



QHOV CHAW PAB TIB NEEG TXOJ KEV NOJ QAB NYOB ZOO
 Chaw Pab Niam thiab Me Nyuam Kev Noj Qab Nyob Zoo, Pawg Saib
 Xyuas Qhov Ncauj Kev Noj Qab Nyob Zoo

Oregon
Health
 Authority

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Xyoo Kawm Ntawv 2022-2023

Nyob Zoo txog Niam txiv/Tus Neeg
 Saib Xyuas:

Koj tus me nyuam hoob kawm tom tsev kawm ntawv raug xaiv los koom ib qho thoob plaws lub xeev no hu ua *2022 Oregon Txoj Kev Luag Nyav thiab Kev Loj Hlob Muaj Kev Noj Qab Nyob Zoo* – uas yog ib txoj kev kuaj xyuas lub qhov ncauj thiab seb lub cev luaj npaum li cas rau Oregon cov tub kawm ntawv hauv hoob 1, 2 thiab 3. Txoj kev kuaj xyuas tseem ceeb no yuav pab tau cov me nyuam hauv Oregon haj yam muaj kev noj qab nyob zoo thiab kom lawv yuav xis nyob. Cov me nyuam uas noj qab nyob zoo haj yam kawm tau ntawv zoo thiab yuav nyob zoo dua.

Txoj kev kuaj xyuas no tsuas siv tsawg tshaj ob na this rau txhua tus me nyuam thiab nws tsis hnov mob dab tsi. Ib tug kws pab tus kws kho hniav yuav kuaj koj tus me nyuam cov kaus hniav thiab sau seb koj tus me nyuam siab thiab hnyav npaum li cas kom kuaj tau lawv qhov BMI. Yuav tsis kho hniav los sis xoo fai fab ntawm cov kaus hniav. Yuav ua raws li tej kev xyuam xim thiab kev kho mob rau tus kab mob COVID-19.

Txoj kev kuaj xyuas no yog ua pub dawb thiab yeej yuav xa ib daim ntawv nrog koj tus me nyuam mus tsev uas qhia seb lawv kuaj hniav li cas lawm. Koj tus me nyuam yuav txais ib rab txhuam hniav tshiab. Yog tias nrhiav pom ib qho teeb meem loj ntawm nws cov kaus hniav, ces mam li qhia rau ib tug neeg uas ua hauj lwm rau lub tsev kawm ntawv paub es lawv mam li pab koj nrhiav ib tug kws kho hniav yog tias koj xav tau kev pab. Txoj kev kuaj cov hniav no yeej tsis pauv txoj kev ib sij mus kuaj nrog koj tus kws kho hniav chaw. Txhua tus me nyuam yuav tsum mus ntsib ib tug kws kho hniav ib zaug txhua xyoo. Yog hais tias koj xav tau kev pab nrhiav ib tug kws kho hniav los sis xav yuav kev tuav pov hwm them nqi kho hniav, thov tiv tauj mus rau 211info yog tias ntaus 2-1-1 los sis 1-866-698-6155. Koj kuj mus saib tau lawv chaw website nyob ntawm <https://www.211info.org/>.

Yuav kuaj koj tus me nyuam. Yog tias koj tsis xav kom koj tus me nyuam txais kev kuaj xyuas no, thov koj ua ntawv qhia rau lub tsev kawm ntawv paub ua ntej.

Yog koj muaj lus nug dab tsi txog kev kuaj xyuas no, thov tiv tauj mus rau Karen Phillips, lub Xeev Qhov Khoos Kas Pab Qhov Ncauj Nyob Zoo nyob ntawm 971-412-0531. Koj txais tau daim ntawv no ua lwm yam lus, ua ntawv loj, ua lus braille rau neeg dig muag los sis uas lwm yam uas koj nyiam. Tiv tauj rau 971-673-0252 (TTY 711). Peb txais cov kev hu xov tooj rau neeg lag ntseg los sis koj mam li hu 711 los tau.

Ua tsaug vim koj txhawb pab peb!

Sau npe,

2022 Pawg Neeg hauv Oregon Txoj Kev Luag Nyav thiab Kev Loj Hlob Muaj Kev Noj Qab Nyob Zoo

Oral Health Program, Maternal and Child Health Section, Oregon Health Authority

Hmong version