

Txhim kho lub neej kom zoo rau koj tsev neeg lawm yav tom ntej

Los paub txog txiaj ntsim kev ua kom muaj tub ki li qhov tsim nyog, uas yuav pab tau koj:

- Tsim kho kom koj muaj noj muaj haus- txaus thiab tsis lam tau lam xeeb tub yam tsis tau xav yuav.
- Xav seb koj yov yuav tsawg tus me nyuam thiaj lis yuav zoo rau txoj kev vam meej thiab muaj kev sov siab hauv koj lub neej
- Nrog koj tus txij nkawm sib tham paub txog poj niam txiv neej lub cev kev muaj tub ki.
- Qhia rau koj cov menyuam hais txog kev sib deev kom tsis muaj teeb meem thiab tiv thaiv kev xeeb tub.



Koj yuav tsum ua lis koj xav tau ntawm koj tus kheej. Ua kom zoo rau tus koj hlub.



Lub Thawv Nias Xa Ntaub Ntawv ntawm County

Kam xov xwm hais txoj kam muaj tub kis ntawm California thiab Referral Service.

1-800-942-1054

All persons in the photographs are models and used for illustrative purposes only.

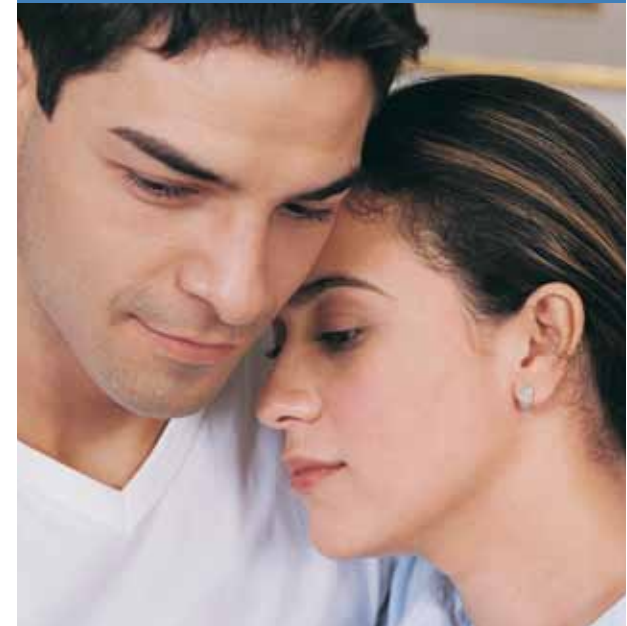


State of California
Health and Human Services Agency
Department of Social Services

PUB 275 (HM) (04/07)



**Kev Teeb Tsom Muaj Tub Ki...
Txiaj Txim Siab Ua kom Lub Neej
Muaj Kev Nyab Xeeb Lawm Yav
tom ntej**



Kej Teeb tsom Txoj Kej Muaj Tub Ki - Kom zoo rau Kej Tsev Neeg Lub Neej tom Ntej

Tus ua haujlwm pab kev teeb tsom muaj tub ki li ua nws nyob ze ntawm koj cheeb tsam yuav qhia pab koj:

- Nrhiav siv hom kev tiv thaiv tsis pub muaj menyuam uas haum koj. Muaj ntau yam kev tiv thaiv rau xaiv – yuav siv tshuaj noj siv hnab txog rau txhaj tshuaj thiab lwm yam.
- Yuav tsum muab tej khoom tiv thaiv kev muaj menyuam los siv kom tiv thaiv kev xeeb tub uas tsis tau npaj siab yuav.
- Kawm paub txog kev pov thaiv thaum muaj xwm ceev thiab xav seb qhov ntawd puas yog qhov zoo rau koj yog thaum koj xav siv.
- Mus ntsuam xyuas thiab kho tej mob uas kis los ntawm kev sib deev.
- Kawm kom paub txog tias yuav ua licas thiaj tiv thaiv tau tsis kis mob thiab tsis koj mob mus kis rau lwm tus los ntawm kev sib deev, sauv kab mob HIV/AIDS tib si.
- Mus ntsuam xyuas tsam muaj mob kheej xawj rau tsev me nyuam.
- Xyaum kawm ntsua yus tus kheej kam mob kheej xawj ntawm lub mis.
- Teb lus nug txog ua uas rau koj tus kheej rov qab muaj dag zog.



Tej haujlwm no:

- Yog yam tsis pub lwm tus neeg nrog paub txog, nws tsuas yog koj thiab koj tus kws kho mob thiaj li paub xwb.
- Muaj pab rau cov txiv neej thiab poj niam, thiab cov tseem hluas tib si.
- Tsis kim – CalWORKs lawv muaj peev xwm yuav tau txais yam tsis tau them nqi-thiab-them nqi qis qis xwb.

Mus txais haujlwm pab teeb tsom kev muaj tub ki nyob rau ntawm koj pab pawg neeg.

- Ntawm koj tus kws kho mob, hwm tsav saib kev mob nkeeg lossis koj daim phiajxwm hais txog kev saib xyuas mob nkeeg.
- Saib nyob rau hauv phau ntawv ntaus xov tooj daj “Family Planning Information.” (“Qhia Paub txog kev Teeb Tsom Kom Muaj Tub Ki li xav tau hauv Tsev Neeg”).
- Hu xov tooj mus nug npe, chaw nyob thiab xov tooj ntawm tus saib xyuas kev Teeb Tsom Muaj Tub Ki ntawm California thiab Referral Services ua nyob ntawm ib tsheeb tsam ua ze koj:

1-800-942-1054



Txiav txim siab ua hnuab no kiag.