◆ Mv maaih wuih fiensex nyei deic-zepv mv fai longc mbuoz fiev daaih doqc maiv cuotv.
- ◆ Pien-pien mv fai mbauh-mbauh nyei.
- ◆ Maaih finx mv fai maiv nancg buatc jhex nyei ga'naaiv cuotv deix daaih yiem ga'nyuoz ga'naaiv-beu.
- ◆ Fungx fiensex gorn nyei yienx dauh caux wuic fiensex nyei deic-zepv maiv doix doic.
- ◆ Muangx daaih maaih maiv nancg buatc jhex nyei ga'naaiv yiem ga'nyuoz ga'naaiv-beu.
- ◆ Faux jienv gongv jienv nyei fiensex—beiv hnangv “lengc jei fiensex” mv fai “zuqc bingx longx.”
- ◆ Naetv fungx fiensex ga'naaiv camv jhex ndaangc (Postage).
- ◆ Hungh heic nyei waac yaac fiev dornx.
- ◆ Mh jangc mh sieqv yaac maiv hiuv mv fai fiev jienv mh jangc fai mh sieqv hnangv maiv maaih mbuox.
- ◆ Guoqv jienv nie mv fai guoqv jienv ga'naaiv laqc hopv nyei ga'naaiv-beu.
- ◆ Muangx haiz fai buatc maaih ga'naaiv-buonv.
- ◆ Fiev jienv waac-doqc fai waac-ciouv.
- ◆ Haiz zueiz haih.
- ◆ Hiev jhex ndaangc.
- ◆ Haiz maaih qiex mbui tikv tikv deix.



Meih horpc zuqc hnangv haaix nor zoux hnangv maaih maiv sienx fim nyei fiensex?

- Maiv dungx forngv fai huangx zuqc, hnomv, muoqv, longc nzuih seix mv fai ciepv mangc fatv-fatv nyei, gamh nziex maaih ga'naaiv haih kung fai cuotv daaih guoqv zuqc.
- Maiv dungx bouh fai horpv ninh mingh, maiv dungx bun dieh dauh mienh mangc, mv fai maiv dungx bun dieh dauh mienh muoqv.
- Hnangv gongv daaih taux meih nyei buoz liuz meih cingx buatc maiv sienx fim nor, lorz dornx longx nyei an njiec liuz maiv dungx mingh kuatv aqv.
- Mbuox tong dauh dauh mienh yiem naaic deix dornx wuov liuz simv cuotv pien naaic norm dornx.
- Guon nzengc gaengh mingh cingx daaih haih nqaeqv duqv maiv bun mienh mingh naaic deix dornx.
- Hnangv haih nor, bungx daic sorqv nziaaux ga'naaiv mingh oc.
- Longc saa mbu caux wuom nzaaux longx nyei meih nyei buoz oc.

Zuqc gaavn jienv heuc mingh mbuo goux sic dornx! Mangc gaax maaih houv waac sic hieqv ndongc haaix caux mangc gaax horpc zuqc heuc 911 mv fai heuc mingh lorz goux sic mienh (sheriff or police)

Heux mbuox taux mienh houv oix zaeng yunh mbeux sic



- Heuc mbuox liuz houv zaeng yunh beux sic, meih yaac nziex zuqc laqc guaih dimv mangc taux meih nyei domh biau. Maiv maaih haaix dauh haih gauh hiuv duqv meih nyei saengh eix biuav ndongh meih longx caux meih nyei zoux gong mienh.
- Weic zuqc meih gauh hiuv duqv meih nyei dornx longx jhex, meih cingx daaih gauh haih lorz buatc maiv sienx fim nyei ga'naaiv gauh siepv jhex goux sic mienh.

Houv oix zaeng yunh mbeux sic

Hnangv gongv meih zipv zuqc mienh houv gongv oix longc yunh mbeux zoux waac sic:

- ◆ Longx-longx zorqv taux duqv camv-camv nyei dongh heuc daaih wuov dauh mienh nyei jauv-louc ndongc meih haih noic duqv wuov.
- ◆ Caux ninh gongv jienv waac maiv dungx bungx guangc liuz fiev njiec taux nzengc dongh ninh gongv nyei nyungc nyungc jauv.
- ◆ Jangx jhex gaax maaih haaix diuh lengc yiem mv dauh mienh nyei qiex (qiex ngaengc, qiex maiv jauh, dieh nyungc qiex.).
- ◆ Mbuox goux sic mienh caux goux biau nyei bieiv.

Hnangv gongv meih buatc maiv sienx fim nyei ga'naaiv-beu mv fai dieh nyungc ga'naaiv:

- ◆ Maiv dungx muoqv fai nziangc zuqc ninh.
- ◆ Maiv dungx longc fonh ndutv mv fai gan sin yiem nitv fatv.
- ◆ Simv cuotv naaic deix dornx liuz gaavn jienv heuc mingh mbuox goux sic mienh.
- ◆ Mbuox taux gongv ga'naaiv-beu mv fai mh norm ga'naaiv hnangv haaix nor.
- ◆ Biaux cuotv nyei jauv-louc—maiv dungx souv nitv fatv gaengh dom (windows) caux nitv fatv dieh nyungc haih benx heiv sic nyei ga'naaiv.

Buonc deic longc jienv nyei finx-hoc

America njoux sic gorn..... (916) 368-3131
Yietc zungv Sacramento mungv nyei
gorn..... (916) 875-5000
Sacramento mungv tengx heiv sic nyei
dornx..... (916) 874-4670
Koi 24-mong nyei finx-hoc..... (916) 875-5000

Laangz gorn dornx (City Halls)
Citrus Heights..... (916) 725-2448
Elk Grove..... (916) 683-7111
Folsom..... (916) 355-7200
Galt..... (209) 366-7130
Isleton (916) 777-7770
Rancho Cordova..... (916) 942-0222
Sacramento (916) 264-5011

Domh hungv jaa dornx
Nqaeqv fai zornv in nyei gorn..... (888) 304-3251
Lienh bang jien zaah sic nyei javv ..(916) 481-9110



*Hnangv gornv meih hiuv duqv
zoux dornx doh leiz liuz biaux
sic nyei mienh yiem haaix nor,
tov heuc mbuox:*

Ging sic dornx
(916) 443-HELP (4357)

mv fai

1- (800) AA-CRIME
[1- (800) 222-7463]

*Mbuo yaac zuqc gamh nziex
taux yietc zungv biaux sic nyei
mienh maaih deix ninh mbuo
haih maaih congx nyei. Meih
ganv maiv dungx hnamv mingh
zornv mv fai caa biaux sic
mienh.*

Goux mangc dimv mbungh sic nyei domh gorn fai javv-louc

Feiv sic
**Haih maaih mienh zoux
waaic feiv sic**

Ciouv sic
**Haih maaih mienh
zoux waaic ciouv sic**

Hiuang sic
**Haih maaih mienh zoux
waaic hiuang sic**

Orqv sic
**Haih maaih mienh
zoux waaic orqv sic**

Fiuv-sic
**Haih maaih mienh
zoux waaic nyei fiuv-sic**

Yiem faah hlaax 2002, domh hungv jaa mbenc duqv norm “Goux mangc dimv mbungh sic nyei domh gorn” daaih bun duqv bieqc hnyouv caux gic sin nyei tong fienv mbuox taux haih maaih mienh hnamv oix zoux waaic sic nyei javv-louc. Dimv sic gorn longc zix nyungc six mbuox taux bun mbuo hiuv gornv maaih houv oix zoux waaic sic nyei javv ndongc haaix hiev. Kang-kang houv waaic nyei sic, domh hungv jaa caux buonc-deic nyei hungv jaa yaac hiuv duqv taux gornv horpc zuqc bun haaix javv mienh daaih tengx taux haaix nzangh sic caux yaac haih ging tong duqv gauv mengh taux dongh maaih heiv sic nyei ziangh hoc wuov. California saengv yaac duqv zipv longc naaiv norm gorn daaih tengx zoux bun mbuo hungv heic gornv waac fai bieqc hnyouv taux naaiv kouh gong liuz aengx bun zix norm gorn duqv longc jiu tong doic longx nyei caux bun domh zuangx California baeqv-fingx duqv bieqc hnyouv caux yiem dieh norm dornx daaih nyei mienh yaac bun bieqc hnyouv fih hnangv.

Setv mueiz waac

Goux Sacramento nquenc nyei baeqv-fingx nyei javv naaiv maiv daan gornv kungx hatc doh leiz nyei gorn, njoux douz nyei gorn, tengx zorc ndie taux heiv sic nyei javv caux buonc deic nyei gunv baengc zingh mienh ganv nyei gong hnangv. Mbuo nyei hmuangv doic caux aa'nziaauc doic yaac yiem naaiv, fih hnangv, liuz mbuo yaac zuqc nzipc jienv lengc jeiv nyei longx-longx zoux nyungc-nyungc dongh mbuo haih zoux duqv wuov zoux daaih tengx mbuo ganv nyei biau v zong caux dieh dauh mienh. Mv baac mbuo ganv hnangv maiv haih zoux. Yietc zungv zuqc gapv qaav dongh hnyouv cingx zoux duqv.

Goux mangc mbungh sic nyei javv yaac zuqc yiem biau v jix gorn zoux cuotv. Dorh jienv hmuangv doic hoqc biaux douz, tengx njaaux laangz-doic hoqc taux zorc baengc da'yietv ginc nyei javv, mv fai baeqc laengz tengx taux maaih heiv sic nyei javv, tengx nyei javv nyungc-nyungc maaih lamh longc nzengc liuz yaac haih tengx duqv yietc diuc bun mbuo nyei laangz zong caux deic-bung gauv kuv-yiem faaux.

Mbuox taux horpc zoux nyei jauv-louc *

	Hmuangv doic	Saengh eix
Feiv sic	<p><i>Zoux cic cuonh ga'ndiev naaiv deix za'eix</i></p> <ul style="list-style-type: none"> ▪ Zuqc zoux suonh nyei. ▪ Muangx siang-fienx yiem tiqv nyuqv/TV. ▪ Ei jienv buonc-deic jien nyei nyungc zeiv. ▪ Zuqc ging fai caux heuc mbuox laaic maaih sic nyei jauv-louc. ▪ Heuc mingh gong mbuox taux sic dauh. ▪ Eix jienv mingh daaih nyei leiz-nqaegv. ▪ Mbenc ziangx zuqc gaanv jienv bingx sic yiem biaux zong mv biaux cuotv. ▪ Gorngv taux fu'jueiv gamh nziex nyei jauv. 	<p><i>Hoàn thành những hướng dẫn từ những mức thấp</i></p> <ul style="list-style-type: none"> ▪ Muangx siang-fienx yiem tiqv nyuqv/TV. ▪ Ei jienv buonc-deic jien nyei nyungc zeiv. ▪ Zuqc ging fai caux heuc mbuox laaic maaih sic nyei jauv-louc. ▪ Mangc gaax zuqc guon saengh eix nyei fai. ▪ Mbenc jienv zoux siang-gong kor. ▪ Mangc gaax qiemx zuqc longc kuinx baengc-nzauh mienh nyei fai. ▪ Jiu tong caux laangz-ziouv/gapv tengx doic gorn, goux taux heiv sic mienh, hungx jaa nyei gorn caux douz gorn daaih tengx laangz zong.
Ciouv sic	<p><i>Zoux cic cuonh ga'ndiev naaiv deix za'eix</i></p> <ul style="list-style-type: none"> ▪ Zuqc ging fai caux heuc mbuox laaic maaih sic nyei jauv-louc. ▪ Faan mangc simv sic yiem ga'nyuoz biaux nyei jauv louc. ▪ Mbenc nzoih heiv sic longc nyei ga'naaiv, dorh gan sic jaa-sic, simv sic yiem biaux ga'nyuoz nyei jauv caux maaih heiv sic longc tengx yungz yiem biaux nyei saengh kuv bun maaih mbienc nyei. ▪ Seix hoqc taux yiem biaux zong biaux sic nyei jauv. ▪ Seix hoqc yangh zix diuh juav mingh/nzuonx yiem horqc dorngx caux zoux gong dorngx. ▪ Mingh daaih nyei ziangh hoc yaac zuqc faix fim. ▪ Dimv cing gorngv cie yaac zoux gong longx nyei. ▪ Gorngv taux fu'jueiv gamh nziex nyei jauv. 	<p><i>Zoux cic cuonh ga'ndiev naaiv deix za'eix</i></p> <ul style="list-style-type: none"> ▪ Zuqc ging fai caux heuc mbuox laaic maaih sic nyei jauv-louc. ▪ Faan mangc gorngv taux heiv sic nyei jauv caux yietc zungv gong-mienh. ▪ Mangc gaax zuqc maaih leiz-nqaevq taux bieqc cuotv yiem saengh eix nyei fai. ▪ Mangc gaax zuqc longc caah lengc nqaevq sic jauv nyei fai. ▪ Heuc lorz saengh eix doic/fungx ga'naaiv gorn gorngv mengh taux ninh mbuo nyei jaev heiv sic nyei jauv-louc. ▪ Mbenc ziangx simv sic yiem biaux longc nyei ga'naaiv bun ninh mbienc nyei.
Hiuang sic	<p><i>Zoux cic cuonh ga'ndiev naaiv deix za'eix</i></p> <ul style="list-style-type: none"> ▪ Zuqc ging fai caux heuc mbuox laaic maaih sic nyei jauv-louc. ▪ Dimv mengh gorngv heiv sic longc nyei ga'naaiv, simv sic yiem biaux ga'nyuoz nyei jauv, dorh gan sin jaa-sic, caux yungh yiem biaux nyei saengh kuv nyei ga'naaiv daaih siou jienv mbienc nyei. ▪ Faan mangc/dimv siang hmuangv doic nyei heiv sic heuc lorz nyei fiex-neix. ▪ Zuqc hiuv duqv deix horqc dorngx nyei heiv sic nyei jauv caux fu'jueiv biaux heiv sic nyei jauv-louc. ▪ Faan mangc biaux heiv sic yiem biaux zong nyei jauv caux hmuangv doic. ▪ Mbenc jienv zix diuh juav mingh/nzuonx yiem horqc dorngx caux zoux gong dorngx. 	<p><i>Zoux cic cuonh ga'ndiev naaiv deix za'eix</i></p> <ul style="list-style-type: none"> ▪ Zuqc ging fai caux heuc mbuox laaic maaih sic nyei jauv-louc. ▪ Dimv mengh gorngv heiv sic longc nyei ga'naaiv jaa-sic siou maaih/mbienc nyei. ▪ Faan mangc/dimv siang maaih heiv sic heuc lorz nyei fiex-neix. ▪ Seix hoqc taux biaux sic nyei jauv-louc. ▪ Mbenc ziangx haih maaih huiang nyei jauv. ▪ Mangc gaaix haih maaih mbienc caah lengc tengx nqaevq sic nyei jauv/goux sic dauh. ▪ Heuc lorz dongh meih baeqc tengx nyei gorn mangc gaax meih haih tengx duqv haaix nyungc hnangv maaih heiv sic nor.
Orqv sic	<p><i>Zoux cic cuonh ga'ndiev naaiv deix za'eix</i></p> <ul style="list-style-type: none"> ▪ Zuqc ging fai caux heuc mbuox laaic maaih sic nyei eix-leiz. ▪ Dimv mangc siou daaih longc tengx heiv sic ga'naaiv caux yaac zuqc yieuc siang hnangv gorngv jix ziangh hoc nor. ▪ Lorz jienv camv-norm nyei koi wuic dorngx leiz biaux go nyei. 	<p><i>Zoux cic cuonh ga'ndiev naaiv deix za'eix</i></p> <ul style="list-style-type: none"> ▪ Zuqc ging fai caux heuc mbuox laaic maaih sic nyei eix-leiz. ▪ Caangh laangh caux laangz-ziouv caux gapv tengx doic gorn, goux mangc heiv sic jauv, hungx jaa nyei gorn caux bungx wuom-douz nyei gorn taux mbungh mbenc nyei jaev heiv sic jauv-louc. ▪ Dimv mengh gorngv goux heiv sic jauv-louc yaac duqv dimv siang nzengc liuz zuqc maaih nzoih dongh qiemx zuqc maaih daaih longc nyei jaa-sic nyungc horngx.
Fiuu-Sic	<ul style="list-style-type: none"> ▪ Dimv mangc taux Meih duqv mbenc ziangx nyei fai? Gorngv taux zorn-gmbenc mbungh heiv sic nyei jauv. ▪ Dimv mangc njoux sic gorn (Red Cross) caux/mv fai FEMA nyei sou gorngv taux mbungh mbenc taux domh heiv sic jauv. ▪ Zuqc hiuv duqv deix taux yiem buonc-deic nyei goux sic mienh (police), njoux douz, caux zorc ndie dorngx yiem haaix. ▪ Mbenc jienv domh heiv sic longc, simv sic yiem biaux longc, dorh gan sin jaa-sic, caux yungz yiem biaux saengh kuv maaih heiv sic longc nyei ga'naaiv jaa-sic. 	<ul style="list-style-type: none"> ▪ Dimv mangc taux Meih duqv mbenc ziangx nyei fai? Gorngv taux zorn-gmbenc mbungh heiv sic nyei jauv. ▪ Dimv mangc njoux sic gorn (Red Cross) <u>Njaaux taux goux mangc heiv sic yiem saengh eix caux zoux saengh eix jauv-louc</u>, www.redcross.org ▪ Mbenc jienv zoux tengx taux heiv sic nyei jauv. ▪ Mbenc/dimv siang taux biaux heiv sic nyei jauv. ▪ Dimv mangc longx nqaevq sic fai njoux sic nyei ga'naaiv (fuqv douz daic ga'naaiv, ging sic ga'naaiv (alarms), dieh nyungc.) ▪ Njaaux bun gong-mienh haih longc nqaevq sic fai njoux sic ga'naaiv. ▪ Mbenc nzoih simv sic yiem biaux caux maaih heiv sic longc nyei ga'naaiv jaa-sic.

Duqv nzipc deix daaih yiem American Red Cross, Sou-nyuoz ARC

Tim bieqc siang



Tim bieq a: Buonc-deic heuc lorz nyei finx-hoc

Yienx camv nyei daaih bun meih ganh caux hmuangv doic. Zorqv kuaaiv an fonh ga'hlen liuz yietc dauh hmuangv doic bun yietc kuaaiv siou jienv.

Buonc-deic longc jienv finx hoc
Sacramento (916)

Maaih heiv sic qiemx zuqc
(Goux sic baeng, Njoux douz, Njoux maengc) heuc..9-1-1
mv fai874-5111

Maiv zeiz heiv sic nyei goux sic baeng (Police)
Sacramento laangz.....264-5471
Sacramento nquenc.....874-5115
Elk Grove laangz.....714-5115
Citrus Heights laangz.....486-1114
Rancho Cordova laangz.....874-5115

Ging taux sic dauh nyei jauv.....443-HELP
Ging taux nimc mienh nyei sic(800) 222-3463

SMUD gorn koi 24 mong.....(888) 742-7683
PG&E gorn koi 24 mong.....(800) 743-5000

Goux mangc heiv sic nyei jauv yiem nquenc zong:
Dorngx.....874-4670
Koi 24 mong nyei finx-hoc.....875-5000
Wuom yiem mungv zaangc.....875-7246

American njoux sic gorn (Red Cross).....368-3131
Goux ga'naaiv laengc gorn.....(800) 222-1222

Buonc-deic longc jienv finx hoc
Sacramento (916)

Maaih heiv sic qiemx zuqc
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Ging taux sic dauh nyei jauv.....443-HELP
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Buonc-deic longc jienv finx hoc
Sacramento (916)

Maaih heiv sic qiemx zuqc
(Goux sic baeng, Njoux douz, Njoux maengc) heuc..9-1-1
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Sacramento laangz.....264-5471
Sacramento nquenc.....874-5115
Elk Grove laangz.....714-5115
Citrus Heights laangz.....486-1114
Rancho Cordova laangz.....874-5115

Ging taux sic dauh nyei jauv.....443-HELP
Ging taux nimc mienh nyei sic(800) 222-3463

SMUD gorn koi 24 mong.....(888) 742-7683
PG&E gorn koi 24 mong.....(800) 743-5000

Goux mangc heiv sic nyei jauv yiem nquenc zong:
Dorngx.....874-4670
Koi 24 mong nyei finx-hoc.....875-5000
Wuom yiem mungv zaangc.....875-7246

American njoux sic gorn (Red Cross).....368-3131
Goux ga'naaiv laengc gorn.....(800) 222-1222

Tim bieqc a: Siqc jeiv nyei fiex-douh

Yienx camv nyei daaih bun meih ganh caux hmuangv doic. Zorqv kuaaiv an fonh ga'hlen liuz yietc dauh hmuangv doic bun yietc kuaaiv siou jienv.

Siqc jeiv longc jienv nyei fiex-hoc

Zorc ndie jauv
Domh mienh nyei ndie-sai _____
Fu'jueiv nyei ndie-sai _____
Zorc saengh kuv nyei ndie-sai _____

Biaux sic caux gapv doic nyei jauv
Biauv-deic _____
Horqc dorngh deic _____
Leih biauv go nyei domgx _____

Dorh fu'jueiv mienh _____
Dae nyei gong _____
Maa nyei gong _____

Maaih heiv sic heuc nyei mienh
Yiem dieh norm saengv _____
Hmuangv doic _____
Laangz-doic _____
Dieh nyungc doic _____

Siqc jeiv longc jienv nyei fiex-hoc

Zorc ndie jauv
Domh mienh nyei ndie-sai _____
Fu'jueiv nyei ndie-sai _____
Zorc saengh kuv nyei ndie-sai _____

Biaux sic caux gapv doic nyei jauv
Biauv-deic _____
Horqc dorngh deic _____
Leih biauv go nyei domgx _____

Dorh fu'jueiv mienh _____
Dae nyei gong _____
Maa nyei gong _____

Maaih heiv sic heuc nyei mienh
Yiem dieh norm saengv _____
Hmuangv doic _____
Laangz-doic _____
Dieh nyungc doic _____

Siqc jeiv longc jienv nyei fiex-hoc

Zorc ndie jauv
Domh mienh nyei ndie-sai _____
Fu'jueiv nyei ndie-sai _____
Zorc saengh kuv nyei ndie-sai _____

Biaux sic caux gapv doic nyei jauv
Biauv-deic _____
Horqc dorngh deic _____
Leih biauv go nyei domgx _____

Dorh fu'jueiv mienh _____
Dae nyei gong _____
Maa nyei gong _____

Maaih heiv sic heuc nyei mienh
Yiem dieh norm saengv _____
Hmuangv doic _____
Laangz-doic _____
Dieh nyungc doic _____

Siqc jeiv longc jienv nyei fiex-hoc

Zorc ndie jauv
Domh mienh nyei ndie-sai _____
Fu'jueiv nyei ndie-sai _____
Zorc saengh kuv nyei ndie-sai _____

Biaux sic caux gapv doic nyei jauv
Biauv-deic _____
Horqc dorngh deic _____
Leih biauv go nyei domgx _____

Dorh fu'jueiv mienh _____
Dae nyei gong _____
Maa nyei gong _____

Maaih heiv sic heuc nyei mienh
Yiem dieh norm saengv _____
Hmuangv doic _____
Laangz-doic _____
Dieh nyungc doic _____

Hmuangv doic maaih heiv sic heuc nyei fiex-douc

Faux siq jeiv jienv nyei fiex-hoc an jienv ga'ndiev. Ei jienv 34 wuov pin jauv zoux liuz bun nzoih dauh dauh hmuangv doic.

Buonc-deic longc jienv fiex hoc

Sacramento (916)

Maaih heiv sic qiemx zuqc(Goux sic baeng, Njoux douz, Njoux maengc) heuc 9-1-1
 mv fai874-5111

Maiv zeiz heiv sic nyei goux sic baeng (Police)

Sacramento laangz264-5471
 Sacramento nquenc874-5115
 Elk Grove714-5115
 Citrus Heights486-1114
 Rancho Cordova.....874-5115
 Folsom.....355-7230
 Isleton.....777-7774
 Galt.....(209) 366-7000

Ging taux sic dauh nyei jauv 443-HELP
 Ging taux nimc mienh nyei sic..... (800) 222-FIND (3463)
 SMUD gorn koi 24 mong.....(888) 742-7683
 PG&E gorn koi 24 mong(800) 743-5000

Goux mangc heiv sic nyei jauv yiem nquenc zong:

Dorngx.874-4670
 Koi 24 mong nyei fiex-hoc875-5000
 Wuom yiem mungv zaangc875-7246

American njoux sic gorn (Red Cross).....368-3131

Goux ga'naaiv laengc gorn(800) 222-1222

Siq jeiv longc jienv nyei fiex-hoc

Zorc ndie jauv:

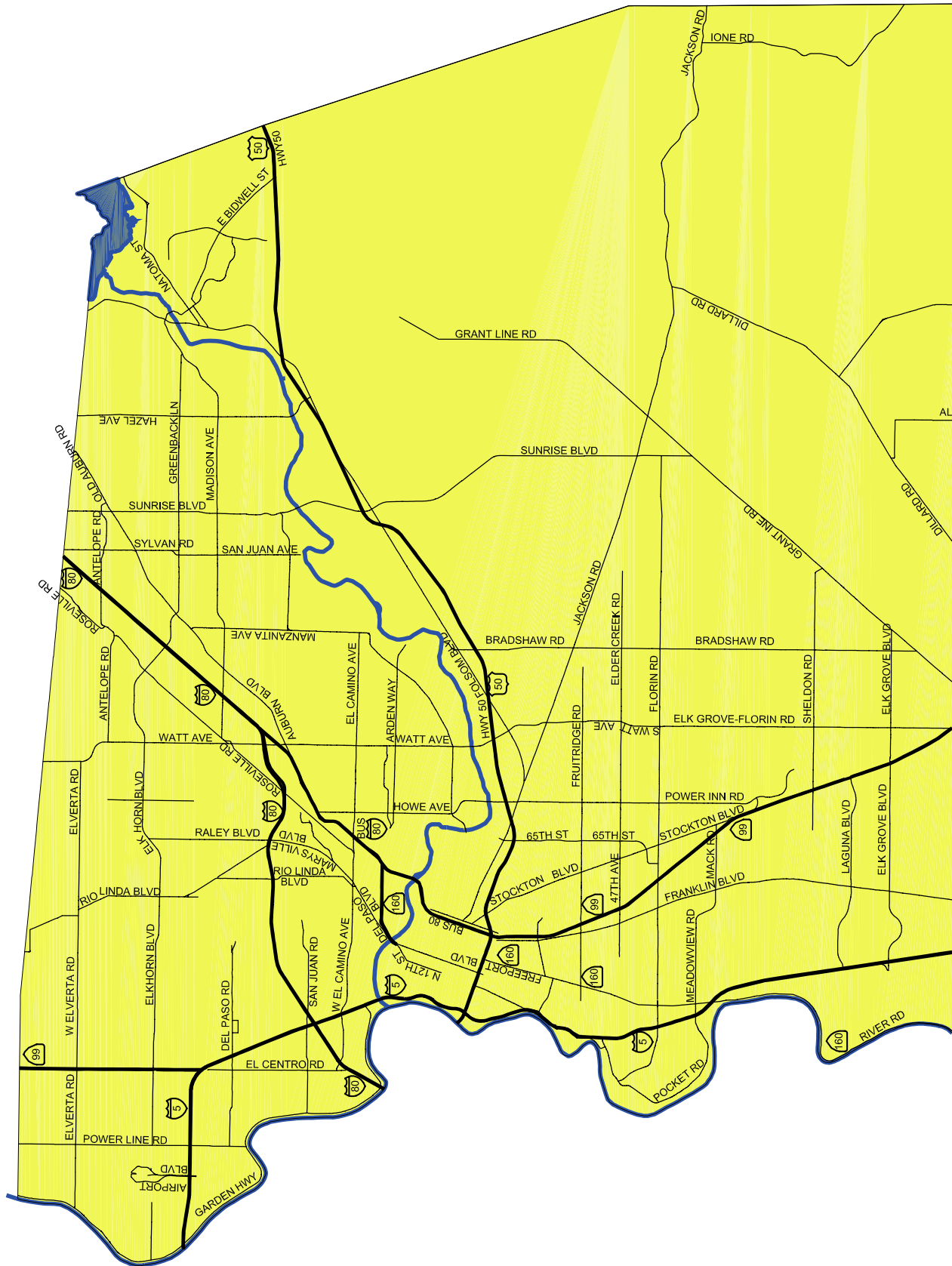
Domh mienh nyei ndie-sai _____
 Fu'jueiv nyei ndie-sai _____
 Zorc saengh kuv nyei ndie-sai _____

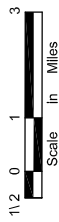
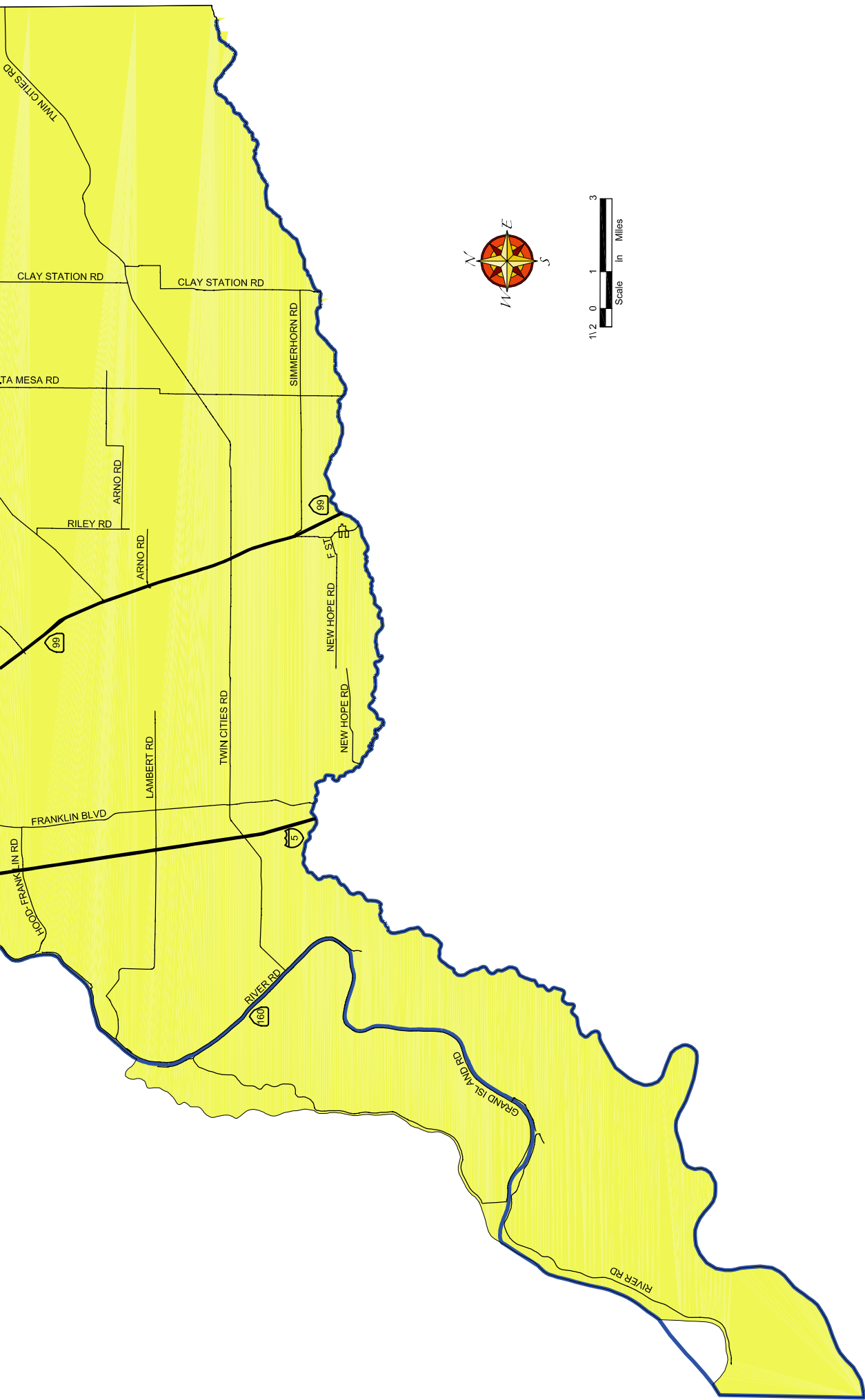
Maaih heiv sic heuc nyei mienh:

Yiem dieh norm saengv _____
 Hmuangv doic _____
 Laangz-doic _____
 Dieh nyungc doic _____

Biaux sic caux gapv doic nyei jauv

Biauv deic _____
 Horqc dorngx deic _____
 Leiz biauv go nyei dorngx _____
 Dorh fu'jueiv mienh _____
 Dae nyei gong _____
 Maa nyei gong _____





Buonc-deic longc jienv finx hoc
Sacramento (916)

Maaiah heiv sic qiemx zuqc (Goux sic baeng, Njoux douz, Njoux maengc) heuc	9-1-1
my fai	874-5111
Maiv zeiz heiv sic nyei goux sic baeng (Police)	
Sacramento laangz	264-5471
Sacramento nquenc	874-5115
Elk Grove	714-5115
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Ging taux sic dauh nyei jauv	443-HELP
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SMUD gorn koi 24 mong	(888) 742-7683
PG&E gorn koi 24 mong	(800) 743-5000
Goux mangc heiv sic nyei jauv yiem nquenc zong:	
Dorngx	874-4670
Koi 24 mong nyei finx-hoc	875-5000
Wuom yiem mungv zaangc	875-7246
American njoux sic gorn (Red Cross)	368-3131
Goux ga'naaiv laengc gorn	(800) 222-1222

Meh lorz naaiv deic sou mangc yiem internet gom caux mborqv cuotv benx nzaangc duqv yiem www.ucdmc.ucdavis.edu/areyouprepared/

Naav zeiz zix norm gom duqv gapv jienv mbenc cuotv daaih nyei jauv sei maaiah UC Davis Health System gapv caux jienv zix norm tengx taux heiv sic nyei gorn yiem naaiv Sacramento nquenc.



SACRAMENTO COUNTY
Department of Health & Human Services

DIVISION OF PUBLIC HEALTH
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