



Meih duqv mbenc ziangx nyei fai?

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



UC DAVIS
HEALTH SYSTEM

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Are You Prepared? - MIEN

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

Dengv bieiv mienh

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Glennah Trochet	Sacramento nquenc dimv taux baengc zingh jauv ziouv
Bruce Wagner	Domh bieiv, yiem Sacramento nquenc goux taux tengx zorc ndie caux heiv sic nyei gorn

Doic

Sharon Chow	Mbu'ndongx-mienh, yiem Sacramento nquenc goux sic gorn (Sheriff's Department)
Glynis Foulk	Zoux ziouv goux taux mbenc mbungh heiv sic nyei jauv, yiem naav UC Davis Health System
Fernando Herrera	Nzaic zingh zaangc, goux domh zuangx sic mienh yiem UC Davis Health System
Robert Lawson	Dimv baengc zingh caux goux kuv sic nyei bieiv, yiem naav UC Davis Health System
Rick Martinez	Domh bieiv, goux taux tengx heiv sic nyei gong-jauv yiem Sacramento nquenc
Liz Meza	Zuangx horngc zaangc ziouv, domh ziouv yiem tengx domh zuangx gorn yiem Sacramento nquenc
David Ong	UC Davis Health System, dimv domh zuangx sic mv fai domh zaungx fiex mienh
Kerry Shearer	Mbu'ndongx-mienh, tengx taux domh zuangx nyei baengc zingh jauv yiem Sacramento nquenc
Don Stangle	Dimv baeng gorng taux baengc zingh nyei bieiv, tengx domh zuangx gorn yiem Sacramento nquenc
Steve Tharratt	Ndie-bieiv, tengx taux zorc ndie heiv sic nyei jauv-louc yiem Sacramento nquenc

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 cuotv daaih naav buonv sou “Mbungh taux biau v zong caux laangz zong heiv sic nyei jauv-louc (H.A.N.D.S.S.)”



PUBLIC HEALTH



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Sou-nyouz neix

Zipv hiuv.....	i
Naaiv deix jauv longc tengx duqv haaix dauh?.....	2
Mbenc mbungh taux heiv sic nyei jauv	3
Horpc zuqc hnavg haaix nor mbenc yiem biau v zong	4
Zuqc hnavg haaix nor zong-mbenc meih nyei hmuangv doic.....	5
Fu'jueiv caux domh heiv sic nyei jauv	5
Mienh gox mienh caux maaih baengc waaic nyei mienh	6
Mbungh wuom nyei sic	7
Mbungh heiv sic yiem biau v zong	8
Mbenc yiem meih nyei laangz zong.....	10
Mbenc yiem zoux gong dorngx	11
Heuc mbuox taux heiv sic nyei jauv.....	12
Ging tong heiv sic nyei gorn-baengx.....	14
Da'yietc ginc zorc baengc jauv caux CPR.....	17
Lungh zaangc benx daaih nyei domh heiv sic	25
Wuom yiemx	26
Ndau dongz.....	28
Douz	30
Lungh qiex jorm fai namx jiex ndaangc	31
Tengx domh zuangx nyei heiv sic.....	35
Zoux waaic caux houv oix zoux waaic sic	39
Haih benx houv zoux waaic sic	40
Koi fieng caux ga'naaiv-beu	41
Houv bungx yunh mbeux sic	41
Goux mangc dimv mbungh sic nyei domh gorn	42
Tim bieqc A: Dapv nyaanh mbuoqc mbatv	45
Buonc-deic jienv nyei finx-hoc	47
Tim bieqc B: Sacramento nquenc deic douh	48

Naaiv deix jauv longc tengx duqv haaix dauh?

Ginx dauh mienh, dongh zoux gong yiem domh dornxg haih maaih nzaic zingh nyei jauv, yaac haih tengx duqv. Naaiv deix jauv duqv fiev cuotv daaih bun maaih tengx taux zorn-gmbenc taux ndorm muonz haih maaih heiv sic nyei jauv. Dongh wuov deix sic cuotv yiem Juov hlaax 11, 2001, domh nziaaux Hurricane Katrina buonc yiem betv hlaax 2005 caux hnyangx-dong douz lanh mboux yiem California 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 hou v oix zoux waaic sic, cie fai jakv maiv zoux gong, zoux gong maiv benx mv fai lungx zaangc sic caux ziex nyungc heiv sic dongh mbuo hiuv duqv deix mv fai maiv hiuv duqv yietc deix yaac baac mbuo oix zuqc mbenc mbungh longx maiv bun haih zuqc mun, maiv bun haih hoic kou v, caux bun mbuo haih tengx duqv dongh qiemx zuqc longc mbuo tengx wuov deix mienh.

Naaiv zeiz yietc ginc zou-nyouz duqv mbenc cuotv daaih oix bun taux norm-norm jaa caux dauh dauh mienh duqv longc tengx zorn-gmbenc taux haih maaih heiv sic nyei jauv yiem naaiv Sacramento nquenc zaangc. Maaih ziex norm dornxg zoux duqv maaih ziex nyungc kuv sou; yie mbuo zorqv jienv nyei jauv gorngv taux zorn-gmbenc mbungh heiv sic nyei jauv-louc daaih gapv zunv naaiv buonv sou, zoux bun mbuo gauh hungx heic caux gauh maaih lamh longc. “ Meih duqv mbenc ziangx nyei fai?” longc njaaux taux zorn-gmbenc mbungh heiv sic yiem biau v zong, yiem horqc dorngh, yiem zoux gong dornxg caux yiem hungx jaa fai domh zuangx dornxg.

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

- ◆ Naaiv buonv sou nqa’haav maengx maaih dornxg bun meih fiev lengc jeiv longc nyei finx-hoc dongh maaih heiv sic mv fai baux maengc ziangx hoc. Yaac aengx maaih dapv nyaanh mbuoqc mbatv bun meih japv bun meih nyei hmuangv doic mv fai cien-ceqv yaac maaih buonc-deic jienv nyei finx-hoc aengx caux maaih dornxg bun meih faaux jienv meih nyei lengc jeiv nyei finx-hoc hnanv maaih heiv sic haih heuc duqv.
- ◆ Njaaux taux zorn-gmbenc taux tengx da’yietv ginc jauv, “yiem biau v longc tengx heiv sic nyei jaa-sic,” “dorn gan sin nyei jaa-sic” maaih ga’naaiv bun meih dorn gan sin longc tengx dongh biaux maengc ziangx hoc, caux porv mengx taux CPR caux tengx zorc baengc da’yietv ginc nyei jauv.
- ◆ Njaaux taux heuc mbuox heiv sic nyei jauv; horpc hnanv haaix nor zoux hnanv gorngv meih zuqc goux sic yiem ga’nyuoz biau v mv fai biaux maengc, horpc hnanv haaix nor zoux hnanv maaih wuom yiemx, maaih ndau dongz mv fai lungx zaangc sic; hnanv haaix nor zoux gorngv maaih mienh hou v oix zoux waaic sic; caux maaih ziex diuc jienv nyei jauv dongh meih haih longc tengx duqv meih gan caux meih nyei hmuangv doic.
- ◆ Naaiv buonv sou maaih douc waac hoc-dauh caux Internet deic-zepv yiem naaiv bun meih haih lorz duqv buatc siang-fienx gorngv taux heiv sic nyei jauv caux maaih ziex nyungc sou-nyouz jaa.
- ◆ Meih haih dimv mangc naaiv deix jauv caux mborqv nzaangc cuotv (PDF) duqv yiem naaiv internet deic-zepv <http://www.ucdmc.ucdavis.edu/areyouprepared/>
- ◆ Meih haih dimv mangc naaiv deix jauv caux mborqv nzaangc cuotv (PDF) benx English caux ziex nyungc waac duqv yiem naaiv internet deic-zepv <http://www.scpb.com>
- ◆ Sacramento buonc-deic tengx heiv sic guanx Community Emergency Response Team (CERT) nyei deic-zepv <http://www.srccc.org> yaac zeiz yietc kang kuv fiex dornxg tim bun mbuo.

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

Buonc-deic jienv nyei finx-hoc

Yietc zungv finx hoc-dauh sei zeiz (916) hnanv maiv zeiz cingx faaux njiec.

Heiv sic nyei finx-hoc

Juin zaah, goux sic mienh/Douz/Njioux maengc..... 911
Mh norm ndung mienh TTY (Sacramento mungv)..... 732-0110

Longc gan sin fonh heuc:

Yiem Sacramento mungv ga’nyuoz 264-5151
Yiem Sacraemnto nquenc 874-5111

Mangc nqa’haav jhex wuov pin sou gauh maaih nzoih Inx-hoc.

Maaih domh heiv sic yiem biauv longc nyei jaa-sic

Bingx sic fai biaux sic yiem ga'nyuoz maengx biauv longc nyei jaa-sic horp zuqc maaih:

- ◆ Zuqc maaih wuom buo hnoi mingh lorz biao hnoi longc horp zuqc yietc hnoi yietc jaa lorn
- ◆ Ga'naaiv-nyanc dongh maiv haih waaic fai sox caux maiv zuqc zouv wuov nyungc
- ◆ Zuqc maaih norm maiv zuqc longc dienx youh nyei koi baengh nyei ga'naaiv
- ◆ Zorc baengc da'yietv ginc nyei jaa-sic caux qiemx zuqc nyanc nyei ndie (mangc "da'yietv ginc nyei jaa-sic" yiem 22 wuov pin sou-hlen yiem "da' yietv ginc jaa-sic caux CPR" wuov kang)
- ◆ Zuqc maaih norm longc ndang-ndie nyei tiqv nyuqv caux norm dienx tongh caux mbungh jienv dienx ndie
- ◆ Zuqc maaih zeiv-mau, nyaah sortv, nyaah ndie caux la'fapv mbuoqc yaang
- ◆ Lui houx yienc, duih mbiungc longc nyei ga'naaiv caux jienv heih longx nyei nyungc
- ◆ Suangx mv fai bueix njormh mbuoqc
- ◆ Yietc poux cih lengc mbenc nyei mueic ziux
- ◆ Yietc biongh cih lengc mbenc nyei forv-zeih
- ◆ Laapc zuoqv caux douz-limh
- ◆ Lengc jeiv longc nyei ga'naaiv bun guv-nguaz lunx, mienh gox mienh caux hmuangv doic dongh maaih baengc waaic wuov deix
- ◆ Yietc daapc paaih caux fu'jueiv nyienx a'nziaauc nyei ga'naaiv (mangc "mbenc tengx meih nyei fu'jueiv" yiem 5 wuov pin sou hlen gornv taux fu'jueiv qiemx zuqc nyei ga'naaiv.
- ◆ Faoux nzoih meih nyei hmuangv doic nyei ndie-sai caux maaih heiv sic heuc mbuox nyei mienh
- ◆ Cih lengc mbenc "dorch gan sin nyei jaa-sic" maaih heiv sic nziex meih zuqc zuotv nyiec yaac duqv longc

Zuqc mbungh ziangx kue nditc mbatv, nyaanh zeiv caux fonh ndutv bun haaix zanc yaac haih longc duqv. Meih yaac haih lorz duqv fiengx jaa yiem naaiv deix dorngx caux naaiv deix deic-zeipv:

- ◆ **Sacramento buonc-deic tengx mienh dorngx**
- ◆ **The American Red njiox sic gorn www.redcross-crc.org**
- ◆ **Domh hungh jaa goux heiv sic gorn (FEMA) <http://www.fema.gov/plan/index.shtm>**

Zorng-mbenc mbungh taux heiv sic jauv-louc ndaangc maaih heiv sic yaac njaaux duqv meih camv haic caux zoux duqv yietv-nyeic bun duqv zuotc nyungc. Doqc naaiv buonv sou caux ei jienv naaiv deix jauv-louc zoux nor meih yaac gengh duqv jixc yietc diuc kuv gorn. Domh hungh jaa goux heiv sic nyei gorn (FEMA) zoux duqv buonv kuv sou heuc " Meih mbenc nzoih nyei fai?" zeiz njaaux taux baeqv-fingx taux zorng-mbenc nyei jauv-louc"; meih yaac haih mingh lorz yienx duqv yiem <http://www.fema.gov/areyouready/> naaiv norm deic zepv. Zimh mangc fai muangx taux siang-sou siang-wuic yaac haih zoux bun meih gauh hiuv duqv camv faaux.

HORPC ZUQC HNANGV HAAIX NOR MBENC YIEM BIAUV ZONG

Zorng-mbenc mbungh taux haih maaih heiv sic nyei jauv

- ◆ 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 maaih yiem biauv lengh fai nduqc dauh mienh dongh maaih heiv sic nyei ziangh hoc. Dimv cingx laangz doic nyei fu'jueiv lunx, mienh gox mienh caux dongh maaih baengc waaic wuov deix liuz mbenc jienv tengx naaiv guanv mienh nyei jauv-louc hnangv gornv maaih heiv sic cingx haih tengx duqv taux ninh mbuo.
- ◆ Lorh nzoih "maaih domh heiv sic yiem biauv longc nyei jaa-sic." Nziex meih zuqc heuc biaux sic "yiem jienv ga'nyuoz biauv" yietc hnoi fai zixc hnoi ndaauv. Zuqc mbenc maaih gaux 3 mingh lorz 4 hnoi nyei jaa-sic cingx daaih haih doix duqv hungh jaa nyei heiv sic zorng-mbenc jauv. Mbenc nzoih dongh maaih heiv sic longc nyei ga'naaiv dongh meih haih lorz duqv siepv-siepv nyei wuov. Sou hlen wuov deix sou-nyouz yaac duqv gornv taux dongh qiemx zuqc longc nyei ga'naaiv maaih haaix nyungc. Siou dapv jienv yaang mbuoqc mv fai ndongh dongh mangc duqv buac ga'nyouz wuov. Dimv mangc dienx youz, tiuv siang-wuom caux ga'naaiv nyanc juqv hlaax nyiec yietc nzunc.
- ◆ Mbenc nzoih cih lengc "dorch gan sin nyei jaa-sic." Mbenc jienv meih qiemx zuqc longc nyei ga'naaiv hnangv gornv maaih heiv sic mienh heuc meih zuqc biaux cuotv meih nyei biauv. Mbenc daaih dapv jienv dongh kuv-dorch mingh dorch daaih nyei ga'naaiv beiv hnangv mbuoqc nyiex mv fai mbuoqc hnengx fai mbuoqc hopv. Dorch "gan sin jaa-sic" hoprc zuqc maaih lui houx camv nyei, nyaanh, kue nditc mbatv, ndie, mueic ziux caux lengc jeiv longc nyei ga'naaiv. Meih maiv zuqc mbenc wuom fai ga'naaiv nyanc gan sin (cih nyiec meih zuqc lengc jeiv nyanc nyei ga'naaiv).

Maaih heiv sic zuqc biaux maengc nyei jauv

- ◆ Mbenc ziangx biaux heiv sic nyei jauv-louc liuz zuqc hoqc taux meih gan duqv zuqc. Oix zuqc hiuv duqv hnangv haaix nor zoux hnangv gornv meih zuqc biaux cuotv meih nyei biauv mv fai meih nyei laangz zong. Dauh dauh fu'jueiv caux zixc dauh hmuangv doic yaac zuqc hiuv zoqc jixc I diuc jauv (hnangv haih nor) biaux cuotv biauv hnangv maaih douz zieqc mv fai maaih dieh nyungc heiv sic. Hnangv meih yiem biauv-ndui (apartment), yaac zuqc hiuv duqv biauv nyei biaux maengc nyei jauv. Biaux cuotv liuz yaac zuqc mingh gapv nzoih doic dongh lomh nzoih laengz gapv zunv nyei dorngx.
- ◆ Mbenc jienv hnangv haaix nor goux meih nyei saeng-kuv. Zuqc jangx jienv gornv cih cuotv dorch jauv juv, njiox sic biauv maiv bun dorch saeng-kuv bieqc (mangc wuov kang gornv taux " hnangv meih maaih saeng-kuv nor" yiem 6 pin wuov).
- ◆ Hoqc taux bungx daic douz-gorn beiv hnangv dienx-gorn, wuom-gorn caux nqaetv-gorn (mangc wuov kang gornv taux "Hnangv haaix bungx daic nqaetv-gorn" caux " Hnangv haaix nor bungx daic dienx-gorn" yiem 16 pin sou hlen dongh gornv taux ging taux heiv sic nyei jauv-louc wuov). Meih haih lorz duqv buac bungx wuom daic nyei dorngx yiem meih nyei ga'nyiec gaengh kaa ndau yiem wuom gorn dongh bungx wuom bieqc meih nyei biauv wuov.

ZUQC HNANGV HAAIX NOR ZORNG-MBENC MEIH NYEI HMUANGV DOIC

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

- ◆ Njaaux fu'jueiv zuqc ging tong; Liepc leiz fingx bun ninh mbuo zuqc tong mbuox die maa mv domh mienh dongh goux ninh mbuo wuov. Fu'jueiv zuqc heuc mbuox dongh ninh mbuo mingh horqc dorngh mv fai mingh nzaaqc maengx zuonx taux nyei ziangh hoc.
- ◆ Dimv cing gorngv ninh mbuo haih hiuv duqv heuc lorz meih yiem meih nyei gong wuov.
- ◆ Njaaux bun fu'jueiv hiuv duqv ninh mbuo nyei finx-hoc caux deic-zepv caux jienv jaamx jiex biau v hlen nyei javu- mbuox 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 a'nziaauc doic nyei biau v, goux douz mv fai goux sic dorngh, siou sou biau v mv fai miuc-biau v. Longx jiex nyei dorngh bun fu'jueiv dongh maih 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 gorngv meih nyei fu'jueiv hiuv duqv gorngv ninh mbuo horpc zuqc mingh nyei kuv dorngh yiem haaix ndauh caux finx-hoc.
- ◆ Caux meih nyei fu'jueiv gorngv taux hnangv haaix nor caux haaix zanc horpc heuc lorz 911.
- ◆ Njaaux meih nyei fu'jueiv taux faix fim nyei javu; mbuox ninh mbuo zuqc mingh lorz fin-saeng, goux sic ziouv mv fai haangh sic mienh hnangv gorngv ninh mbuo haiz maaih horqc saeng doic gorngv oix zoux doqc ninh ganh mv fai zoux doqc dieh dauh.

FU'JUEIV CAUX DOMH HEIV SIC NYEI JAVU

Domh heiv sic yaac gengh haih haeqv zuqc fu'jueiv maiv gunv gorngv ninh mbuo hiuv duqv zuqc hnangv haaix nor zoux yaac baac. Maaih jienv domh heiv sic ziangh hoc, meih nyei hmuangv doic nziex zuqc biaux cuotv meih nyei biau v caux nziex zuqc guangc ndorm-muonz gong. Fu'jueiv yaac haih zuqc ging, hnamv maiv tong 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 kaux 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 gorngv meih ging jiex ndaangc, fu'jueiv yaac gengh gauh gamh nziex. Ninh mbuo buatc meih gamh nziex zoux bun ninh mbuo gorngv gengh zien maaih heiv sic. Hnangv gorngv meih hnamv maiv tong nor, zoux bun fu'jueiv gauh hnamv maiv tong jiex.

Domh heiv sic nyei waac-fienx caux mienh zoux nyei eix-leiz zoux bun fu'jueiv maaih qiex jiez camv. Bun fu'jueiv mangc TV taux heiv sic nyei javu naaic maiv longx bun fu'jueiv, yietv oix guaix taux dongh cuotv ziox baan wuov deix. Heiv sic jiex liuz zuqc gaanv jienv, zuqc mangc jienv tengx fu'jueiv jaev gamh nziex caux hnyouv huaang nyei javu. Gapv zunv hmuangv doic. Manc-manc gorngv javu-louc bun muangx, mbuox ninh mbuo gorngv maaih mienh daaih tengx ninh mbuo. Mbuox fu'jueiv maaih haaix nyungc yaac zuqc gorngv cuotv, caux heuc ninh mbuo tengx jienv mbenc taux jaev nzauh nyei javu-louc.

Fu'jueiv nyei gamh nziex

Maaih liuz domh heiv sic, fu'jueiv gamh nziex jiex:

- Sic aeangx haih faan cuotv
- Maaih mienh haih zuqc mun fai daic
- Ninh mbuo zuqc leih go ninh mbuo nyei hmuangv doic
- Ninh mbuo zuqc guangc lengh

Maaih fiou sic gorn yiem Sacramento nquenc caux ga'hlen da'luonh zuonv. Fiou sic gorn liepc daaih tengx caangh laangh taux hnangv haaix nor jaev duqv jiex daaih nyei sic bun nquenc mienh caux ninh nyei hmuangv doic caux yiem-hlen mienh. Qiemx zuqc lorz fiou sic gorn, heuc (916) 857-1801.

Mbenc tengx meih nyei fu'jueiv

Meih nziex zuqc biaux cuotv meih biau v dongh maaih heiv sic nyei ziangh hoc. Zuqc hnamv mbenc "fu'jueiv njioux maengc nyei jaa-sic" bun ninh maaih javu zoux caux ninh mbuo fu'jueiv doic dongh meih a'zuqc suiv cuotv meih nyei biau v.

Meih nyei fu'jueiv njioux maengc nyei jaa-sic horpc zuqc maaih:

- ◆ I buo buonv sou dongh ninh mbuo oix jiex wuov
- ◆ Waaz fangx cietv caux batv
- ◆ Zeiv camv nyei
- ◆ Nqiu v and gaau
- ◆ I buo norm longc a'nziaauc ga'naaiv
- ◆ Nyienx a'nziaauc benv
- ◆ Nyienx a'nziaauc saeng-kuv
- ◆ Biau v zong nyei saeng-kuv nyei fangx
- ◆ Ninh mbuo oix jiex nyei suangx fai nzomz-dauh

Yiem biau v biaux cuotv nyei javu-louc

Hnangv maaih heiv sic taux, meih nziex maiv maaih ziangh hoc camv mbenc. Jaa-ndaangc mbenc mbungh haih maaih jiepv silh heiv sic nyei javu. Oix hoqc taux mbenc biaux heiv sic cuotv yiem meih nyei biau v, mingh lorz www.usfa.fema.gov/public/factsheets/getout.shtm naaiv norm gorn.

Oix zuqc longc tengx zorngh-mbenc taux tengx hmuangv doic javu heiv sic javu nyei fai?

Meih haih lorz duqv mienh tengx yiem http://www.fema.gov/areyouready/recovering_from_disaster.shtm naaiv FEMA gorn.

Lengc jeiv mbenc nyei jauv-louc

Caangh laangh caux FEMA's online gorn "meih mbenc nzoih nyei fai? zeiz njaaux taux baeqv-fingx taux zorn-gmbenc nyei jauv-louc." <http://www.fema.gov/areyouready/> naaiv norm deic zepv maaih ziex diuc yietv-nyei tengx taux lengc jeiv caux hmuangv doic nyei jauv.

MIENH GOX MIENH CAUX MAAIH BAENG C WAAC NYEI MIENH

Mienh gox mienh caux butv baengc waaic nyei mienh gauh qiemx zuqc mbenc mbungh heiv sic longx deix. Hnangv meih qiemx zuqc lengc jeiv nyei longc tengx, zuqc hnamv taux naaiv deix waac dauh.

- ◆ Zanc-zanc zuqc maaih qiemx nyanc nyei ndie gauh 7 hnoi mingh lorz 14 hnoi.
- ◆ Mbenc ziangx lengc jeiv simv heiv sic nyei jauv norm norm dorngh meih yiem fai mingh-beiv hnangv biau, gong, horqc dorngh caux laangz zong dorngh.
- ◆ Samx meih ganh nyei qaaqv-bouc, zoux maiv duqv nyei jauv, qiemx zuqc tengx nyei jauv caux nziex meih zuqc longx mienh tengx meih nyei jauv-louc hnangv haih maaih heiv sic ziangh hoc.
- ◆ Liemh jienv goux meih nyei mienh caux haih tengx taux meih nyei mienh wuov deix.
- ◆ Hnangv meih zuqc longc dienx bungx zieqc meih nyei eiv-naangh, tauv qiex nyei jakv mv fai dongh zuqc dienx ga'naaiv, mbenc mbungh taux dienx-douz haih daic nyei jauv.
- ◆ Hnangv meih nyei mh normh ndung nor, zuqc dunx ziangx meih nyei cien-ceqv fai a'nziaauc doic zuqc jaa-ndaangc mbuox meih hiuv taux haih maaih heiv sic nyei jauv.
- ◆ Hnangv meih maiv haih mingh daaih nor, meih yaac zuqc longc tengx taux biaux maengc cuotv nyei jauv fai dorh mingh njioux sic dorngh. Zuqc jangx jienv gorngh tei-naangh maiv haih zoux gong hnangv maiv maaih dienx-douz.
- ◆ Faaux njiec meih zuqc longc tengtx nyei jauv caux meih jienv heuc lorz mienh nyei finx-hoc. Meih faaux daaih nyei sou horpc zuqc maaih nzoih meih nyei baengc, meih nyei ndie caux nyanc nyei ndie-soux, haih zorqv-guaix nyei ndie, lengc jeiv longc nyei jaa-sic, zorc ndie mbatv, Medicare mbatv, caux meih nyei baengc zingh lengc jeiv heuc lorz nyei mienh. Meih siou jienv naaiv zeiv sou, caux bun kuaaiv meih nyei a'nziaauc doic ziou.
- ◆ Hnangv meih longc saeng-kuv tengx meih nor, jienv jiex zuqc mingh bieqc jienv mbuox caux ndiux jienv jangx-hoc.

Goux mangc heiv sic nyei gorn yiem Indiana.

HNANGV MEIH MAAIH SAENG-KUV

- ◆ Saeng-kuv, maiv gunv gorngh dapv jienv longz, yaac nziex maiv haih bun bieqc caux njioux mienh sic nyei dorngh. Zuqc jaa-ndaangc caangh laangh caux meih nyei doic tengx dorh meih nyei saeng-kuv mingh yungz gorngh meih zuqc mingh yiem njioux mienh sic dorngh.
- ◆ American Kennel gorn maiv nqoi eix bun guangc jienv saeng-kuv maiv gox mangc. Mv baac hnangv meih maiv maaih dieh diuc zaaqc eix, meih zuqc dimv longx ninh maaih ga'naaiv nyanc caux wuom gau, faaux jienv meih zuqc biaux maengc mingh nyei dorngh naetv jienv meih nyei duv yen mv fai nqaengc nyei dorngh dongh njioux sic nyei mienh haih buatc liuz aengx haih dorh ninh mingh lorz duqv buatc meih.
- ◆ Naetv "Longc tengx nyei zeiv" fai fiev daaih nyei sou meih nyei gaengh ndaangc bun njioux sic mienh hiuv duqv gorngh maaih saeng-kuv yiem ga'nyuoz biau qiemx zuqc longc tengx. Meih haih lorz duqv longc tengx saeng-kuv nyei zeiv yiem meih nyei buonc-deic gorn dongh tengx saeng-kuv wuov, American Society for the prevention of Cruelty to Animals (ASPCA).
- ◆ Hnangv meih haih dorh duqv meih nyei saeng-kuv caux meih, meih zuqc beu zoqc jiex gaux buo hnoi nyanc nyei ga'naaiv bun yietc dauh saeng-kuv. Maaih fienv bun hiuv duqv camv faaux yiem ASPCA <http://www.aspc.org/pet-care/disaster-preparedness> gorn.



MBUNGH WUOM NYEI SIC

Hnyangx-hnyangx maaih 6,000 mienh ndortv wuom daic yiem naaiv meiv guoqv. Yietc zungv gapv zunv, maaih 5,000 dauh nyei dornxg haih cuotv singx maengc hnangv gorngv ninh mbuo zuqv jienv mbiouh wuom lui. Jiex ndaangc 3,000 dauh mienh ndortv wuom daic weic laaix diuv caux in. (mangc “tengx da’yietv ginc ndortv wuom nyei jauv” njaaux bun hiuv yiem 23 wuov pin.)

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

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

Mbungh taux njiec wuom nyei sic

Ziouh wuom yiem ndoqv fai njaangh, mv fai zaeng mbaih fai bieqc zaangv ziangh hoc:



- ◆ Zuqv jienv mbiouh wuom lui. Maiv duqv hnamv bangc meih nyei mbaih mv fai dieh nyungc haih tong nyei ga'naaiv-mbong haih mbiouh duqv meih. Meih yaac haih lorz duqv mbiouh wuom lui yiem naaiv zix nor American ndoqv a'nziaauc dornxg yiem Sacramento yiem faah hlaax mingh lorz ziepc hlaax. Lorz “fu’jueiv maiv haih mbiouh” wuov norm gorn liuz zimh jienv mingh buatc aaqv.
- ◆ Fu’jueiv yiem 13 hnyangx ga’ndiev maengx zuqc zuqv mbiouh wuom lui yiem naaiv domh ndoqv caux domh njaangh yiem naaiv Sacramento nquenc zaangc. Die maa mv fai goux fu’jueiv mienh maiv maaih mbiouh wuom lui bun ninh mbuo nyei fu’jueiv yaac haih dornxg da’yietv leiz sic caux yaac haih zuqc baatc taux \$500.
- ◆ Hoqc ziouh wuom
- ◆ Maiv dungx hopv diuv mv fai buov in
- ◆ Maiv zuqc dorh maengc mingh dornxg meih yaac haih njioux duqv mienh nyei. Oix zoux bun mienh hiuv zuqc naauc “tengx!” buatc mienh ziouh maiv cuotv wuom cunv caa mingh tengx, cunv ndiangx-nquaah fai nzaangv-zeih, mv fai guaengx ga’naaiv haih mbiouh wuov nyungc, beiv hnangv wuom namx longz fai cie yaang mau.
- ◆ Hnangv meih buangh zuqc yiem nzaangv nyei sic, yiem jienv meih nyei nzaangv. Mbiaa faaux nzaangv ga’nguaaic mingh zouv mienh daaih tengx.
- ◆ Jangx jienv gorngv Sacramento ndoqv caux wuom njaangh naaic wuom namx caux seix haic. Gaanv cuotv wuom wuov zanc faanh meih haih buoz zaux haih mau fai mbiex, Namx jiex ndaangc zoux bun meih nyei sin-pei caux jaan maiv zoux gong caux mh nqornx-famv yaac maiv zoux gong. Namx jiex ndaangc haih zoux bun juangv gauh haih ndez, mau maiv maaih qaaqv, hnamv meih tong, hnyouuv jangx ndortv, gorngv waac caux mh zing maiv njang.

Gorn: *Gunv caux nqaevq baengc zingh nyei dornxg (Centers for Disease Control and Prevention)* (<http://www.bt.cdc.gov/disasters/winter/faq.asp>).

Mbungh taux njiec ziouh wuom njaangh

- ◆ Hoqc ziouh wuom.
- ◆ Maiv dungx bungx lorqc mueic fu’jueiv yiem nitv ziouh wuom njaangh.
- ◆ Weih longx njaangh longc dongh ninh ganh haih kaux wuov nyungc laatc

Gorn: *Army Corps of Engineers*



Mbungh competer nyei sic

Dorh baanx mienh maiv hiuv duqv gorngv ninh mbuo nyei computer haih zoux duqv waaic sic taux hung h ja caux saeng-eix jauv-nzengc-nzengc longc zoux zaaqc mv fai zoux waaic ga'nyuoz yietv-nyei beiv hnangv zoux waaic dimv zinh nyaanh nyei gorn-baengx mv fai nimc lengc jeiv nyei fiex-nyouz. Hnamv mbung h taux meih gan h nor:

- ◆ Zuqc faix fim taux buang h maiv hiuv duqv nyei doic yiem internet.
- ◆ Tong mbuox goux sic gorn taux maiv buac j iex nyei jauv-louc.
- ◆ Longc nzaangc-forv (pass-words) dong h mienh maiv hung h heic cai wuov nyungc.
- ◆ Zoux j ienv siou liou h nyei gorn-baengx nzanc-nzanc siou liou h j ienv nyei kou h nyouz.
- ◆ Longc j ienv mbung h caux nqaeqv waaic sic ga'naaiv (firewall) maaih yiem fungx dienx-fiex ga'naaiv wuov.
- ◆ Tutv ndutv internet hnangv meih maiv longc internet nor.
- ◆ Nzanc-nzanc tim j ienv mbung h waaic sic ga'naaiv yiem dong h meih sienx duqv longx nyei gorn wuov.



B i e q c ga'nyuoz com-puter (online) bun fu'jueiv duqv mangc z iex diuc jauv, ninh mbuo yaac maaih qaangx haih buang h zuqc heiv sic. FBI duqv zoux cuotv norm gorn "Njaaux die maa longc internet jauv." Meih ming h lorz mangc duqv yiem www.fbi.gov/publications/pguide/pguide.htm naai norm gorn.

www.mcgruff-safe-kids.com McGruff hatc sic juv gorn yaac haih tengx duqv meih fu'jueiv haih duqv yiem longx.

MBENC TAUX NQAEQV SIC NYEI JAUV YIEM BIAUV ZONG

Biauv zong nyei sic:

Guoqv zaangc gorn bun naaiv deix yietc nyeic daaih njaaux taux simv heiv sic nyei jauv yiem biauv zong:

- ◆ Zuqc an j ienv tei-laate, buoz paav nyei laeng h caux lung h muonz dang liuz cingx haih tengx duqv ndorpc nyei jauv yiem biauv, j ienv j iex dong h maaih mienh gox ming h daaih fai yiem nyei dorngx.
- ◆ Nzanc-nzanc mangc j ienv ndie-daan mbung h haih nyanc ndie camv j iex ndaangc.
- ◆ Nzauh heix douz haih z ieqc biauv zuqc maaih zorqv douz-siou x ga'naaiv caux fuqv douz daic nyei ga'naaiv. Nzanc-nzanc dimv mangc j ienv zorqv douz-siou x nyei ga'naaiv nyei dienx youh caux mbenc j ienv biaux douz nyei jauv liuz zuqc hoqc taux haih. http://www.nsc.org/news_resources/Resources/Pages/SafetyHealthFactSheets.aspx zeiz naaiv guoqv zaangc gorn njaaux mbenc mbung h taux douz z ieqc biaux nyei jauv.

Muoz-korqv-ngaengc

California saengv nyei leiz gorngv dau h dau h yiem hnyangx-j eiv 18 hnyangx ga'ndiev maengx zuqc ndongx j ienv muoz-korqv-ngaengc dong h ninh geh cie-ping nyei ziang h hoc (bicycle, scooter, skateboard, roller skate). California saengv leiz yaac gorngv maiv gunv hnyangx-j eiv ndongc haaix yaac baac dau h dau h zuqc ndongx muoz-korqv-ngaengc faanh geh rotv kiang h fai rotv kiang h dorn (motorc-ly or motor scooter).

Mbung h cong x nyei sic

Nyungc-nyungc cong x horpc zuqc siou longx maiv duqv dapv yunh. Cong x yaac zuqc forv j ienv longc California dimv cong x sic gorn nqoi eix bun longc nyei forv mv fai dapv j ienv siou cong x nyei longz. Siou longx cong x nyei jauv sei j ienv haih bun mienh dong h maaih fu'jueiv 18 hnyangx ga'ndiev maengx wuov deix. Oix hiuv duqv camv faaux taux cong x nyei jauv-louc nor meih haih lorz duqv yiem California Dimv Cong x Sic gorn yiem <http://caag.state.ca.us/firearms/> mv fai heuc lorz (916) 263-4887.

Ga'naaiv-laengc

An j ienv gaeng h ngau fai gaeng h sorn caux forv yiem meih nyei zoux nyanc dorngx fai ndiangx-longz, jaev buoz dorngx caux norm-norm dorngx dong h maaih haih laengc mienh ga'naaiv wuov. Goux taux nqaeqv ga'naaiv-laengc gorn (The Product of Safety Commission) <http://www.cpsc.gov> maaih jauv-louc daaih njaaux taux tengx fu'jueiv nqaeqv ga'naaiv-laengc yiem biauv zong.

MBUNGH BIAUV NYEI JAUV-LOUC

Mbungh duqv longx nyei biau v zuqc maaih:

- ◆ Domh gaengh longc ndiangx ngaengc nyei mv fai longc hlieqv zoux daaih.
- ◆ Domh gaengh zuqc maaih gaengh sorn dongh longc forv-zeih koi hngv wuov nyungc.
- ◆ Domh gaengh zuqc maaih norm kuotv bun maiv zuqc koi gaengh yaac ciepv duqv buatc ga'nyiec maengx nyei.
- ◆ Maiv duqv bingx cih lengc forv-zeih ga'nyiec biau v hlen.
- ◆ Domh gaengh yaac zuqc sorn fai forv jienv.
- ◆ Domh gingx gaengh yaac zuqc maaih gaengh sorn wuonv nyei wuov nyungc.
- ◆ Zuqc maaih gaengh caengx fai sengh gaengh nyei ga'naaiv cingx daaih fuoqv gaengh maiv haih pioux.
- ◆ Fong muonh, gaengh dorn fai window zuqc maaih I norm gaengh sorn.
- ◆ Fong muonh, gaengh dorn fai window yaac bun haih koi duqv nqoi siepv nyei liuz daaih haih biau x duqv heiv sic.
- ◆ Deic-zepv hoc dauh yaac zuqc yiem nqaengc nyei.
- ◆ Biau v-hlen miev zuqc japv jienv maiv bun maaih dorngx mienh haih daaih bingx.
- ◆ Biau v-hlen nyei laac gaengh yaac zuqc forv longx.
- ◆ Zuqc an jienv ga'nyiec maengx dang bun zieqc njang longx nyei.
- ◆ Yiem cie-liuh bieqc biau v nyei gaengh yaac zuqc longc ndiangx wuonv nyei fai longc hlieqv zoux daaih caux zuqc forv longx.
- ◆ Cie-liuz nyei fong muonh fai window yaac zuqc maaih ga'naaiv buang jienv liuz mienh yiem ga'nyiec mangc maiv buatc ga'nyuoz maengx.
- ◆ Ging lingh biau v nyei ga'naaiv yaac zuqc bungx jienv (Home alarm).

MANGC TAUX MAIV SIENX FIEM NYEI JAUV-LOUC

Yietc liuz zuqc samx mangc longx meih ganh nyei laangz-qangx. Zuqc samx mangc taux:

- ◆ Maiv buatc jhex nyei mienh bieqc meih nyei laangz-doic nyei biau v dongh ninh mbuo maiv yiem ziangh hoc.
- ◆ Haaix dauh yaac baac dongh ciepv mangc ga'nyuoz cie fai jatc bieqc ga'nyuoz cie dongh forv jienv wuov.
- ◆ Lengc haih nyei qhex beiv hngv mborqv gingx huv, buonv congx, mv fai mienh nauc.
- ◆ Fong muonh, gaengh dorn fai window nqoi fai zuqc mborqv tong yiem dongh guon mingh maiv yiem fai maiv zoux gong nyei dorngx.
- ◆ Cie dingh jienv, maaih mienh yiem ga'nyuoz cie-jienv jhex dongh maiv horpc la'guaih dingh cie nyei ziangh hoc.
- ◆ Zieqv maiv duqv nyei cie guangc jienv maiv bungx daic, maiv maaih mienh yiem ga'nyuoz yaac la'guaih dingh jienv meih yiem nyei jauv.
- ◆ Maaih mienh daaih caeqv cie nyei ga'naaiv, caeqv cie nyei hoc-dauh mv fai sorqv cie-youh cuotv yiem cie.
- ◆ Eix-leiz lengc mv bieqc cuotv maaqc yiem biau v mv fai yiem saeng-eix dorngx.
- ◆ Yiem cie zoux saeng-eix.
- ◆ Maiv zeiz zoux gong mienh muoqv taux jauv nyei dang, TV caux fonh nyei finx-gorn.

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

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

- ◆ Oix hiuv longx nor bieqc: <http://www.chp.ca.gov/amber/index.html>
- ◆ Fu'jueiv dingx laaih nyei douc waac gorn: (800) 222-3463.

Samx mangc sic yiem laangz-horngc

Samx mangc sic yiem laangz-horngc naaiv yaac zeiz zix dauh laangz-doic duqv gapv daaih tengx goux mangc jienv ninh mbuo nyei laangz qangx hngv maaih haaix nyungc haih benx heiv sic fai waaic sic nor yaac haih heuc mbuox goux sic gorn. Hngv meih oix benx yietc dauh goux mangc laangz zong mienh nor, heuc mingh lorz goux sic gorn (Sheriff's Department) (916) 874-5115 mv fai heuc mingh lorz meih nyei buon-deic nyei goux sic gorn (Local Police Department).



Cuotv fim tengx doic nyei javu

California saengv liepc duqv norm gorn daaih tengx bun cuotv fim tengx doic nyei mienh daaih gapv zunv tengx tauv heiv sic nyei javu. Buonc-deic tengx doic nyei gorn yiem naaiv buonc-deic yaac tengx jienv caengx naaiv norm saengv nyei cuotv fim tengx doic gorn. Buonc-deic cuotv fim tengx doic nyei gorn gapv maaih goux sic mienh, caux laangz zong cuotv fim tengx heiv sic nyei guanh, die maa caux fin-saeng, zix norm tengx sic gorn, miuc nyei mienh, zorc ndie nyei guanh, tengx heiv sic yiem laangz zong nyei gorn (CERT) caux jienv samx mangc sic yiem laangz zong wuov guanh yietc zungv nqoi hnyouv cuotv fim tengx tauv heiv sic nyei javu-louc.

Sacramento Buonc-deic Tengx doic Gorn (SRCCC)

SRCC maaih dengv bieiv mienh yiem saeng-eix wuov bung, horqc dorngh wuov bung, mangc baengc zingh wuov bung, goux heiv sic wuov bung, sienx fim wuov bung caux jienv zix bung zix javu daaih gapv nzoih naaiv norm gorn. SRCC naaiv norm gorn sei duqv zoux cuotv daaih maaih tengx tauv njaaux cuotv fim mienh hoqc tauv mbenc mbungh jienv tengx tauv heiv sic nyei javu-louc. Oix hiuv camv jaa nor bieqc mingh lorz: <http://www.srcc.org> mv fai heuc (916) 723-2478.

Meih yaac haih heuc mingh lorz Sacramento Cuotv Fim Goux Sic Gorn (Sacramento Sheriff's Department Volunteer Services Bureau) yiem (916) 875-0405. Mangc yiem http://www.sacsheriff.com/organization/field_&_investigative_services/field_services_bureau/volunteer_services/index.cfm ninh mbuo yaac maaih kuv fienv gauh camv.

Meih yaac haih hoqc duqv jaa camv faaux yiem:

- ◆ California cuotv fim tengx doic gorn, dengv bieiv zoux gong nyei gorn sei yiem mbuo nyei saengv nyei domh ziouv nyei dorngh, <http://www.californiavolunteers.org>
- ◆ Sacramento buonc-deic tengx heiv sic yiem laangz zong nyei guanh (CERT), <http://www.srccc.org>
- ◆ Njaaux heiv sic yiem laangz zong nyei gorn (NET), <http://www.srccc.org/NET.htm>

HORPC ZUQC HNANGV HAAIX NOR MBENC YIEM MEIH NYEI LAANGZ ZONG

- ◆ Zuqc ging nyei. Zuqc buangh caux hiuv duqv meih nyei laangz-doic. Zuqc jien sin tauv lengc mv fai buat maaih ga'naaiv-beu fai cie la'gualh guangc jienv wuov ndau caux maiv sienx fim nyei javu-louc yaac horpc zuqc heuc mingh mbuox goux sic mienh.
- ◆ Zuqc dimv maaih njoux heiv sic gorn caux ninh mbuo nyeifinx-hoc caux deic-zepv. Liemh jienv njoux sic biauv, sueix lai hnaangx biauv, goux xic gorn caux njoux douz gorn liuz bun nzoih meih nyei laangz-doic.
- ◆ Zuqc hiuv duqv mbungh heiv sic nyei javu yiem laangz zong. Meih nyei horqc dorngh maaih haaix nyungc zaaqc eix haih tengx? Meih nyei zoux gong dorngh maaih haaix nyungc zaaqc eix haih tengx?
- ◆ Zuqc dimv cing gornv horqc dorngh caux zoux gong dorngh faaux nzoih meih nyei siang-douc fienv javu-louc hnangv maaih haaix nyungc heiv sic yaac haih heuc duqv haiz meih nyei hmuangv doic. Faaux jienv gan sin nyei finx-hoc hnangv gornv meih maaih nyei nor.
- ◆ Dimv mangc horqc dorngh maaih heiv sic tengx tauv fu'jueiv nyei javu maiv gun haaix norm hnyangx-jeiv yaac baac. Meih yaac zuqc hiuv duqv gornv fu'jueiv zuqc yiem jienv horqc dorngh zuov tauv die maa mv fai horpc dornh ninh mbuo nzuonx nyei domh mienh daaih dornh ninh mbuo. Zuqc hiuv duqv gornv horqc dorngh yaac haih lorz gan norm dorngh, beiv hnangv domh zuangx a'nziaaux dorngh bun meih mingh dornh fu'jueiv nzuonx.
- ◆ Gornv ziangx mingh haaix ndau gapv zunv hmuangv doic hnangv gornv maaih heiv sic caeqv nzaanx hmuangv doic liuz nor. Faaux jienv yiem dieh norm laangz douc fienv mienh nyei javu, beiv hnangv a'nziauc doic mv fai cien-ceqv doic, mv fai dongh dauh dauh haih heuc mingh lorz duqv wuov. Zuqc dimv meng gornv yeitc zungv maaih nzoih finx-hoc caux zipv douc fienv mienh nqoi eix caux dauh dauh yaac haih heuc duqv haiz ninh mbuo. Longx haic nyei hnangv mbenc duqv maaih heuc finx mbatv (Prepaid Calling Cards) caux maaih heiv sic heuc lorz nyei mienh bun nzoih meih nyei fu'jueiv. Hatc ziangx maaih mingh gapv doic nyei dorngh maiv gunv gornv leih biauv go fai fatv dongc haaix yaac longx.
- ◆ Mbenc jienv meih qiemx zuqc longc nyei ga'naaiv hnangv gornv meih cuotv javu mingh go caux maaih heiv sic guaax tauv meih nyei ziangh hoc. Dapv jien wuom, suangx caux maiv haih sox fai huv nyei ga'naaiv-nyanc meih nyei cie ga'nyuoz. Haaix nzanc yaac zuqc mangc jienv meih nyei cie youh horpc zuqc maaih ndaamh tongv nyei dorngh. Jangx jienv hnangv dienx maiv zoux gong nor, dapv cie-youh dorngh yaac maiv zoux gong.
- ◆ Zuqc hiuv duqv maaih haaix nyungc gorn yiem meih nyei laangz zong-beiv hnangv, sienx fim nyei dorngh, horqc dorngh, njoux douz dorngh caux tengx heiv sic gorn (Red Cross), yietc zungv mbenc tauv tengx nyei javu. Dimv mangc gaax meih haih tengx duqv haaix nyungc caux meih haih cuotv fim tengx nyei javu.
- ◆ Gapv jienv, jix gorn mv fai zoux bun maaih caaqv liepc tengx mangc sic yiem laangz zong nyei gorn. Samx mangc sic yiem laangz zong naaiv deix javu-louc yaac zeiz kuv sic liuz meih yaac zuqc buangh meih nyei laangz-doic liuz tengx jienv zoux, dornh naaiv buonv sou mingh longc tengx jienv mbenc tengx tauv laangz zong ga'nyuoz. Mangc gaax hnangv gornv meih nyei laangz zong liepc duqv maaih tengx zuangx gorn nor meih yaac horpc zuqc bieqc mingh caux jienv zoux.
- ◆ Zuqc hnamv tauv bieqc tengx njaaux heiv sic yiem laangz zong nyei gorn (NET) meih haih lorz duqv kuv fienv jaa yiem naaiv norm gorn <http://www.srccc.org/NET.htm>
- ◆ Benx yietc dauh gong-mienh yiem Sacramento buonc-deic tengx heiv sic guanh (CERT), liuz meih yaac maiv zuqc dortv nyaanh caux maaih qangx haih hoqc duqv tauv mbenc mbungh domh heiv sic nyei javu. Eix duqv nor bieqc <http://www.srccc.org/CERT.htm>
- ◆ Zoux jienv gong caux maiv zoux gong mienh dongh hiuv duqv tauv baengc zingh caux ndie nyei javu wuov deix yaac haih bieqc mingh caux Sacramento nquenc goux baengc sic gorn liuz haih tengx tauv mienh maanh caux lungh zaangc benx daaih nyei heiv sic. (http://www.sacsheriff.com/organization/field_&_investigative_services/field_services_bureau/volunteer_services/medical_reserve_corps.cfm)

HORPC HNANGV 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 hnangv haaix nor zoux hnangv maaih heiv sic cuotv yiem gong. Maiv gunv gorngv meih hnamv daaih meih maiv zeiz yiem zuqc dongh haih maaih heiv sic nyei dorngx, maaih ziex nyungc javv beiv hnangv tor ndie cie mbienv, douz zieqc domh saengx eix dorngx mv fai maaih wuom yiemx caux ziex diuc heiv sic yaac haih nqaevv zuqc meih mingh mv fai nzuonx zoux gong nyei dorngx.

Hnangv maiv mbenc duqv taux mbungh heiv sic nyei javv-louc maiv horpc zuqc koi saeng-seix. Maaih 40 gouv fiuv-saeng-eix maiv haih zoux mingh laaix maaih heiv sic liuz beiv hnangv wuom yiemx, ndau dongz mv fai dieh nyungc domh heiv sic. Hnangv meih zeiz yietc dauh zoux saeng-eix mienh mbenc taux simv fai mbungh heiv sic yiem meih nyei saeng-eix dorngx, zuqc hnamv taux heiv sic guaax taux meih nyei gong-mienh nyei javv, meih nyei kaeqv mienh caux meih nyei zoux gong dorngx. Zuqc hnamv taux meih zuqc hnangv haaix zoux hnangv gorngv meih nyei saeng-eix ga'hlen dorngx yietc zungv guon nzengc mv fai javv yaac mingh daaih maiv duqv. Zuqc hnamv taux gorngv meih zuqc hnangv haaix nor tengx meih nyei kaeqv mienh hnangv meih saeng-eix dorngx yaac maaih sic guaax.

Gong-mienh horpc zuqc:

- ◆ Hoqc caux seix mangc taux simv heiv sic nyei javv-louc.
- ◆ Hiuv duqv I diuh biaux sic javv yiem zoux gong dorngx (hnangv haih nor)
- ◆ Hoqc taux haih baux sic yiem hmuangx nyei dorngx, beiv hnangv zuqc hiuv duqv maaih mbuoqc ziex norm dieh dangx fai mbuoqc ziex qongx zoux gong dorngx yiem meih zoux gong dorngx mbaqc ndongx-wuonc caux I diuh biaux sic javv dongh yiem nitv meih fatv jixx wuov.
- ◆ Zuqc hiuv duqv biaux cuotv mingh zuqc mingh gapv zoux gong doic yiem haaix norm dorngx.
- ◆ Hiuv duqv fuqv douz daic nyei ga'naaiv yiem haaix caux yaac zuqc haih longc.
- ◆ Siou jienv zoux gong doic nyei finx-hoc yiem biau.
- ◆ Mborqv nzoih lengc jeiv nyei douc fienv finx-hoc, an jienv meih nyei zoux gong dieh mv nitv jienv fonh fatv nyei. Maiv dungx hnamv bangc longc dienx nyei ga'naaiv, heuc zaaqc mingh lorz caux mangc computer siou fienv gorn nziex maiv zoux gong faanh maaih heiv sic nor.
- ◆ Lorz deix maaih heiv sic longc nyei ga'naaiv dapv jienv dieh ga'nyuoz, (liemh jienv dienx tongh, yangh javv heih, buang nzuih caux mbaqc zormg ga'naaiv, yietc dongh wuom caux maiv haix sox fai huv nyei ga'naaiv nyanc).
- ◆ Heuc mbuox gorngv nqaevv sic gorn waaic mv zoux gong maiv benx.
- ◆ Maiv dungx forv mv fai torngv zuqc biaux douz javv caux gaengh javv. Mv baac, zuqc guon longx gaengh donv maiv bun douz caux douz-sioux haih bieqc duqv siepv.
- ◆ Zuqc mbenc tengx doic nyei javv cing nyei hnangv gorngv hung haaic daaih maiv taux tengx mv fai javv daaih maiv tong. Zuqc hnamv taux bun zoux gong doic dorngx yiem caux cie longc dangh baav hnangv gorngv maaih heiv sic.

Gong-ziouv horpc zuqc:

- ◆ Dimv cing gorngv maaih simv heiv sic nyei javv-louc, dimv siang caux zuqc hoqc zoqc jixx juqv hlaax nyiec yietc nzunc.
- ◆ Cih lengc mbenc simv sic javv bun maaih baengc nyei gong mienh fai qiexx zuqc longc tengx nyei gong mienh dongh maaih heiv sic nyei ziangh hoc.
- ◆ Gapv nzoih gong nyei finx hoc. Faux nzoih gong mienh nyei biau nyei finx-hoc, caux dimv meng gorngv haaix dauh horpc zoux douc fienv mienh. (Dauh dauh gong-mienh nqoi eix liuz) yienx bun yietc dauh gong-mienh yietc kuaaiv.
- ◆ Haaix nzanc yaac zuqc siou jienv meih nyei gong-beiv mienh nyei finx-hoc.
- ◆ Hnangv gorngv meih maaih siou waac gorn nor, mbenc ziangx yietc norm hoc-dauh dongh meih haih longc siou waac bun meih nyei gong mienh, caux zuqc dimv cing yietc zungv gong-mienh hiuv duqv naaic norm hoc-dauh.
- ◆ Zoux bun maaih finx-gorn ganh haih tengx heuc borqv mingh lorz meih nyei saeng-eix domh finx-gorn.
- ◆ Bun jienv forv zeih caux mbungh sic hoc (alarm codes) dongh meih sienx duqv hnyouv wuov dauh gong-mienh mv fai a'nziaauc doic duqv longc dongh meih maiv haih mingh duqv taux gong nyei dorngx ziangh hoc.
- ◆ Nzanc-nzanc zuqc dimv siou computer gong-bou maaqc nyei.



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

Zuqc hnamv taux maaih tiqv nyuqv dongh haih zipv duqv NOAA (National Oceanic and Atmospheric Administration) gorngv taux jorm namx caux mbiungc caux nziaaux caux haih ging mbuox mbuo gorngv haih maaih mbiungc-nziaax nyei javv.

NOAA naaiv norm zipv waac ga'naaiv yaac haih zipv duqv waac-fienx yiem hung haaic dorngx caux yiem NOAA dorngx caux yiem ging tong heiv sic dorngx (EAS). NOAA gorn douc fienv cuotv bun taux buonc-deic douc fienv gorn yietc hnoi 24 norm ziangh hoc gorngv taux cie-javv nyei sic caux domh mbiungc-nziaaux nyei sic. Naaiv norm longc dienx youh nyei tiqv nyuqv nyei jaa-zinh yaac maiv jixx ndaangc \$50 nyaanh. Maaih ziex norm gorn maaih naaiv norm douc waac ga'naaiv maaic. Meih zuqc bieqc internet mingh lorz yiem naaiv "NOAA Weather Radio." Oix hiuv duqv longx nor mingh <http://www.weather.gov/nwr/> mv fai heuc lorz (202) 482-6090



American Red Cross

Together, we can save a life

American Njoux Sic Gorn (American Red Cross)

Hnangv maaih gong-mienh juqv dauh faux maengx, njoux sic gorn (Red Cross) yaac haih lengc jeiv nyei dunx ziangh hoc daaih njoux taux zorc baengc da'yietv ginc (First Aid) mv fai njoux CPR, cui cuotv qjex nyei javv-louc yiem Red Cross nyei dorngx mv fai yiem meih nyei saeng-eix dorngx. Heuc lorz Sacramento njoux sic gorn (Sacramento Sierra Chapter of the American Red Cross) yiem naaiv (916) 993-7070 mv fai mingh <http://www.redcross-crc.org> gauh maaih fienv longx.

Meih yaac haih lorz duqv mbenc mbungh heiv sic taux saeng-eix javv gauh longx jixx yiem goux zoux fiuv saeng-eix nyei gorn. <http://www.sba.gov/content/disaster-preparedness> naaiv norm gorn.

Heuc mbuox taux heiv sic nyei jauv



HEUC LORZ 911 HNANGV GORNGV MEIH:

- ◆ Buatc douz zieqc
- ◆ Haiz zuiex douz-sioux mv fai nqaetv
- ◆ Buatc mv fai haiz ga'naaiv mbeux
- ◆ Qiemx longc tengx zorc ndie mv fai buatc maaiah mienh qiemx longc tengx
- ◆ Buatc maiv sienx duqv hnyouv nyei mienh yiem mv fai cuotv maiv horpc mingh nyei dornx
- ◆ Buatc mienh dorh jienv caang-congx
- ◆ Buatc maiv sienx duqv hnyouv nyei ga'naaiv-beu yiem domh zuangx dornx
- ◆ Buatc mienh zuqc aapv hoic mv fai zuqc nimc zorqv jienv
- ◆ Buatc mv fai hiuv duqv haih maaiah jiepv sih hou v waaic sic taux maengc mv fai jaa-dingh jaa-dornx
- ◆ Buatc maaiah laauh lengc nyei jauv gamh nziex haih benx heiv sic.



HNANGV HEUC LORZ 911

MBENC JIENV DAU NAAIV DEIX WAAC

- ◆ Cuotv sic nyei dornx fai deic-cepv yiem haaix?
- ◆ Naaiv norm dornx zeiz biau v-ndutv, biau v-ndui (apartment) mv fai saeng-seix dornx?
- ◆ 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 haih nor)? Cornx sic mienh naaic haaix nyungc mienh, mh jangc fai mh sieqv, hnyangx-jeiv, hlang-soux, hiev-soux, mba'biei nyungc caux ndaauv-soux? Meih jangx duqv ninh nyei lui hou, nziepv jienv ndopv, dangh mh norm hiun mv maaiah haaix diuc eix-leiz lengc nyei fai?
- ◆ Cornx sic mienh bangc haaix nyungc mingh daaih? Ninh yangh zaux, geh cie-ping, niouv cie, fai bieqc taekv sih?
- ◆ Cornx sic mienh maaiah caang-congx nyei fai? Hnangv maaiah nyei nor, maaiah haaix nyungc? Congx-yunh paiv guinh, congx-tiux-congx nangv, nzuqc, fuqv wuom mbaaatc?
- ◆ Nqa'haav-laai naaiv meih buatc cornx sic mienh yiem haaix, liuz ninh mingh haaix bung? Mingh baaqv bung, naamh bung, dong bung, fai bung mv fai hungz jienv ndoqv mingh fai hungz jienv domh jauv mingh?

YIEM-HLEN MIENH HORPC ZUQC ZOUX NYEI JAUV

Samx mangc longx cornx sic mienh

- ◆ Maiv dungx doix-dekc mangc.
- ◆ Yiem mh nqorngv samx jienv njiec.
- ◆ Longx-longx samx muonc nyei.
- ◆ Samx gaax maaiah haaix nyungc lengc.
- ◆ Fiev njiec nyungc-nyungc ndaangc meih haih la'kuqv.

Samx mangc longx cie

- ◆ Samx longx cie-nyungc, cie-hoc, cie-six
- ◆ Jangx jienv cie-nyei hnyangx-jeiv
- ◆ Cie-sin nyei nyungc zeiv (cie dorn, domh cie, cie-nqoi)
- ◆ Maaiah haaix nyungc lengc (naetv zeiv, gingx jieqv faiv maaiah domgx waaic nyei)
- ◆ Faaux jienv cie nyei hoc-dauh caux yiem haaix norm saengv
- ◆ Samx gaax cie mingh haaix bung

Ndaangc heuc lorz

Meih zuqc hiuv duqv gorngv meih haih mbuox taux mengh gorngv meih yiem haaix norm dornx. Zipv finx mienh maiv haih fungx mienh daih tengx hnangv gorngv ninh mbuo maiv hiuv duqv gorngv meih yiem haaix.



Hnangv meih heuc lorz 911

- ◆ Maaiah duqv hoqc jie x longx nyei mienh zipv finx.
- ◆ Zuov bun zipv finx mienh naaic waac meih.
- ◆ Hnangv haih duqv nor, bun nquenc mienh mv fai zorng-zengx mienh gorngv fonh da'faanh zipv finx mienh naaic taux.



Maiv duqv dorh 911 daaih caux fu'jueiv hoqc heuc a'nziaauc.

Njaaux fu'jueiv heuc lorz 911 caux gorngv waac a'nziaauc yiem naaiv norm 911 nyienx a'nziaauc gorn http://www.kiddies-games.com/en/games/call_911.swf.

Longc gan sin fonh heuc lorz nyei heiv sic finx-hoc

Yiem Sacramento mungv ga'nyuoz (916) 264-5151

Yiem dieh norm mungv yiem naaiv norm nquenc zaangc (916) 874-5111

Ging tong heiv sic nyei gorn-baengx (EAS)



Ging tong heiv sic nyei gorn-baengx (EAS)

Ging tong heiv sic nyei gorn-baengx (EAS) naaiv sei zeiz yietc norm ging tong gorn haih bun siepv fiensex bun taux mienh maanh hiuv taux haih maaih maengc sic nyei jauv caux haih maaih sic guaax taux jaa-dingh jaa-dorngx. EAS naaiv norm gorn yaac haih bun fiensex cuotv bun yietc zuangx mienh hiuv yiem dienx taaih, yiem TV caux yiem maaih ke mboh nyei dorngx. EAS ging tong sic nyei jauv maaih cuotv yiem I buo horngc zaangc, dorh buonc yiem naaiv mungv, da'luonh zuonv, ziex norm saengv mv fai ziangh norm guoqv-jaa. Yietc zungv dienx taaih, TV caux ke mboh gorn yaac zuqc eix domh leiz fungx fiensex cuotv gornv taux maaih lungx zaangc fai mienh maanh zoux daaih nyei heiv sic bun baeqv-fingx duqv hiuv. Saengv caux buonc-deic douc heiv fiensex gorn lengc jeiv cuotv fim tengx douc heiv fiensex hnangv.

HNANGV GORNGV MAAIH DOMH HEIV SIC TAUX FATV

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

HNANGV GORNGV MIENH HEUC MEIH "BIAUX SIC BIEQC GA'NYUOZ BIAUV"

Buonc-deic ziouv nziex haih heuc meih zuqc yiem jienv meih nyei biau v ga'nyuoz mv fai yiem jienv meih nyei zoux gong dorngx ga'nyuoz "biaux sic bieqc ga'nyuoz biau v" yaac haih tengx duqv meih. Gornv hnangv naaic nor:

- ◆ dorh saeng-kuv bieqc ga'nyuoz daaih.
- ◆ Guon caux forv longx gaengh dorn caux domh gaengh.
- ◆ Bungx daic nzengc mbiaapc, caux nziaaux-jorm caux nziaaux-namx gorn.
- ◆ Guon jienv domh zox kuotv imx.
- ◆ Lorz nzoih yiem biau v longc tengx heiv sic nyei jaa-sic (mangc 4 wuov pin).
- ◆ Zuqc cing gornv longc dienx youh nyei tiqv nyuqv yaac zoux gong nyei.
- ◆ Bieqc dongh yiem ga'nyuoz jiex caux maaih gaengh zoqc jiex caux maiv nitv ndau fatv jiex wuov qongx.
- ◆ Hnangv maaih ndie-laengc sic, simv cuotv faaux maengx gauh longx jiex weic zuqc maaih deix baav ndie-laengc henv haic gengh haih saamx bieqc ga'ndiev biau v ndoqv maiv gunv meih guon gaengh dongh haaix longx.
- ◆ Maiv duqv yiem nitv fatv gaengh dorn (window).
- ◆ Maaih heiv sic nor, zuqc kaux buonc-deic goux sic ziouv cingx zoux duqv zien jauv.
- ◆ Muangx jienv buonc-deic nyei dienx taaih gornv taux heiv sic yiem KFBK 1530 AM sei zeiz da'yietv norm dienx taaih gorn douc fiensex yiem Sacramento laangz. KXJZ 88.9 FM sei zeiz da'nyeic norm douc fiensex gorn caux KSTE 650 AM sei zeiz mbungh tengx nyei gorn.



Dienx-douz daic

- ◆ Hnangv gornv meih nyei dienx daic doix jienv maaih heiv sic ziangh hoc caux meih yaac maiv maaih longc dienx youh nyei tiqv nyuqv meih zuqc longc cie nyei tiqv nyungc muangx fiensex (faanh meih haih mingh duqv taux cie).
- ◆ Guon longx meih nyei duv yen caux fri nzerh.

Biaux sic bieqc ga'nyuoz biau v

Maaih heiv sic ziangh hoc, qienv zuqc longc yiem ga'nyuoz biau v nyei ga'naaiv yaac haih maiv gaux caux mbuo yaac maiv haih maaih ziangh hoc mingh lorz jaa. Longx haic nyei hnangv gornv haih hiuv duqv dimv maaih siou jienv qienv longc nyei ga'naaiv. Zuqc hnamv taux maaih I ziex kuaaiv zaangc horngx nzaatv six dimc nyei ndie-hmuoqv caux I ziex njunc ndie nyouch liuz meih haih longc tengx maaih heiv sic ziangh hoc.

Red Cross Njoux Sic Biau v

Red Cross njoux sic biau v nziex haih koi hnangv gornv maaih mienh camv buangh zuqc heiv sic tor mingh ziex hnoi ndaauv. Mbenc ziangx mingh lorz njoux sic biau v hnangv gornv maaih:

- ◆ Maiv nzengc nyei ga'naaiv haih benx heiv yiem meih nyei dorngx.
- ◆ Wuom yiemx jienv faaux.
- ◆ Meih nyei biau v waaic jix ndaangc.
- ◆ Goux sic mienh caux/mv fai buonc-deic ziouv heuc meih zuqc biaux cuotv.

Red Cross njoux sic biau v maaih ga'naaiv-nyanc caux tengx baengc da'yietv ginc nyei jaa-sic zingx naaiv bun biaux maengc nyei mienh longc dangh baav.

Daax 911 nyei gorn

Sacramento nquenc maaih "Daax 911 nyei gorn" giu tong taux heiv sic nyei finx-gorn. Tengx taux heiv sic nyei gorn haih longc duqv naaiv norm finx-gorn giu tong taux mienh maanh bun ninh haih hiuv duqv gornv heiv sic haih nyauv zuqc ninh mbuo nyei dorngx camv ndongc haaix.

Goux sic mienh goux mangc jienv

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

Horpc zuqc hnangv haaix nor bungx daic nqaetv-gorn

Zuqc bungx daic meih nyei nqaetv gorn hnangv gorngv meih buatc meih nyei waaic jix camv mv fai meih haiz zueix nqaetv fai maaih dorngx cuotv qiex.

1. Lorz taux buatc nqaetv nyei domh gorn, yiem nitv jienv bungx nqaetv bieqc biauvi fai dimv nqaetv nyei soux mouc wuov.
2. Longc nqimh gapc jienv niouv yietc gouv nyei dorngx niouv mingh haaix bung yaac duqv. Niouv nqaetv nqaaix gungh gangc liuz ninh guon jienv aqv. Heiv sic jix liuz mv baac maiv duqv bungx zieqc nqaetv; heuc nqaetv gorn mienh daaih bungx hnangv.



Horpc zuqc hnangv haaix nor bungx daic diex-gorn

1. Lorz buatc meih nyei diex-gorn longz.
2. Zuqc hiuv duqv bungx daic domh gorn dongh haaix norm neix (nzengc-nzengc dongh hlo jix wuov norm neix dongh yiem naaic longz ga'nyuoz wuov).
3. Longc yietc bung buoz waan neix daic hnangv (mv fai zorqv cuotv domh dang-cov).

Zieqv dingc haih nyiez baengc fai laengc mienh 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 fai laengc mienh nyei ga'naaiv.

Dimv mangc yiem <http://phmsa.dot.gov/public/protect> naaiv norm gorn.

HNANGV MEIH HEUC ZUQC BIAUX SIC

Buonc-deic nyei ziouv buatc maaih jienv sic cingx heuc meih biaux cuotv meih nyei biauvi, meih yaac zuqc ei jienv ninh mbuo nyei waac wuov zanc aaqv. Muangx jienv meih nyei tiqv nyuqv mv fai mangc TV yaac haih bun meih hiuv duqv camv. Ninh mhuo yaac haih mbuox meih mingh lorz meih horpc mingh nyei dorngx. Ei jienv naaiv deix kuv jauv zoux:

- ◆ Zuqv jienv lui-mueiz ndaaub, houx-ndaaub caux heih longx nyei.
- ◆ Dorh longc “gan sin” tengx heiv sic nyei ga'naaiv (mangc 4 pin cingx duqv hiuv camv).
- ◆ Caux meih nyei dorh guv-nguaaz mienh caangh laangh ziangx.
- ◆ Mbenc dorh meih saeng-kuv mingh ganh norm dongx (mangc muonc yiem 6 pin).
- ◆ Bungx daic diex, water, caux nqaetv-ndongh.
- ◆ Bungx jienv biauvi nyei nqaetv (faanh mv maaih mienh heuc bungx guon).
- ◆ Goux longx meih nyei maaih jaa-zinh nyei ga'naaiv.
- ◆ Forv jienv meih nyei biauvi.
- ◆ Gan dingc buonc-deic ziouv mbuox yangh wuov diuh jauv hnangv; maiv dungx yangh jauv-nangv nziex haih mingh maiv tong.
- ◆ Hnangv haih nor zuqc yietc zungv juangc jienv cie bieqc.
- ◆ Maiv dungx mingh nitv fatv finx mbaang daaih wuov.

BIAUX MAENGC YIEM ZIEX NZANGC DOMH BIAUV

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

- ◆ Gaanv jienv biaux cuotv.
- ◆ Ei jienv domh biauvi nyei biaux heiv sic nyei jauv.
- ◆ Seix mangc gaax gaengh jorm nyei fai mv jorm ndaangc meih koi.
- ◆ Hnangv gorngv douz zieqc nor, maiv dungx bieqc tei-naangh.
- ◆ Yangh dongh mbienc jix buatc maiv maaih douz caux douz-sioux wuov norm tei.
- ◆ Nyorng gan douz-sioux ga'ndiev cuotv.

Hnangv gorngv meih zuqc zaeqv jienv ga'nyuoz biauvi nor:

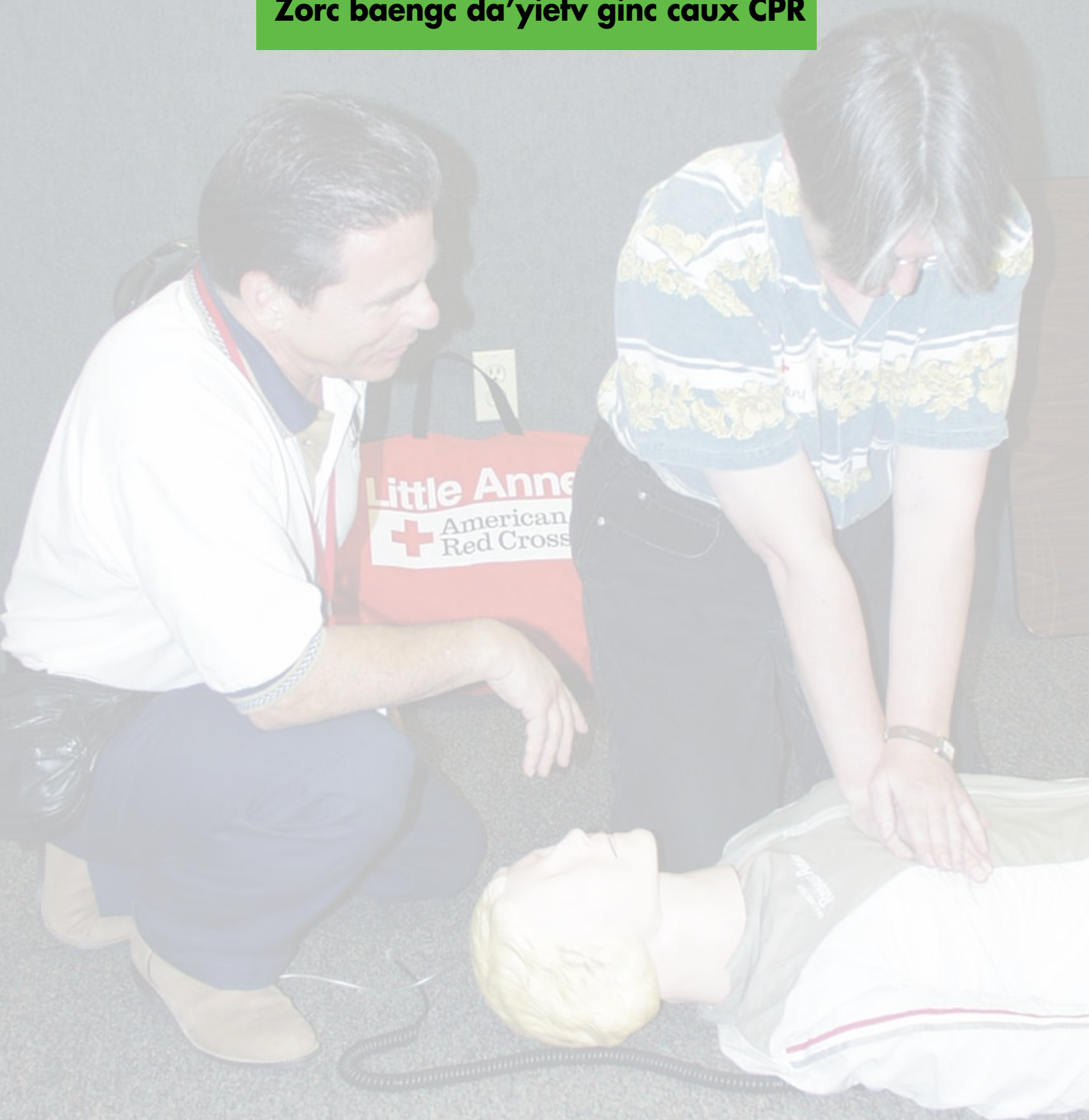
- ◆ Zuqc zoux suonc nyei.
- ◆ Mingh lorz horngc dongh maaih gaengh dorn caux maaih douc waac finx wuov.
- ◆ Yiem dongh njoux maengc mienh haih mangc duqv buatc meih nyei dorngx.
- ◆ Nanv jienv hinc nyei ndie huangx buoz heuc tengx.
- ◆ Koi nqoi gaengh dorn, mv baac zuqc guon hnangv maaih douz-sioux haih bieqc.
- ◆ Zorqv lui-houx mv fai zeiv fapv jienv gaengh qangx.
- ◆ Tengx jienv dieh dauh doic.

Oix hiuv duqv hnangv haaix nor haih tengx duqv mienh dongh maaih baengh waaic wuov deix biaux maengc sic mingh mangc yiem <http://www.fema.gov/plan/prepare/specialplans.shtml> naaiv norm gorn.

HNANGV GORNGV MEIH CAAH BOUC BUANGH ZUQC HAIH NYIEZ BAENGC GA'NAAIV NYEI SIC

- ◆ hnangv meih buatc maaih sic, heuc 911. Hnangv haih nor, mbuox zipv finx mienh dongh haaix nyungc ga'naaiv caux/mv fai haaix nyungc ga'naaiv hoc-dauh (mangc souh-len dongh gorngv taux “zieqv dingc nyiez baengc fai laengc mienh nyei ga'naaiv”).
- ◆ Simv faaux maengx, simv mingh nziaax daaih wuov bung, simv gan ndoqv bieqc yiem sic dorngh wuov.
- ◆ Maiv dungx caaiv fai muoqv zuqc kung daaih nyei ga'naaiv laengc.
- ◆ Simv jienv maiv duqv zorqv zuqc nqaetv qiex, youh qiex mv fai douz-sioux bieqc hnyouvi.
- ◆ Hnangv haih nor, lorz ndie buang jienv nzuih dongh meih biaux cuotv nyei ziangh hoc wuov.
- ◆ Hnangv gorngv meih mingh guoqv zuqc maaih baengc ga'naaiv, heuc njoux douz nyei gorn tengx meih fioux nzengc meih nyei buon-sin liuz cingx daaih mingh nza'maengx.

Zorc baengc da'yietv ginc caux CPR



Ga'nyiec maengx nyei jakv haih dimv tauv mba'nziu nyei javv (AEDs)

AEDs zeiz yietc norm computer ga'naaiv haih maaih finx dorh mingh naetv jienv baengc mienh nyei la'kuotv. AED haih hiuv duqv tauv mba'nziu baengc dongh qiexm zuqc longc dienx douz tengx, caux haih fungx dienx mingh jorm tauv mba'nziu hnangv gorngv qiexm zuqc nor. Duqv hoqc liuz nor, AEDs yaac gengh hungx heix nyei longc. Zoux ziangx CPR liuz jioc longc AED yiem I buo naa ti ga'nyuoz maengx yaac gauh maaih wuonc qiex njoux duqv maengc cuotv.

Meih haih hiuv duqv camv faaux tauv AEDs yiem American goux mba'nziu gom. <http://www.americanheart.org/presenter.jhtml?identifier=3011859> naaiv norm gom.

Hoqc CPR caux zorc baengc da'yietv ginc

Meih yaac gauh hiuv caux gauh haih tengx heiv sic nyei javv hnangv gorngv meih duqv hoc liuz CPR caux zorc baengc da'yietv ginc nyei javv. Heuc mingh lorz American goux mangc mba'nziu nyei gom (916) 446-6505 caux American Red Cross (916) 993-7070 liuz meih gauh hiuv duqv longx.

Maiv hungx heic zoux CPR

Lov nyei javv gengh haih buangh maaqc haic zoux bun maiv hungx heic zoux CPR. Hnangv baengc mienh lov nor, waan baengc mienh nyei mh nqorngv huin ga'hlen maengx liuz gueix cuotv ga'naaiv-la'hlopv. Liuz zoux jienv CPR mingh.

Haih nyiez zuqc baengc nyei javv bun tauv njoux baengc mienh yaac maiv nangv maaih. Maiv maaih jixx nyiec sou gorngv maaih mienh zoux liuz CPR nyiez zuqc HIV mv fai AIDS.

Nzipc bieqc daaih yiem "Hoqc CPR," zoux cuotv yiem Washington domh horqc; longc nyei mienh yaac duqv domh horqc nyei nqoi eix.

CPR CAUX DIEH NYUNGC ZORC BAENGC DA'YIETV GINC JAVV

Cardiopulmonary resuscitation (CPR) sei zeiz yietc diuc tengx njoux maengx nyei javv dongh mienh mba'nziu dingh maiv dongz. Mba'nziu dingh maiv dongz nyei ziangh hoc, mba'nziu yaac maiv fungx nziaamv mingh daaih, nziaamv dingh liuz zoux bun buoz-maengc maiv dongz. Mba'nziu dingh naaiv 10 buon dorn nyei ziangh hoc yaac haih zoux bun baengc mienh maiv hiuv duqv mienh.

CPR haih tengx zoux bun dongh maiv gaengh daic nyei nziaamv mingh lorz mh nqorngv-famv, mba'nziu, caux zix nyungc yiem ga'nyuoz hnyouv tengx maengc nyei dorngx, liuz cingx haih yungz caux mbungh jienv maiv bun waaic. CPR yaac haih tengx borqv maengc bun baengc mienh tauv maaih dieh diuc tengx njoux maengc nyei javv tauv, beiv hnangv bungx dienx douz mingh jorm mba'nziu zoux bun mba'nziu aengx haih dongz. Maaih mienh jienv gic zoux CPR bun mba'nziu dingh nyei baengc mienh yaac gauh maaih wuonc qiex haih maaih singx maengc.

American goux tauv mba'nziu gom zoux duqv I nyungc CPR tengx tauv domh mienh: Heic nyei wuov nyungc sei zeiz dongh caa la'kuotv caux dauv jienv nzuih cui qiex, dongh mingh hoqc jixx CPR nyei mienh yaac zuqc zoux naaiv deix baeqc mueic gom.

LONGC BUOZ ZOUX BUN DOMH MIENH NYEI CPR (HEIC NYEI CPR)

Ei jienv naaiv deix javv zoux hnangv meih maiv duqv hoqc jixx CPR

1. HEUC

Mangc gaax baengc mienh hiuv duqv mienh nyei fai. Hnangv gorngv ninh maiv haih dauv meih nor, heuc 911 liuz daaux nzuonx mingh goux jienv baengh mienh. Goux heiv sic mienh yaac haih mbuox jienv meih zoux CPR.



2. CAA

Hnangv gorngv baengc mienh maiv haih tauv qiex benx, hnopv mv fai dongz, njongh deix jixx gom caa ninh nyei la'kuotv. Caa la'kuotv mba'ndongx njiec 1 1/2 mingh lorz 2 ndoqv ziangx nyei ninh nyei I norm nyorx-zueiv mba'ndongx. Caa yietc buon 100 nzunc, gauh siepv ndaangc yietc buon dorn yietc nzunc. Caa yietc nzunc liuz zuqc zuov bun la'kuotv baengh hnangv loz liuz cingx aengx caa. Borqv zoux jienv mingh tauv maaih mienh daaih tauv tengx.



CPR TENGX DOMH MIENH CAUX FU'JUEIV HNYANGX JEIV 8 HNYANGX FAAUX MAENGX (BIOMV QIEX CAUX CAA)

Ei jienv naaiv deix javv zoux hnangv gorngv meih duqv hoqc jiex CPR caux meih haih mbienc nyei nor.

1. HEUC

Mangc gaax baengc mienh hiuv duqv mienh nyei fai. Hnangv gorngv ninh maiv haih dau meih nor, heuc 911. liuz zorqv longc tengx mba'nziu nyei ga'naaiv daaih (AED) hnangv maaih mbienc nor; daaux nzuonx mingh goux jienv baengh mienh. Goux heiv sic mienh yaac haih mbuox jienv meih zoux CPR.



2. BIOMV

Waan baengc mienh nyei mh nqorngv ngorngz jienv liuz muangx maaih qiex nyei fai. Hnangv gorngv buac tavv qiex maiv dongh nyungc, hnopv, dongz, nanv jienv ninh nyei mba'zornz liuz dorh meih nyei nzuih mingh dauv jienv ninh nyei nzuih liuz biomv tavv meih buac ninh nyei la'kuotv mbong faaux. Biom I nzunc qiex. Yietc nzunc longc yietc buon dorn ziangh hoc.



3. CAA

Hnangv gorngv baengc mienh daaih maiv haih tavv qiex benx, hnopv, dongz, njongh deix jiex gorn caa ninh nyei la'kuotv. Caa la'kuotv njiec 1 1/2 mingh lorz 2 ndoqv 30 nzunc ziangx nyei ninh nyei I norm nyorx-zueiv mba'ndongx. Caa yietc buon 100 nzunc, gauh siepv ndaangc yietc buon dorn yietc nzunc. Caa yietc nzunc liuz zuqc zuov bun la'kuotv baengh hnangv loz liuz cingx aengx caa.

4. PAAN NQAANG

Borqv jienv zoux dongh biomv I nzunc qiex caux caa la'kuotv 30 nzunc zoux tavv maaih mienh tavv daaih tengx. Maiv duqv njavv zuqc caa la'kuotv nyei javv lauh jiex ndaangc 10 buon.

Dimv mbuox: Naaiv deix eix leiz longz fih hnangv bun yietc dauv fai I dauv zoux CPR. I dauv mienh zoux CPR nor, dongh caa la'kuotv wuov dauv zuqc dingh njiec dongh dorh nzuih caux nzuih dauv jienv wuov dauv biomv jienv qiex nyei ziangh hocmientras la otra da respiración boca a boca.

Tauv qiex maih dongh nyungc

Mba'nziu dingh mingh mv mienh corc sei haih tavv duqv qiex mingh zix buon nyei, tavv qiex maiv dongh nyungc hnangv. Naaiv kang tavv qiex maiv dongh nyungc nyei javv sei laaix mh nqorngv-famv heuc tavv hnangv nziaamv liemh zungv maiv tiux aqv. Tavv qiex maiv dongh nyungc hnangv naaiv sei hnangv qiex-njortc, qiex jienv mv fai hnangv njaanh nor. I buo norm buon liuz yaac maiv haiz qiex aqv. Mienh tavv qiex hnangv naaiv qiex zuqc zoux CPR wuov zanc aqv. Baengc mienh gengh jienv nyei qiex zuqc qiex liuz maaih meih ganh haih tengx duqv ninh hnangv dongh naaic norm ziangh hoc.

CPR TENGX FU'JUEIV 1-8 HNYANGX

Dimv mbuox: Maiv fih hnangv caux domh mienh nyei dongh jieqv nyei wuov deix.

1. HEUC

Mangc gaax baengc mienh hiuv duqv mienh nyei fai. **Hnangv gorngv ganh nduqc dauh caux fu'jueiv hnangv nor, zoux I buon CPR liuz cingx daaih heuc 911.** (Naaiv kang jauv maiv hnangv tengx domh mienh wuov, tengx domh mienh wuov mhuox heuc lorz 911 ndaangc). Goux heiv sic mienh yaac haih mbuox jienv meih zoux CPR.



2. BIOMV

Waan mh nqorngv ngorngz jienv liuz muangx maaih qiex nyei fai. Hnangv gorngv buatc tauv qiex maiv dongh nyungc, nanv jienv ninh nyei mba'zorong liuz dorh meih nyei nzuih mingh dauh jienv ninh nyei nzuih liuz biomv tauv meih buatc ninh nyei la'kuotv mbong faaux. Biom I nzunc qiex. Yietc nzunc longc yietc buon dorn ziangh hoc.



3. CAA

Hnangv gorngv baengc mienh daaih maiv haih tauv qiex benx, hnopv, dongz, njongh deix jieq gorn caa ninh nyei la'kuotv. **Caa la'kuotv njiec 1 1/3 mingh lorz 1 1/2 ndoqv yiem ninh nyei la'kuotv caa 30 nzunc ziangx nyei ninh nyei I norm nyorx-zueiv mba'ndongx.** Meih haih longc duqv yietc bung fai I bung buoz nyei, yiem fu'jueiv hlo faix hnangv. Caa yietc buon 100 nzunc, gauh siepv ndaangc yietc buon dorn yietc nzunc. Caa yietc nzunc liuz zuqc zuov bun la'kuotv baengh hnangv loz liuz cingx aengx caa.



4. PAAN NQAANG

Borqv jienv zoux dongh biomv I nzunc qiex caux caa la'kuotv 30 nzunc zoux tauv maaih mienh tauv daaih tengx. Zoux biao nzunc fai I buon liuz, heuc 911 hnangv gorngv daaih maiv gaengh ziangx, zorqv tengx mba'nziu nyei ga'naaiv daaih (AED) hnangv maaih mbienc nyei nor. Borqv jienv zoux CPR faanh qiemx zuqc nyei nor. Maiv duqv njauv zuqc caa la'kuotv nyei jauv lauh jieq ndaangc 10 buon.

CPR TENGX GUV-NGUAZ 1 HNYANGX GA'NDIEV MAENGX



1. HEUC

Heuc mbui nyei caux heng-heng mbaevq guv-nguaaz nyei zaux-benv. Hnangv buate guv-nguaaz maiv dongz nor, bun ninh da'nziaaux bueix jienv. Hnangv meih ganh nduqc dauh caux guv-nguaaz hnangv nor, zoux I buon CPR ndaangc heuc 911. Goux heiv sic mienh yaac haih mbuox jienv meih zoux CPR.



2. BIOMV

Waan mh nqornqv ngorngz jienv (maiv duqv ngorngz jiex ndaang) liuz muangx maaih qiex nyei fai. Mangc gaax la'kuotv mbong faaux nyei fai. Dorh meih nyei kamh bui mingh haengc gaax maaih qiex nyei fai. Dorh meih nyei nzuih zaaux jienv ninh nyei mba'zornq caux nzuih, liuz manc-manc biomv I nzunc qiex. Yietc nzunc longc yietc buon dorn ziangh hoc. Meih yietv biomv horpc zuqc buate ninh nyei la'kuotv mbong faaux.



3. CAA

Heng-heng caa la'kuotv 30 nzunc. Longc I buo norm buoz-ndoqv caa njiec guv-nguaaz nyei la'kuotv mba'ndongx ninh nyei I norm nzorx-zueiv gandiev maengx. Buo gouv la'kuotv caa njiec yietc gouv nyei dorngx. Caa yietc buon 100 nzunc. Caa yietc nzunc liuz zuqc zuov bun la'kuotv baengh hnangv loz liuz cingx aengx caa.

4. PAAN NQAANG

Borqv jienv zoux dongh biomv I nzunc qiex caux caa la'kuotv 30 nzunc zoux taux maaih mienh taux daaih tengx. Zoux biao nzunc fai I buon liuz, heuc 911, Borqv jienv biomv qiex caux caa la'kuotv faanh qiemx zuqc nyei nor. Maiv duqv njauv zuqc caa la'kuotv nyei jauv lauh jiex ndaangc 10 buon.

Guv-nguaaz liemh zeih dai (SIDS)

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

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

- ◆ Bun guv-nguaaz da'nziaaux bueix njormh.
- ◆ Longc suangx-dimc longx nyei, dimc jienv guv-nguaaz nyei coux-longz horpc nyei dongh zoux daaih doix leiz fingx nyei wuov.
- ◆ Zorqv nqoi nzomz-dauh, laangc coux ndie, domh suangx, suangx-biei, zotv daaih bun guv-nguaaz longc a'nziaauc ga'naaiv caux yietc zungv ga'naaiv-mau yaac zuqc siou pien gamh nziex haih opv zuqc guv-nguaaz.
- ◆ Bun guv-nguaaz zuqv jienv bueix njormh lui houh liuz maiv zuqc homc suangx mv fai longc dieh nyungc ga'naaiv beu.
- ◆ Bun guv-nguaaz bueix longx ninh nyei zaux yaac zuqc bun bueix taux coux-dueiv mingh.
- ◆ Mangc longx maiv duqv gomv zuqc guv-nguaaz nyei mh nqornqv dongh ninh njormh ziangh hoc.
- ◆ Zoux bun guv-nguaaz siouv nyei mv baac maiv duqv bun jorm jiex ndaangc.
- ◆ Zuqc hiuv duqv gorngv mau nyei ga'naaiv yaac haih benx heiv sic yiem coux.
- ◆ Simv jienv maiv duqv bun bueix domh mienh coux, wuom-coux, zueix nyei eiv-mau fai dieh nyung ga'naaiv-mau.

Fu'jeiv mbungh sic lorh

Fu'jeiv bieqc cie yaac zuqc maaih mbungh sic lorh horpc nyei bun ninh mbuo zueiz caux sai jienv longx nyei mingh taux ninh mbuo nyei hnyangx-jeiv duqv 6 hnyangx faaux maengx mv fai maaih hiev-soux 60 paauh faaux maengx. Oix hiuv jaa nor lorz meih nyei buonc-deic nyei goux sic gorn (CHP) mv fai mingh <http://www.chp.ca.gov/community/safeseat.html> gorn.

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

Meih nyei zorc baengc da'yietv ginc jaa-sic horpc zuqc maaih:

- ◆ Buoz-matc longc liuz guangc wuov nyungc.
- ◆ Zouv fai zaang jix nyei ndie-beu longc beu donv nziaamv.
- ◆ Ndie-nzaaux fai saa mbu caux siqc jaa-ndie longc nzaaux ga'naaiv-mun maiv bun butv.
- ◆ Douz-buov ndie nzaatv jiev maiv bun haih butv.
- ◆ Zuqc mbenc maaih zix hoc ndie-njouz fai naetv ga'naaiv mun ndie.
- ◆ Nzaaux mh zing ndie fai nzaaux baengh ndie.
- ◆ Dimv sin jorm ga'naaiv dongh maiv maaih saah nyaangh wuom wuov nyungc (Non-mercury thermometer).
- ◆ Ndie-sai bun meih hnoi-hnoi qiemx zuqc nyei ndie bei hnangv nziaamv gaam, tengx mba'nziu, jaang zietc ndie (ndie zengc ziangh hoc liuz yaac zuqc yienc siang).
- ◆ Ndie-sai bun daaih longc dimv baengc ga'naaiv beiv hnangv dimv nziaamv gaam caux nziaamv hlang jaa-sic.
- ◆ Nqiu
- ◆ Siaam-nipv

Meih nyei zorc baengc da'yietv ginc jaa-sic zuqc maaih deix maiv zeiz ndie-sai bun daaih nyei ndie mbungj jiev:

- ◆ Aspirin mv fai maiv 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 gongv tengx dimv ndie laengc 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 nyei ndie-wuom tengx zorc baengc da'yietv ginc yiem biau.

Duqv zipv daaih longc taux naaiv deix kuv sic yiem http://www.ready.gov/first_aid_kit.html duqv mbenc cuotv yiem goux mangc domh sih nyei gorn.

TENGX TAUX GA'NAAIV NQAENGX NYEI JAUV

Naaiv deix jauv longc tengx taux ga'naaiv zaeqv zuqc taub qieix jauv bun domh mienh caux fu'jueiv dongh corc sei hiuv duqv mienh nyei ziangh hoc.

DOMH MIENH DONGH NZANG NYEI ZIANGH HOC

Da'yietc diuc

Mangc gaax ninh haih gongv waac fai hnopv nyei fai. Hnangv gongv maiv haih nor, Zoux mingh da'nyeic diuc.

Da'nyeic diuc

Qam jiev ga'sie-dorn fuoqv faaux (sou faaux sou njiec):

- ◆ Yiem nqa'haav maengx, zorqv meih nyei buoz-seih jaang qam jiev baengc mienh nyei la'nyaapv-mau.
- ◆ Nyuotv jiev buoz-juonh liuz zorqv meih nyei buoz-ndoqv nyeiz wuov bung an jiev baengc mienh nyei la'kuotv-jomc, ga'ndiev maengx la'saengx-mbungv gong ga'sie-mau ga'nguaaic maengx.
- ◆ Longc meih nyei wuov bung buoz nyau jiev meih nyei buoz-juonh liuz zatv fai fuoqv faaux siepv nyei. Maiv duqv njaapc zuqc la'saengx mbungv qong; longc meih nyei buoz zoux qaaqv hnangv.

Da'faam diuc

Paan nqaang zoux taux ga'naaiv nqaengx baetv cuotv.

Qam jiev la'kuotv sou nyei jauv naaiv yaac zuqc faix fim nyei bun taux mienh junc mienh caux dongh mienh maaih guv-nguaaz oix gauh wuov deix. Hnangv gongv buac domh mienh fai fu'jueiv maiv hiuv duqv mienh nor, zuqc zoux CPR. Faanh meih buac maaih ga'naaiv yiem ga'nyuoz jaang fai nzuih yaac zuqc zorqv cuotv mingh.



FU'JUEIV 1-8 HNYANGX DONGH NZANG NYEI ZIANGH HOC

Da'yietc diuc

Mangc gaax ninh haih gongv waac fai hnopv nyei fai. Hnangv gongv maiv haih nor, Zoux mingh da'nyeic diuc.

Da'nyeic diuc

Qam jiev ga'sie-dorn fuoqv faaux (sou faaux sou njiec) zoux taux buac ga'naaiv baetv cuotv.

Da'faam diuc

Qam jiev la'kuotv sou nyei jauv naaiv yaac zuqc faix fim nyei bun taux mienh junc fu'jueiv.

Hnangv gongv buac fu'jueiv hiuv duqv mienh nor, zuqc zoux CPR. Faanh meih buac maaih ga'naaiv yiem ga'nyuoz jaang fai nzuih yaac zuqc zorqv cuotv mingh.

GUV-NGUAZ 1 HNYANGX GA'NDIEV MAENGX DONGH NZANG NYEI ZIANGH HOC



Da'yietc diuc

Mangc gaax ninh haih nyiemv fai hnopv nyei fai. Hnangv gongv maiv haih nor, Zoux mingh da'nyeic diuc.



Da'nyeic diuc

Mbaeqv biau nzunc diqc daanz.

Da'faam diuc

Fouqv biau nzunc la'kuotv.

Da'feix diuc

Paan nqaang zoux da'nyeic caux da'faam zoux taux buac guv-nguaaz hiuv duqv mienh. Hnangv guv-nguaaz daaih maiv hiuv duqv mienh nor, zuqc zoux CPR. Faanh meih buac maaih ga'naaiv yiem ga'nyuoz jaang fai nzuih yaac zuqc zorqv cuotv mingh.

Tengx taux ga'naaiv nqaengx nyei jauv naaiv sei duqv nzipe daaih yiem #Hoqc CPR: Meih yaac haih zoux, maaih yiem (<http://depts.washington.edu/learnqr/chokeconscious.html>) yaac duqv jiev Washington domh horqc nyei nqoi eix.

TENGX TAUX NDORTV WUOM NYEI JAUV

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

Hnangv gorngv ndortv wuom mienh sei nzang nyei nor:

- ◆ Fongv haih mbiouh wuom nyei ga'naaiv mingh bun ninh mv fai cunv ndiangx-nquaah, caa, lui-houx mv fai dieh nyungc ga'naaiv bun ninh nanv jienv cuotv. Njoux maengc mienh maiv horpc zuqc zoux bun ninh mbuo ganh haih maaih heiv sic.
- ◆ Heuc 911 daaih tengx.

Hnangv gorngv ndortv wuom mienh maiv hiuv duqv mienh nor:

- ◆ Hnangv meih zuqc bieqc wuom mingh cingx haih taux ndortv wuom mienh, Zuqc dorh jienv mbiouh wuom ga'naaiv mingh hnangv maaih mbienc nor. Zorqv ndortv wuom mienh cuotv wuom wuov zanc liuz, zuqc faix fim taux ninh nyei jaang caux ninh nyei jaaiv zuqc bun ninh bueix baengh nyei. Hnangv cuotv taux ndoqv-hlen mv fai nzaaux sin njaangh hlen, zuqc bun ndortv wuom mienh da'nziaaux bueix jienv.
- ◆ Hnangv ndortv wuom mienh maiv haih tauv qiex, mangc gaax ninh nyei nziaaux-jauv maaih ga'naaiv nyei fai, hnangv maaih nor zuqc fioux nqoi. Zuov I buo buon liuz buatec ninh daaih maiv tauv qiex nor, gaanv jienv zoux CPR (mangc CPR wuov kang yiem 18 pin). Heuc 911 daaih tengx.
- ◆ Hnangv ndortv wuom mienh nzang nyei, goux bun ninh siouv nyei (homc jienv suangx, domh lui mv fai longc dieh nyungc ga'naaiv tengx zoux ninh siouv) bun ninh bueix jienv zuov mienh daaih tengx.

CIOU

Meih yaac maiv haih tengx mienh jaev ciou. Zuqc bun ninh ciou taux ziangh.

Ciou nyei eix-leiz:

- ◆ Buoz-nzaux nyuotv nyanh nyanh deix.
- ◆ Mh zing njaetv faaux maengx.
- ◆ Tauv qiex mbui fai seix, wuom-nzuih mbiaaaz cuotv mv fai nzuih nqaapc faaux nqaapc njiec.
- ◆ Maaih dauh baav qiex siangx zutc dangh baav nyei.
- ◆ Baengc mienh yaac haih ngaatec zuqc ninh nyei mbietc liuz yaac haih cuotv nziaamv daaih zaeqv zuqc qiex-jauv.

Ciou jienv nyei ziangh hoc:

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

Ciou ziangx liuz:

- ◆ mangc gaax ninh haih tauv qiex nyei fai. Hnangv maiv tauv qiex nor, zuqc tengx bun qiex ninh (mangc da'nyei kang CPR gorngv taux Biomv wuov).

Nyanc ndie camv jiex ndaangc

Nyanc ndie camv jiex ndaangc yaac haih laengc. Diuv nquin deix baav yaac maiv zuqc nyanc ndie. Diuv ganh mv fai zorpc jienv ndie yaac haih zoux bun mienh 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 911. Hnangv buatec ninh hiuv duqv mienh nyei, heuc tengx goux ndie laengc nyei gorn (800) 876-4766.
2. Mangc gaax baengc mienh tauv qiex nyei fai. Hnangv maiv haih tauv qiex fai tauv qiex maiv henv, koi nqoi qiex-jauv. Zuov I buo buon liuz, ninh daaih maiv haih tauv qiex nor, gaanv jienv tengx bun qiex ninh (mangc da'nyei wuov kang CPR gorngv taux biomv wuov).
3. Dongh zuov jienv longc tengx nyei ziangh hoc:
 - a. Mangc jienv ninh tauv qiex nyei jauv-louc.
 - b. Lorz suangx fai domh lui bun ninh homc jienv siouv nyei.
 - c. Maiv duqv dox wuom an baengc mienh nyei hmien.
 - d. Maiv duqv ninh nyanc ga'naaiv fai hopv wuom cih njiec 911 mv fai goux ga'naaiv laengc gorn heuc bun.
4. Hnangv buatec ninh maiv nzang, waan ninh nzaqc hlengx sin bueix jienv yaac haih tengx koi njaang qiex-jauv faah gorngv ninh haih lov.



Mbuox baengc nyei buoz-limc

Mangc longx baengc mienh gaax maaih mbuox baengc nyei buoz-limc mv fai yienx nyei fai. Buoz-limc faaux maaih ninh nyei baengc zingh, lengc jeiv hoc-dauh caux finx-hoc bun haih heuc duqv haiz fai oix hiuv duqv mengc baeqc.

Nziaamv cuotv: Mh nqorngv sic

- ◆ Heuc lorz tengx heiv sic. Bun haih zorc ndie nyei mienh tengx mangc ga'naaiv-mun.
- ◆ Zuqc samx mangc jaang mun sic da'faanh maaih mh nqorngv mun nyei sic. Zaangv jienv ninh nyei mh nqorngv caux ninh nyei jaang dingh nyei.
- ◆ Donv nziaamv nyei ziangh hoc, maiv duqv njiec qaaqv zatv jiex ndaangc. Maiv dungx zatv jienv mh normh maiv bun nziaamv cuotv.
- ◆ Maiv duqv bun ninh hopv yietc nyungc wuom, buov in-mbiaatc mv fai dieh nyungc in fai ndie, nziex haih zoux bun dimv maiv cing taux baengc kouv dongh haaix nyei jauv.

Nziaamv cuotv: Ga'nyuoz sic

Zoux bun hiuv duqv ga'nyuoz haih cuotv nziaamv nyei eix-leiz:

- ◆ Hnopv mv fai lov cuotv nziaamv, mv fai bungx yiez fai nqaiv maaih nziaamv.
 - ◆ Butv juangv, cuotv hanc, fai ndopv yangh; buoz-maengc maiv henv; mongh longh.
1. Gaanv jienv lorz zorc ndie nyei jauv daaih tengx siepv.
 2. Bun baengc mienh bueix jienv bouh zaux faaux hlang deix bun ninh hitv kuonx. Zoux hnyouv suonx nyei liuz goux jienv ninh siouv nyei.
 3. Maiv duqv bun yietc nyungc ga'naaiv ninh hopv fai nyanc.

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 maiv dungx la'guaic hnamv oix seix longc donv nziaamv ga'naaiv. Zanc-zanc zuqc sim longx maiv duqv bun baengc mienh nyei nziaamv guoqv zuqc meih nyei ndopv.

Longc zieux yiemc ga'naaiv nqaevq hnangv buatec jienv nyei nor.

- ◆ Buang fai zatv jienv zietc nyei 5 mingh lorz 15 buon. Nziaamv yaac nzengc-nzengc dingh yiem I buo buon nyei dorngx.
- ◆ Hnangv 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. Hnangv mbungv maiv nauv nor, cau buoz-zaux lorngx faaux hlang deix bun ninh gauh hlang deix mba'nzui wuov wuonc dorngx.
- ◆ Mba'zornq cuotv nziaamv nor zorqv buoz-ndoqv nipv jienv mba'zornq liuz zu-eix jienv zaqc nyei yaac haih donv duqv nziaamv dingh. Nanv jienv mba'zornq zietc nyei 10 buon nyei dorngx maiv duqv bungx guangc.

MBUNGV NAUV

- ◆ Heuc mingh lorz heiv sic mienh daaih tengx mv fai lorz mienh tengx heuc mingh lorz zorc ndie mienh daaih tengx siepv-siepv nyei.
- ◆ Maiv dungx suiv baengc mienh mingh haaix cih njiec haih maaih heiv sic aengx haih cuotv jaa bun baengc mienh yiem naaiv norm dorngx.
- ◆ Hnangv gornqv buatec mbungv baetv cuotv ga'nyiec ziqc ndopv daaih nor maiv dungx zoux bun mbungv bieqc ga'nyuoz.
- ◆ Buatec mbungv piatv fai corx yaac maiv dungx baengc ninh zaaqc. Bun ndie-sai mv fai dongh hoqc jiex nyei mienh tengx zoux. Hnangv meih zuqc dorh baengc mienh mingh ganh norm dorngx, njaapc longx mbungv piatv fai corx nyei dorngx.
- ◆ Goux jienv baengc mienh siouv nyei, maiv dungx bun hopv wuom fain die-wuom. Maiv dungx liepc zaux faaux hnangv buatec zaux mun, jaang mun, jaaiv caux mh nqorngv mun.

DIENX-DOUZ BUOV

- ◆ Maiv duqv muoqv zuqc dienx buov zuqc nyei mienh zuqc samx mangc longx buatec dienx daic liuz cingx daaih muoqv duqv.
- ◆ Hnangv maaih finx mv fai domh finx mbaang ninv zuqc baengc mienh, longc baaiv-nqaai tiu nqoi finx. Hnangv ndau ndorn nyei nor, maiv dungx mingh fatv. Heuc 911 daaih tengx.
- ◆ Hnangv meih haih mingh duqv taux maiv zuqc gamh nziex nor, mangc gaax maaih qiex nyei fai. Hnangv buatec baengc mienh tauv qiex maiv henv fai qiex zutc, tengx ninh koi nqoi qiex-jauv. Zuov I buo buon liuz daaih maiv haih tauv qiex nor, gaanv jienv zoux CPR (mangc CPR wuov kang).



**Lungh Zaangc Benx
Daaih Nyei Heiv Sic**

Mungv zaangc ziouv hnangv haaic nor haih hiuv duqv maaih wuom haih yiem?

Buonc-deic ging tong taux biaux maengc sic gorn (ALERT), Yiem guoqv zaangc dim taux mbiungc-nziaaux gorn haih maaih ging taux norm norm gorn taux wuom yiem nyei jauv. Sacramento nyei ALERT gorn yaac duqv zanc-zanc dimv mangc taux mbiungc caux ndoqv nyei jauv. Maaih wuom faaux buangv jiex ndaangc yaac maaih ga'naaiv haih mbuox bun hiuv duqv ndaangc.

Beu wuom yiem nyei sic

Dorh baanx biau-ziouv nyei beu biau nyei sou maiv maaih beu wuom yiem nyei jauv. Hnangv naaic nor, biau-ziouv caux gong-ziouv zuqc cih lengc maaih beu wuom yiem nyei sic sou mbungh gong caux biau maiv gunv gongv ninh nyei dorngx yiem zuqc dongh FEMA gongv wuom haih yiemx taux nyei dorngx(SFHA) fai maiv zeiz. Mienh yiem zuqc dongh maiv zeiz wuom haih yiem nyei dorngx SFHA maaiz beu wuom yiem nyei sou (PRP) nziex gauh zaanc deix.

Maiv daan gongv dauh dauh biau ziouv zuqv longc beu wuom yiem nyei sic sou nzengc, sauh biau yiem nyei mienh yaac horpc zuqc longc daaih beu ninh mbuo nyei maaih jaa-zinh nyei ga'naaiv nyei. Oix mbuox jaa, Sacramento mungv mienh dongh yiem maiv zuqc beu wuom yiemx sic nyei sou zaanc nyei dorngx wuov deix yaac haih duqv zaanc nyei weic zuqc Sacramento mungv duqv bieqc caux guoqv zaangc gorn dongh dimv taux beu wuom yiemx nyei sic wuov guan.

Hnangv meih zeiz Sacramento mungv nyei mienh, meih yaac haih naaic duqv mengh taux meih nyei dorngx sei zeiz SFHA wuom haih yiem nyei dorngx fai yiem naaiv mbenc taux wuom yiemx gorn yiem Sacramento (916) 808-5061; an jienv waac gongv meih haaix dauh, bun jienv meih nyei deic-zevp, caux meih nyei biau nyei biau nyei hoc-dauh (APN) assessor's parcel number. I hnoi ga'nyuoz maengx zoux gong mienh heuc nzuonx bun meih hiuv. Dongh yiem Sacramento nquenc wuov deix yaac haih heu daaih lorz dimv mangc wuom yiemx nyei gorn duqv (916) 874-7517. Hnangv meih maiv hiuv duqv meih nyei biau nyei hoc-dauh nor, meih heuc mingh lorz (916) 875-0700, County Assessor's Office.

Oix hiuv duqv camv faaux taux beu wuom yiemx nyei sic, heu lorz buonc-deic nyei beu sic dorngx; lorz guoqv zaangc beu wuom yiemx nyei sic gorn (888) 379-9531 lorz mienh tengx meih dimv mv fai mingh <http://www.fema.gov/business/nfip/index.shtm>

Daaih hnangv ziex norm dorngx yiem naaiv deic-bung nor, Sacramento nquenc yaac maiv haih simv duqv lungh zaangc benx daaih nyei heiv sic. Hiuv duqv gongv lungh zaangc benx daaih nyei heiv sic naaic maiv nangc haih maaih, mv baac wuom yiemx, douz lanh caux ndau dongz yaac haih benx yiem naaiv.

WUOM YIEMX

Maaih ziex qongx dorngx yiem naaiv Sacramento Nquenc yaac haih maaih ndoqv nyei wuom haih daaih yiemx taux. Sacramento yiem zuqc wuom haih yiemx nyei dorngx benx zuqc ninh nitv zuqc Sacramento caux Aamerican ndoqv. Naaiv deix I diuh ndoqv caux jienv Arcade Creek, Ruble Creek, Elder Creek, Laguna Creek, Hagginwwod Creek, Cosumnes ndoqv caux jienv ziex diuc ndoqv-dorn liemh jienv laangz-zuonx caux mbong nyei wuom caux mbiungc yietc zungv liouc njiec Sacramento laangz. Longc nie zaeqv daaih nyei ndoqv mbiex yaac haih mbaang zoux bun wuom haih daaih yiemx taux buonc-deic dongh mbuo zungv maiv jangx taux ndongc haaix.



NDAANGC DUIH DOMH MBIUNG

- ◆ Siou longx beu sic nyei sou, siou dieh nyungc jienv nyei sou dapv jienv siou jienv nyei ga'naaiv nyei dorngx. Hnangv meih siou ga'naaiv yiem biau nor, zuqc dorh gan jienv meih nyei sin dongh meih cuotv biau mingh wuov.
- ◆ Dimv mangc taux meih nyei beu wuom yiem nyei sic sou mangc gaax ninh beu duqv haaix nyungc. Hnangv meih maiv maaih beu wuom yiemx nyei sic sou nor, meih yaac qiex zuqc maaiz nyei.
- ◆ Zuqc dapv jienv youh meih nyei cie. Hnangv dienx-douz daic nor, dapv youh dorngx nziex maiv haih bungx youh.
- ◆ Hiuv duqv jauv mingh hlang nyei dorngx yiem biau fai yiem gong. Jangx jienv muangx tiqv nyuqv mv fai mangc tv taux horpc yangh haaix mingh nyei jauv ndaangc meih cuotv meih nyei biau. Dienx taaih gorn dongh fungx heiv sic fiex bun mienh yiem Sacramento sei maaih KFBK 1530 AM, KXJZ 88.9 FM caux KSTE 650 AM.
- ◆ Liouh jienv saaiv-ziou mbuoqc, ndiangx-benv, yaang-benv, ndiangx-diuh fai nqanx caux dieh nyungc haih tengx zaeqv duqv wuom nyei ga'naaiv mbienc nyei. Maiv duqv ndui saaiv-ziou mbuoqc meih nyei biau ndaangc fatv cung; ndui jienv go deix, liuz cingx daaih nqaeqv duqv wuom daaih maiv taux biau.



- ◆ Duih mbiungc hlo nyei ziangh hoc, wuom yiem jauv yaac haih mingh yiem waac biau, jienv jiex dongh jauv-kuotv zaeqv wuov deix dorngx. Fioux nzengc ndiangx-normh, ndiangx-nquaah nyaang caux la'fapv yiem meih nyei nquaaz genv caux meih nyei biau hlen jauv.

DUIH DOMH MBIUNGC ZIANGH HOC

- ◆ Simv jienv wuom haih yiem heic nyei dorngx.
- ◆ Maiv duqv jiex ndoqv gorngv buac ndo jiex ndaangc cing-mboqc. Wuom mbaengc 6 ndoqv mv haih mbiaangc caux zoux meih ndorpc liuz yaac haih maaih wuom seix nyei torngx jienv meih mingh.
- ◆ Maiv duqv niouv cie jiex wuom yiemx jienv nyei jaur; meih nziex haih maaih zaeqv zuqc caux maiv noic duqv cuotv.
- ◆ Hnangv wuom yiemx jienv meih cie yiem wuov jaur, gaanv guangc jienv mbiaux faaux hlang nyei dorngx. Maaih mienh daic camv laaix mingh zorqv cie cuotv maiv bun wuom yiemx yaac maiv samx mangc wuom buangv faaux nyei jaur.
- ◆ Maiv dungx mingh “mangc a’nziaauc” wuom yiemx nyei dorngx. Maiv dungx mingh bieqc dongh buonc-deic ziouv guon jienv maiv bun mienh bieqc nyei dorngx.
- ◆ Simv maiv duqv benx mingh haaix. Duih mbiungc ziangh hoc meih yaac zuqc cuotv jaur nor, zuqv jienv lui houx siouv, zixc yiemc lui houx fong nyei. Mbuox dieh dauh hiuv duqv gorngv meih mingh haaix.
- ◆ Faanh maaih heiv sic mv fai heuc mbuox heiv sic cingx longc fonh hnangv.
- ◆ Faanh buac wuom haih yiemx, caux maaih ziang hoc nor, dorh biau v zong ga’naaiv-jaaix faaux ga’nguaaic jiex wuov kang biau v mingh.
- ◆ Hnangv buonc-deic ziouv heuc zuqc biaux cuotv biau v, mingh yiem jienv maiv gamh nziex sic nyei dorngx ndaangc wuom yiemx ndipc jaur.
- ◆ Ndaangc biaux cuotv, baeng ndutv yietc zungv dauh dienx nyei ga’naaiv, caux gorngv buonc-deic ziouv heuc nor zuqc bungx daic nzengc dienx caux nqaetv gorn.

Hiuv duqv ging sic nyei jaur

Faanh maaih wuom yiemx nyei sic, Sacramento nquenc maaih zixc diuc jaur haih ging tong bun hiuv tauh sic dauh caux biaux sic nyei jaur.

- ◆ **Daaux 911 nyei gorn haih heuc mingh meih nyei biau v.** Sacramento goux mangc heiv sic gorn haih longc (daaux 911 gorn) heuc mingh meih nyei biau v mbuox meih hiuv tauh biaux sic nyei jaur-louc. Muangx longc tauh biaux sic nyei jaur caux hnangv haaix nor haih lorz duqv mienh daaih tengx meih biaux sic cuotv meih nyei biau v zong.
- ◆ Muangx jienv cie-wiuv. Maaih heiv sic nor, goux sic mienh caux njoux douz mienh yaac bungx jienv cie-wiuv bun mienh hiuv duqv gorngv maaih heiv sic.
- ◆ Bungx zieqc TV fai tiqv nyuqv. Maaih mbiungc-nziaaux sic nyei ziangh hoc, mv fai meih haiz cie-wiuv, bungx zieqc TV fai tiqv nyungc muangc fa muangx tauh heiv sic caux biaux heiv sic nyei jaur. Sacramento fungx heiv sic fiex nyei dienx taaih sei zeiz KFBK, 1530 AM.

Buac maaih wuom yiemx nyei sou cuotv

- ◆ Dorh biau v zong ga’naaiv-jaaix faaux ga’nguaaic jiex wuov kang biau v mingh.
- ◆ Dapv buangv cie youh mbungh nziex zuqc biaux sic.

Buac maaih ging tong tauh wuom yiemx nyei jaur

- ◆ Zuqc muangx fiex yiem buonc-deic dienx taaih caux TV gorn.
- ◆ Haiz mbuox tauh zuqc biaux sic nor, zuqc ei jienv gaanv biaux cuotv.

Buac maaih wuom yiemx njaangh jienv faaux

- ◆ Mangc jienv baaic tauh wuom yiemx nyei jaur caux zuqc mbenc ziangx horpc biaux cuotv nor jorc biaux duqv.

Buac maaih ging tong wuom yiemx njaangh jienv faaux

- ◆ Hnangv gorngv meih sienx gorngv wuom yiemx njaangh jienv faaux nor, gaanv deix biaux aqv benx zuqc meih yaac maiv maaih ziangh hoc camv bun meih biaux.
- ◆ Mingh lorz hlang nyei dorngx maiv nitv fatv ndoqv caux bungx wuov cuotv nyei dorngx wuov.
- ◆ Maiv duqv niouv cie mingh ndui ga’naaiv nyei dorngx. Naaiv deix dorngx haih tengx duqv meih simv heiv sic.
- ◆ Hnangv gorngv meih nyei cie yiem wuom yiemx jienv faaux nyei dorngx, gaanv guangc jienv ninh liuz mingh lorz hlang nyei dorngx.

Dorngx dongh meih haih lorz fiex camv faaux:

- ◆ “Mbungh ziangh wuom yiemx nyei jaur; maaih kuv jaur bun tauh Sacramento mienh maanh mbenc mbungh jaa-dingh jaa-dorngx faanh maaih wuom yiemx sic,” duqv zoux cuotv daaih yiem naaiv Sacramento mungv goux douz gorn naaiv bung. (http://www.cityofsacramento.org/utilities/pubs/Flood_ready_pdf)
- ◆ “Hnangv haaix nor zoux tauh wuom yiemx biau v nyei jaur,” duqv zoux cuotv daaih yiem naaiv California goux wuom gorn (http://www.water.ca.gov/floodmgmt/docs/brochure_floodfightingathome.pdf)
- ◆ “Hiuv duqv juangv nyei gorng hoc; Juangv nyei gorng hoc caux mbenc mbungh wuom yiemx nyei jaur, ndaangc duih mbiungc ziangh hoc, dongh duih mbiungc ziangh hoc, nqa’haav duih mbiungc ziangh hoc,” zoux cuotv daaih yiem naaiv California saengv nyei ziouv nyei gorn yiem tengx heiv sic wuov bung gorn (http://www.water.ca.gov/floodmgmt/docs/be_winter_wise.pdf)
- ◆ Sacramento deic gunv tauh wuom yiemx caux beu wuom yiemx nyei sic jaur. http://www.safca.org/flood_insurance.htm
- ◆ “Yiem nitv jienv ndoqv-nqaeqv” sou duqv zoux cuotv daaih yiem California goux wuom nyei gorn http://www.arfca.org/_pdf/leveebrochure.pdf.

NDAU DONGZ ZIANGH HOC NZUN, GOMV CAUX ZEUV FAI NANV LONGX

NZUN BIEQC FAI MBAAPV
NJIEC NDAU.

GOMV

Bieqc GOMV jienv yiem ga'ndiev domh dieh ndie wuov dieh nyungc jaa-dorngx ga'ndiev. Hnangv mv maaih dorngx bun meih bieqc, mingh bueic jienv njongc liuz longc buang jienv meih nyei mh nqorngv caux jaang. Simv longx haih maaih sic nyei dorngx hnangv nitv gaengh dorn fatv, maaih ga'naaiv kuangx jienv ga'nguaaic, gingx mv fai jaa-dorngx hlang nyei wuov nyungc dongh haih king mborqv zuqc mun wuov.

ZEUV FAI NANV

Hnangv gorngv meih biaux bieqc ga'ndiev domh dieh-dangx ndiev, nanv longx, mbenc jienv ganh jienv ninh mingh. Yiem dingc nyei maiv duqv suiv dorngx zuov taux ndau dongz baac liuz cingx daaih suiv.

BORNGZ BAAC MBIUNG-C-NZIAAUX LIUZ

- ◆ Meih ganh maiv duqv bungx nqaetv zieqc. Zuov taux nqaetv-gorn mienh daaih bungx.
 - ◆ Maiv duqv nyanc laic aux lai borngx dongh wuom yiem jiex wuov.
 - ◆ Zuqc ei jienv buonc-deic ziouv njaaux taux hopv wuom nyei jauv. Hnangv meih haiz maiv nange cing nor, buov zuoqc fai saax nzengc liuz daaih manc hopv. Wuom kuotv nyei wuom yaac zuqc sorqv cuotv liuz zuqc mingh zaah gaax mangc liuz daaih hopv.
 - ◆ Simv pien maaih sic nyei dorngx; Meih mingh nitv fatv yaac haih torngv zuqc njoux sic mienh caux yaac haih maaih heiv sic taux meih.
 - ◆ Maiv duqv longc maaih dienx nyei ga'naaiv yiem ndorn nyei dorngx. Hnangv zuqc longc dienx nyei ga'naaiv ziemx zuqc wuom, zuqc dimv mangc longx liuz cingx daaih longc.
 - ◆ Simv maiv duqv nitv fatv domh dienx finx mbaag caux nqaetv jauv waaic nyei dorngx. Heuc mbuo dienx fai nqaetv gorn mv fai heuc mbuo goux sic gorn fai njoux douz gorn.
 - ◆ Longc dienx tongh—maiv duqv longc youh dang, yangh horv, laapc zuoqv—mangc biauvc ga'nyuoz yaac nziex haih maaih nyiez douz ga'naaiv.
 - ◆ Zuqc muangx fienv yiem buonc-deic dienx taaih caux TV gorn.
 - ◆ Sic jiex liuz heuc mingh go nyei douc fienv mienh mbuox ninh mbuo duqv hiuv sic nyei jauv caux meih yiem haaix.
- Meih nyei douc fienv mienh horpc zeiz meih nyei hmuangv doic fai a'nziaauc doic dongh maiv yiem nitv fatv meih wuov deix, dongh meih duqv mbuox taux benx meih nyei douc fienv mienh gorngh meih maaih heiv sic fai zuqc leih go.

NDAU DONGZ

Mbenc bun ganh caux mbenc bun hmuangv doic

- ◆ Zuqc hiuv duqv haih tengx duqv sic nyei dorngx yiem ga'nyuoz horngc - yiem dangx, dieh ndiev, mv fai bueic ga'nyuoz njongc.
- ◆ Hiuv duqv haih maaih heiv sic nyei dorngx - gaegh dorn, gingx, maaih ga'naaiv ndiux ga'nguaaic, domh nzox kuotv, hlang nyei jaa-dorngx.
- ◆ Zuqc maaih hoqc taux ndau dongz sic. Lorz dorngx bun meih caux meih nyei fu'jueiv duqv yiem longx. Zuqc hoqc taux “Nzun bieqc caux gomv” nyei jauv-louc.
- ◆ Hoqc zorc baengc da'yietv ginc caux zoux CPR yiem meih nyei buonc-deic tengx sic gorn mv fai laangz zong mbenc daaih tengx doic nyei gorn.
- ◆ Zuqc hiuv duqv buonc-deic horqv dorngx nyei leiz gorngv taux meih heiv sic yaac hnangv haaix nor bun mingh dorh fu'jueiv nzuonx.
- ◆ Mbenc ziangh bun hmuangv doic mingh buangh nyei dorngx hnangv zuqc leih doic nor.
- ◆ Siou jienv maaih heiv sic heuc nyei finx-hoc.
- ◆ Lorz ziangx yiem dieh norm saengv nyei a'nziaauc doic mv fai cien-ceqv dongh hmuangv doic haih heuc mingh mbuox taux ndau dongz nyei jauv caux meih yiem haaix.



NDAU DONGZ

Mbenc mbungh yiem biau v zong

- ◆ Hoqc bungx daic nqaetv, wuom caux dienx faanh gorngv finx gorn waaic (mangc 16 pin).
- ◆ Mangc domh nzox nqunx, nguaac caux njongc gaax maaih haaix norm dorngx waaic fai njien. Dimv mangc longx meih nyei biau v sei maaih ding niouv jienv ga'ndiev nyei. Heuc lorz maaih zoux biau v sou nyei mienh daaih dimv mangc faanh meih maaih haaix nyungc oix hiuv fai naaic.
- ◆ An longx wuom-jorm ndongh caux douz-nzauc lo haaix dongh haih taanx mingh nziangc zuqc finx wuov.
- ◆ An haih huv caux hiev nyei ga'naaiv aiv jiex wuov yiem paaih.
- ◆ An longx ndiux jienv nyei ga'naaiv zuangx caux fangx-zorng h dongh hiev nyei wuov deix (jienv jiex dongh ndiux jienv cuox ga'nguaaic wuov deix).
- ◆ Ndiangx-longz yaac zuqc maaih nzoih ga'naaiv sorn ndau dongz cingx guon duqv jienv.
- ◆ An haih nyiez douz fai haih laengc mienh ga'naaiv beiv hnanv six, fuqv gaeng ndie fai nzaaux ga'naaiv ndie ga'nyuoz ndiangx-longz mv fai aiv jiex wuov kang paaih.
- ◆ Zuqc maaih gauh jiepc sih nyanc nyei ga'naaiv, wuom caux dieh nyungc ga'naaiv, caux ndie, zorc baengc da'yietv ginc jaa-sic caux lui hou.

NDAU DONGZ LIUZ

- ◆ Mangc gaax maaih haaix ndau mun nyei fai.
- ◆ Mangc gaax haih benx sic ga'naaiv - beiv hnanv douz, nqaetv cuotv qiex, dienx-finx waaic, finx-ndiouh mbaang, maaih ga'naaiv ndortv dapv lui hou dorngx caux ndiangx-longz, domh nzox kuotv mbaang, mv fai ndiangx lai h fai mbaang.
- ◆ Dimv cing norm norm fonh daux jienv ninh ganh nyei gorn. Fonh maiv daux longx fai nqopv longx yaac zoux bun c maiv zipv duqv heuc daaih nyei mienh.
- ◆ Fioux nzengc haih benx waaic sic nyei ga'naaiv mv fai gorngv buac maaih ndie kung.
- ◆ Zuqc mbungh taux ndau aengx haih mba'pioux, Nzengc-nzengc maiv ndongc ndau dongz seix mv baac haih zoux waaic ga'naaiv nyei.

Ndau dongz horpc zoux nyei jauv

Yiem biau v hlang nyei dorngx, mingh buaic jienv njongc hnanv maiv maaih dieh dangx nitv meih fatv nor. Longc meih nyei buoz torngv jienv meih nyei mh nqorngv caux jaang. Maiv duqv bieqc tei-naangh.

Yiem ga'nyiec kaa ndau dorngx, mingh yiem njang nyei nyei dorngx dongh maiv maaih ndiangx, paaic, domh biau v, domh finx-ndiouh mbaang wuov.

Yiem mienh yangh jauv nyei dorngx nitv jienv domh biau v hlen, nzun bieqc gaengh juoqv simv jienv maiv bun nie zun, gingx, ga'naaiv-benv fai dieh nyungc ga'naaiv-muonc haih mborqv zuqc meih.

Yiem niouv jienv cie ziangh hoc, cuotv jauv hlen liuz dingh jienv. Simv jienv maiv duqv jiex jough caux maaih finx dorngx. Yiem jienv meih nyei cie ga'nyuoz taux ndau dongz baac.

Yiem maaih mienh camv poux-zaangc mv fai hung h jaac dorngx, maiv duqv mingh nitv fativ paaih dongh maaih ga'naaiv haih ndortv nyei wuov. Maiv duqv huaang jienv cuotv.

Yiem nyienx a'nziaauc fai mangc nangx dorngx, zueiz jienv meih nyei dorngx, ndoqv njiec gauh aiv meih nyei eiv-diqc daanz liuz longc meih nyei buoz buang jienv meih nyei mh nqorngv caux jaang.

Maiv gunv gorngv meih yiem haaix, faanh ndau dongz yaac zuqc hiuv duqv mbungh meih ganh caux mbungh meih nyei hmuangv doic. Hoqc taux zuqc bieqc ga'ndiev bingx yiem biau v caux yiem gong caux hiuv duqv dongh haaix norm dorngx haih bingx duqv sic jienv jiex faanh gorngv maaih ndau dongz nor. Hoqc taux biau v cuotv biau v mangc gaax sei maaih haaix nyungc haih torngv zuqc nyei fai hnanv gorngv ndau dongz nor. Hoqc taux bungx daic dienx caux wuom. Zuqc hiuv duqv bungx daic nqaetv, mv baac maiv duqv hoqc bungx a'nziaauc. Faanh haiz ndau dongz nor, meih bungx daic nqaetv liuz, kungx goux nqaetv gorn mienh haih bungx zieqc hnanv weic zuqc mbungh maaih heiv sic.

Gorn: California tengx mbenc mbungh heiv sic gorn-gorngv ndau dongz nyei jauv <http://www.oes.ca.gov>.



Doz lanh mboux nyei sic

- ◆ Bungx longc dienv youh nyei tiqv nyuqv daaih muangx taux douz lanh mboux nyei javv.
- ◆ Huotv meih nyei cie bieqc cie-liuh mingh mv fai dingh huij jienj javv-kuv dongh meih haih biaux mingh wuov bung.
- ◆ Zorqv forv-zeih dapv jienj forv-zeih kuotv (zuqc faix fim nyei liuz cingx daaih maiv haih guon zuqc meih ganh)
- ◆ Guon jienj cie liuh gaengh caux gaengh dorn mv baac maiv duqv sorn fai forv.
- ◆ Zorqv meih nyei saeng-kuv gapv zunv yietc qongx dorngx liuz mbenc jienj gorngv hnavg haaix nor goux ninh mbuo hnavg meih zuqc biaux douz nor (mangc "hnavg meih maaih saeng-kuv" wuov kang yiem "Mbenc mbungh taux heiv sic nyei javv" 6 pin).
- ◆ Mbenc jienj yiem dangh baav nyei dorngx dongh douz lanh maiv haih taux wuov.
- ◆ Guon jienj biau v nyei gaengh dorn, kuotv, buang gaengh dorn ga'naaiv, caux ndie.
- ◆ Zorqv nqoi gaengh dorn ndie dongh haih nyiez douz wuov deix.
- ◆ Bungx daic nqaetv gorn caux bungx daic dienv nqaetv nyei douz-lau.
- ◆ Koi nqoi domh zox imx liuz guon jienj domh zox gaengh.
- ◆ Suiv haih zieqc douz nyei jaa-dorngx an jienj biau-mba'ndongx, maiv bun nitv fatv gaengh dorn.
- ◆ Norm-norm horngc bungx nzoih dang liuz maaih douz-siou x yaac gauh haih mangc duqv बात.
- ◆ Zorqv fuqv wuom nyei ga'naaiv an jienj ga'nguaaic biau v caux an nitv jienj ga'ndie ndau nyei youh tong.
- ◆ Fuqv biau v-ngorh ndorn mingh.
- ◆ Fuqv ndorn mv fai japv nqoi ndiangx-dorn dongh yiem nitv fatv biau v 15 ndorqc wuov deix.
- ◆ Lorz nzoih maaih heiv sic yiem biau v longc nyei jaa-sic (mangc sou hlen yiem "mbenc mbungh taux heiv sic nyei javv" 4 pin)
- ◆ Mienh mbuox meih zuqc biau v nor, gaavn ei jienj zoux. Samx longx douz zieqc mingh nyei javv caux douz-siou x.

DOUZ NYEI SIC

Maaih mienh camv zoux biau v yiem gemh lomc ga'nyuoz caux zoux biau v yiem maaih miev camv nyei dorngx yiem naaiv Sacramento da'luonh zuonv. Yiem naaic nyungc dorngx, biau v ziouv caux jienj daaih nziaauc mienh yaac duqv jorm hnyouv taux gemh dauh caux yiem naaic deix dorngx nyei javv-louc mv baac yaac zuqc gengh gamh nziex haic taux douz lanh mboux nyei javv. Douz yaac gengh lanh duqv henv, zieqc jienj miev mingh, zieqc ndiangx caux biau v. Caux meih nyei hmuangv doic mbenc ziangx gorngv horpc zuqc mingh haaix hnavg maaih douz lanh taux fatv meih nyei biau v. American njoux sic gorn (Red Cross) mbenc duqv maaih naaiv deix kuv fienv:

- ◆ Mienh, baac-baac mv fai caa-bouc, zoux zuqc douz lanh mboux. Mangc longx gaax meih hnavg haaix nor haih nqaev duqv douz lanh mboux nyei javv.
- ◆ Heuc lorz meih nyei buonc-deic njoux douz gorn, goux baengc zingh gorn caux goux gemh lomc dorngx naaic taux douz nyei leiz yiem naaiv buonc-deic.
- ◆ Dimv cingv gorngv fuqv douz nyei cie yaac haiz mingh duqv taux meih nyei biau v.
- ◆ Dimv nzoih bieqc maengx nyei javv, caux naetv jienj meih nyei mbuox caux deic-zepv.
- ◆ Heuc mbuox taux haih maaih ciouv sic nyei javv caux yaac haih benx douz lanh mboux.
- ◆ Njoux fu'jueiv taux mbungh douz nyei sic. Siou longx yangh horv maiv bun fu'jueiv muoqv taux.
- ◆ Mbenc nzoih zie x diuc javv yiem meih nyei biau v biaux cuotv yangh cie fai yangh zaux yaac zeiz.
- ◆ Mbenc taux laangz-doic zuqc hnavg haaix nor lomh nzoih zoux daaih mbungh caux njoux douz. Zuqc hnamv taux meih hnavg haaix nor haih tengx duqv meih nyei laangz doic dongh qienv zuqc lengc jeiv tengx wuov.
- ◆ Zanc-zanc zuqc fioux jienj biau v-ngorh caux nguaaz-genv.
- ◆ Yietc hnyangx dimv mangc nzunc meih nyei domh nzo x kuotv liuz an jienj zorqv douz-fing ga'naaiv.
- ◆ Kang-kang biau v yaac zuqc an nzoih zorqv douz-siou x ga'naaiv; hlaax-hlaax dimv mangc jienj, liuz zoqc jix hnyangx zuqc yienv nzunc dienv youh.
- ◆ Njaaux bun hmuangv doic haih longc fuqv douz daic nyei ga'naaiv, caux mbuox ninh mbuox hiuv duqv fuqv douz ga'naaiv yiem haaix norm dorngx.
- ◆ Zuqc maaih zung tei dongh haih jaax faaux duqv taux biau v-ngorh wuov.
- ◆ Hnamv taux zuqc an buang gaengh dorn ga'naaiv fain die dongh haih nqaev duqv douz wuov nyungc.
- ◆ Zuqc maaih jaa-sic siou jienj dongh haih longc njouz duqv douz nyei wuov - pong-njaaiv, bou v, njoux, tongv caux ciu.
- ◆ Zuqc hnamv jienj zoux biau v hlen zuangx ga'naaiv dorngx daaih haih nqaev duqv lomc zaangc douz nyei.
- ◆ Zuqc ginv ga'naaiv-longc fai ga'naaiv zuangx dongh haih torngv duqv douz wuov maiv zeiz dongh haih nyiez douz wuov nyungc.
- ◆ Zoux ziangx mbungh sic nyei dorngx leih meih nyei biau v 30 mingh lorz 100 ndorqc go.
- ◆ Zanc-zanc zuqc gaatv jienj miev, gaaaih jienj ndiangx-normh, nzauz nzengc ndiangx-nquaah. Fioux nzengc haih nyiez douz nyei ga'naaiv-zuangx.
- ◆ Zuix ndiangx bun leih doic yietc zung h maaih 15 ndorqc, caux aengx zuix ndiangx-nquaah yiem ndau faaux 15 ndorqc. Gaatv nqoi ndiangx-nquaah nqaai dongh lamx jix biau v-ngorh wuov, huei dongh haih ziangh taux biau v wuov.
- ◆ Zaangh yaac zuqc ndui yiem biau v-menc zuqc leih biau v zoqc jix 100 ndorqc.
- ◆ Saaiv yaac zuqc dapv jienj hlieqv-tongv, ziemx wuov I hnoi liuz biopv jienj saav-namx ga'ndiev ndau-ndiev.
- ◆ Siou youh, sortv hmei ndie caux dieh nyungc haih zieqc douz ga'naaiv an jienj dongh haih nqaev duqv sic nyei ndongh an jienj horpc siou nyei dorngx leih biau v go nyei.

DOMH YUOQV FAI JUANGV

Sacramento nquenc yaac gengh haih domh yuoqv yiem haac gueix caux domh juangv yiem dong gueix. Hnangv maiv duqv mbenc nzoih mbungh jienv nor, mienh caux jienv saeng-kuv yaac haih butv benx baengc. Nzunc baac, yuoqv fai juangv jiex ndaangc yaac haih zoux benx heiv sic nyei. Maiv gunv gorngv gengh benx cuotv heiv sic fai maiv benx, ganh yaac zuqc hiuv taux hoqc mbungh taux jorm-namx nyei jauv.

YUOQV NYEI BAENG

Sin zaanc cuotv hanc zoux bun ninh ganh haih laangh. Mv baac nzunc baac, kungx cuotv hanc hnangv yaac maiv gauv. Benx hnangv naaiv nor, mh dauh mienh nyei buonc-sin gengh jorm jienv faaux. Sin jorm jiex ndaangc yaac haih zoux waaic mh nqorngv-famv mv fai ga'nyuoz hnyouv jienv nyei ga'naaiv. Mienh benx yuoqv nyei baengc dongh ninh mbuo nyei sin zaangc zorngh maiv duqv caux zoux ninh mbuo ganh nyei sin zaangc laangh maiv horpc.

Maaiah ziex nyungc jauv haih zoux mbuo mbuo nyei sin zaangc aqc zoux bun ninh ganh laangh dongh ba'laqc jorm yuoqv ziangh hoc. Hnangv maaiah wuonx qiex-jorm fai nza'hanc hlang (humidity), yaac maiv haih cuotv hanc siepv, zoux bun sin zaangc maiv haih bungx jorm nyei jauv cuotv siepv. Dieh nyungc njauv nyei jauv sei zeiz hnyangx-jeiv, junc jiex ndaangc, butv juangv, sin zaangc maiv maaiah wuom gauv, mba'nziu baengc, baengc-nzauh, nziaamv tiux maiv yuonh, nyutc buov, nyanc ndie caux buov in.

Hnangv haaix nor haih mbungh duqv yuoqv nyei baengc.

- ◆ Zoux sic manc-manc nyei, simv jienv maiv duqv zoux zuqc longc qaaqv camv nyei jauv. Nqenz jienv zoux ka'ndau nyei gong-buo luoqc louc.
- ◆ Maiv duqv bun nyutc pui. Bingx jienv laangh, zuoqv lui houx buang jienv, caux nzaatv jienv nqaetv nyutc ndie (SPF) dongh maaiah jaev nyutc buov ndie A (UVA) wuov hoc.
- ◆ Zanv jienv dienx-douz maiv duqv ba'laqc longc dienx bungx zoux laangh ga'naaiv camv haic.
- ◆ Hnangv meih nyei biauv maiv maaiah bungx nziaaux-namx gom, mingh domh zuangx fai hungx jaa domgx dongh maaiah nziaaux-namx nyei wuov yietc hnoi mingh yiem ziex norm ziangh hoc nyei.
- ◆ Zuqv lui houx bieqc wuov nyungc.
- ◆ Longc wuom-namx nzaaux sin.
- ◆ Zornq-zuqv horpc nyei:

- Zuqv lui houx fong deix, hneng fai bieqc wuov nyungc, lui houx six lunx nyei faanh haih buang duqv ndopv hnangv.

- Zuqc ndongx muoc dongh maaiah muoc-bienh jaangv nyei wuov nyungc dongh meih cuotv ga'nyieic.

- ◆ Zuqc hopv wuom camv nyei maiv gunv gorngv meih jaang maiv nqaatv yaac baac. Wuom naaiv hopv yaac gauh maiv haih zorqc guaix dongh maaiah jorm yuoqv nyei sic ziangh hoc. Simv jienv maiv duqv hopv wuom ba'laqc namx cung, nziex haih zoux bun gasie mun.

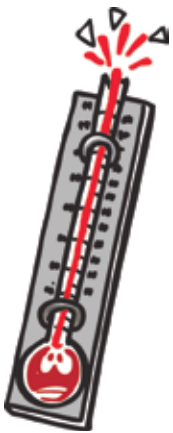
- ◆ Simv jienv maiv duqv hopv maaiah diuv caux gaa fae nyei mueix wuom.

- ◆ Hnangv meih nyanc jienv tengx wuom ndie fai maiv horpc zuqc maaiah wuom camv yiem meih nyei sin zaangc meih yaac zuqc ei jienv meih nyei ndie-sai mbuox meih wuov, naaic gaax yuoqv nyei ziangh hoc meih zuqc hopv wuom camv ndongc haaix.

- ◆ Faanh meih nyanc jienv ndie nor, dimv mengh caux meih nyei ndie-sai gaax meih zuqc cih lengc mbungh taux jorm yuoqv nyei jauv nyei fai.

- ◆ Faanh meih zuqc zoux gong yiem ka'ndau, zuqc bingx laangz fai bieqc biauv hitv kuonx maaqc deix.

- ◆ Zoux gong jorm youqv nyei ziangh hoc yaac zuqc mbenc maaiah tengx doic nyei jauv.
- ◆ Simv jienv maiv duqv nyanc ndie dongh maaiah nzaauv camv wuov nyungc cih njiec gorngv meih nyei ndie-sai heuc meih nyanc hnangv.
- ◆ Maiv duqv bun fu'jueiv, mienh gox mienh, maaiah baenc waaic mienh, fai saeng-kuv ganh guon jienv yiem ga'nyuoz cie.



Yuoqv gau meih

Yuoqv gau meih sei zeiz hnyieiv jiex wuov nyungc yuoqv nyei baengc. Ninh benx hnangv naaic weic zuqc sin zaangc maiv haih gunv jorm yuoqv nyei jauv. Yietc benx hnangv naaic nor, sin zaangc jorm jienv faaux siepv haic caux ninh yaac maiv haih cuotv hanc-cuotv hanc zoux bun sin zaangc laangh njiec. Maiv maaiah yietc nyeic nyei jorm yuoqv yiem sin zaangc naaiv haih jorm faaux benx ciouv sic sieqv haic, haih faaux taux 106 mv fai gauh hlang yiem 10 buon lorz 15 buon. Faanh meih buac haaix dauh haih benx yuoqv gau meih baengc, heuc 911. Zuqc gaanv jienv zorc gaax haih njoux duqv maengc cuotv mv fai nziex haih mbungh duqv hingh baengc mbai fai waaic nyei jauv.

Haih benx yuoqv gau meih baengc nyei ei leiz sei maaiah:

- ◆ Sin zaangc jorm jiex ndaangc (103 faaux maengx F).
- ◆ Ndopv siqv, ndopv jorm caux nqaai (maiv haih cuotv hanc).
- ◆ Buoz-maengc nditv siepv jiex ndaangc.
- ◆ Mh nqorngv mun nzotc-nzotc nyei.
- ◆ Mongh longh.
- ◆ Hnyouv nziouh fa ngunc.

Yuoqv gau mau

Yuoqv gau mau sei zeiz gauh hneng deix nyei yuoqv nyei baengc laaic sin zaangc jorm daaih duqv ziex hnoi ndaauv caux sin zaangc maiv maaiah wuom gauv.

Haih benx yuoqv gau mau baengc nyei ei leiz sei maaiah:

- ◆ Sin cuotv hanc camv jiex ndaangc.
- ◆ Sin pei yangh.
- ◆ Jaan fai orv mun.
- ◆ Kouv fai butv loh kouv.
- ◆ Maiv maaiah qaaqv.
- ◆ Mongh longh.
- ◆ Mh nqorngv mun.
- ◆ Hnyouv nziouh fai lov.
- ◆ Namx, ndopv ndorn.
- ◆ Buoz maengc nditv siepv mv baac maiv seix.
- ◆ Tauv qiex siepv mv baack qiex liangv haic

Tengx meih nyei saeng-kuv mbungh taux jorm yuoqv jauv

Jorm-yuoqv nyei hiuang-hienv yaac haih zoux bun juv, lomh miu caux dieh nyungc saeng-kuv nyei mh nqorngv-famv caux ga'nyuoz hnyouv nyei ga'naaiv waaic. Jorm-yuoqv hiuang-hienv ei leiz maaih tauv qiex seix caux maaqc nyei, mh zing dingc, mba'nziu dongz seix fai siepv, mv duqv hitv kuonx benx, jaang nqaatv maaqc, mau buoz mau zaux, butv juangv, mongh longh, zoux sic maiv cing, wuom-nzuiv camv haic, lov, mbietc siqv fai siqv-luoqc, caux meih muangv nyei sic.

Hnangv buac saeng-kuv haih benx yuoqv gau meih baengc, njongh ei naaiv deix jauv zoux ninh nyei sin zaangc laangh njiec:

- ◆ Suiv saeng-kuv mingh yiem laangh fai maaih nziaaux-namx nyei dorngx.
- ◆ Zorqv siqc ga'naaiv namx mv fai siqc jaavv ziemx wuom namx nortv jienv ninh nyei mh nqorngv, jaang caux la'kuotv mv fai dorh ninh mingh ziemx jienv wuom laangh (maiv dungx namx cung) ga'nyuoz.
- ◆ Bun saeng-kuv hopv deix dien wuom-namx fai mbiec wuom ndunh.
- ◆ Gaanv jienv dorh saeng-kuv mingh buangh ninh nyei ndie-sai.

Naaiv deix kuv jauv duqv zorqv daaih longc yiem Humane Society of the Unite States gorn <http://www.hsus.org>.

Yuoqv nyei baengc caux mienh gox mienh

Zinh baan mienh 65 hnyangx faaux maengx yaac gauh haih maaih jorm-yuoqv hiuang-hienv jauv camv jiex gauh lunx nyei mienh, laaix ziex nyungc jauv:

- ◆ Mienh gox mienh gauh aqc duqv zoux puix jorm yuoqv jauv dongh mienh lunx mienh.
- ◆ Zinh baan mienh gauh maaih baengc zoux bun sin zaangc gauh aqc duqv zorngh jorm-yuoqv jauv.
- ◆ Mienh gox mienh gauh zuqc nyanc ndie zoux bun sin zaangh maiv nange haih borngz jorm-yuoqv jauv fai maiv haic cuotv hanc.

Hnangv haaix nor haih tengx duqv mienh gox cien-ceqv caux laangz-doic

- ◆ Dimv mangc mienh gox mienh nziex haih benx baengc wuov deix. Yietc hnoi mingh mangc zoqc jiex I nzunc, hnangv duqv nor.
- ◆ Hnangv ninh mbuo nyei dorngx maiv maaih nziaaux-namx, dimv mengh ninh mbuo zuqc maaih longc dienx bungx buonc laangh ga'naaiv.
- ◆ Dorh ninh mbuo mingh maaih nziaaux-namc nyei dorngx hnangv gorngv ninh mbuo ganh maiv haih mingh.

Hnangv haaix nor tengx mienh dongh benx yuoqv nyei baengc wuov

Yuoqv nyei baengc yaac haih benx heiv sic taux maengc. Hnangv meih buac maaih yuoqv nyei baengc ei leiz nor, heuc 911 daaih tengx wuov zanc liuz njongh tengx ninh zoux ninh laangh. Ei jienv naaiv deix kuv jauv zoux yaac haih tengx duqv:

- ◆ Dorh ninh mingh yiem jienv laangh fai maaih nziaaux-namx nyei dorngx.
- ◆ Gaanv zoux ninh laangh maaih haaix nyungc longc haaix nyungc. Meih dorh ninh mingh ziemx wuom yiem wuom-zoh fai bungx wuom nzunh; longc fuqv lai wuom-jaangh fuqv wuom-namx ninh; mv fai, aqc maiv haih cuotv hanc nor, beu jienv ninh namx nyei, ziemx ndie ndorn daaih beu liuz njiec qaaqv buonc.
- ◆ Dimv mangc jienv ninh nyei sin zaangc jorm ndongc haaix, zuqc zoux bun ninh laangh jienv njiec taux jorm nyei jauv gauh aiv 102.
- ◆ Hnangv gorngv tengx heiv sic mienh daaih zaih, heuc mingh lorz buonc-deic nyei domh ndie-biauv naaic gaax zuqc hnangv haaix nor zoux.
- ◆ Maiv duqv bun diuv ninh hopv.

Naaiv deix kuv jauv duqv zorqv daaih longc yiem Federal Center for Disease Control and Prevention. Oix hiuv camv nor, bieqc <http://www.bt.cdc.gov/disasters/extremeheat/> gorn.



MBUNGH JUANGV NYEI KUV JAVV

- ◆ Dorh saeng-kuv bieqc ga'nyuoz biauuv mv fai bieqc gomv jienv nyei dorngx. Hnangv naaic nor yaac haih tengx duqv saeng-kuv simv juangv nyei javv.
- ◆ Zuqc maaih yuoh gauv daaih longc zoux siouv.
- ◆ Beu jienv wuom geny, juangv nyei ziangh hoc bun wuom ndiepv cuotv yiem bungx wuom cuotv nyoi (faucet) wuom cingx daaih maiv haih gitv.
- ◆ Juangv wuov gorng hoc, mienh nzengc-nzengc zoux ziex nyungc javv daaih bun duqv siouv mv baac maiv jangx tauv zuqc faix fim nyei javv, cingx daaih haih maengx qaangx zoux zuqc douz zieqc biauuv. Zuqc maaih fuqv douz daic nyei ga'naaiv mbienc nyei liuz zuqc hiuv duqv gorngv meih nyei biauuv zong mienh dauv dauv haih longc nyei.
- ◆ Maiv duqv dorh yiem ka'ndau longc zoux jorm nyei ga'naaiv—beiv hnangv ziqv orv ga'naaiv, qongx orv ga'naaiv mv fai dieh nyungc dongh longc yuoh nyei ga'naaiv—bieqc ga'nyuoz biauuv. Naaiv deix ga'naaiv yaac maaih douz-taanx qiex haih laengc mienh.
- ◆ Zuqc hiuv duqv haih bungx daic wuom gorn (faanh wuom-genv mbaaix).
- ◆ Zuqv jienv ziex yiemc lui houx fong nyei, bieqc fai heng nyei, lui-jorm maiv zeiz domh lui hiev gauv wuov nyungc. Ga'nyiec ka'ndau zuqv nyei lui-houx yaac zuqc ciqv daaih zietc nyei caux nqaeqv duqv jienv mbiungc nyei.
- ◆ Dangc jienv buoz-topv siouv, dongh gauv siouv deix la'guaih buoz-topv wuov.
- ◆ Ndongx jienv muoc.
- ◆ Hnangv meih zuqc mingh daaih nor, zuqc zorc longx meih nyei cie caux mbenc nzoih mbungh gorngv javv waaic fai maiv haih mingh zuqc longc tengx nyei ga'naaiv, dorh jienv maaih heiv sic longc nyei jaa-sic, youh yaac zuqc maaih buangv jiex ndaangc ndaamh tongv.



HNANGV HAAIX NOR HAIH TENGX DUQV MIENH NAMX JIEX NDAANGC WUOV

Zieqv taux namx jiex ndaangc jauv

Hoqc taux duqv naaiv deix namx jiex ndaangc nyei ei-leiz.

Domh mienh

- ◆ nyanh-nyanh fai ndenz-ndenz nyei, mau maiv maaih qaaqv.
- ◆ Maiv nzang, longc buoz huaax wuov huaax naaiv.
- ◆ Hnyouv-jangx maiv benx, gornqv waac maiv jauh fai muangx maiv hiuv.
- ◆ Mongh longh nungz mh zing mv nqoi.

Gu,,nguaaz

- ◆ Ndopv siqv-lunx caux namx.
- ◆ Maiv henv fain din yietc deix.

Hnangv meih haih namx jiex ndaangc nor, seix mangc gaax ninh nyei sin ndongc haaix jorm. Hnangv buatc gauh aiv 95, yaac gengh benx heiv sic aqv; gaanv jienv dorh mingh lorz zorc ndie dorngx.

- ◆ Hnangv maiv maaih zorc ndie jauv mbienc nor, njongh zoux bun ninh siouv, hnangv naaiv nor zoux:
- ◆ Suiv ninh mingh yiem jienv siouv nyei horngc fai dorngx.
- ◆ Hnangv gornqv ninh zuqv jienv lui houx ndorn nyei nor, jaev nqoi.
- ◆ Zoux ninh nyei mba'ndongx wuonc sin siouv ndaangc—la'kuotv, jaang, mh nqorngv, caux qaamh zuih gorn—longc dienx-suangx, hnangv maaih mbienc nor. Mv zei nor, qaam fai buoc jienv ninh caux zorqv zieux yiemx suangx, lui houx, siqc jaaav fain die homc jienv.
- ◆ Wuom-jorm yaac haih tengx zoux duqv sin zaangc jorm, mv baac maiv duqv bun diuv. Maiv duqv gunx wuom muangv mingh nyei mienh.
- ◆ Buatc sin zaangc siouv jienv faaux liuz nor, bun ninh yiem nqaai nyei dorngx caux zorqv suangx nyunc jienv ninh, liemh jienv mh nqorngv caux jaang.
- ◆ Gaanv jienv lorz zorc ndie wuov bung tengx siepv.

Mienh buangh zuqc gengh namx fai juangv jiex sic yaac haih meih caux buoz-maengc maiv dongz caux maiv tauv qiex. Hnangv naaic nor, faix fim nyei goux mangc ninh liuz gaanv jienv lorz tengx heiv sic mienh daaih tengx. Maiv gunv gornqv buatc ninh hnangv jaax daic mi'aqv nor yaac baac, horpc zuqc tengx ninh zoux CPR nyei. Ninh sin jorm jienv faaux ziangh hoc yaac zuqc zoux jienv CPR mingh taux buatc tengx zorc ndie fai heiv sic daaih taux. Maaih nzunc baav, namx gau buatc hnangv jaax daic mi'aqv nor mv baac aengx haih fingv nyei.

Zorqv daaih longc yiem *Centers for Disease Control* zoux cuotv maaih yiem <http://emergency.cdc.gov/disasters/winter/staysafe/hypothermia.asp>

**DOMH ZUANGX HAIH
BUANGH NYEI HEIV SIC**



Domh zuangx haih buangh nyei heiv sic

Porv taux butv haa nyei javv

Gan cuon-ciou fai (zanc-zanc benx) nyei haa-baengc zeiz yietc nyungc baengc yiem mbuo tauv qiex nyei javv haih jhex dieh dauh mienh. Dor baanh mienh nzengc-nzengc sin kiqu mv henv mv baac maaih ndie-nqaeqv tengx nyei.

Avian (fai norqc nyei haa-baengc) (AI) zeiz ninh ganx benx daaih nyei haa-baengc yiem lomc zaangc norqc cuotv daaih. Norqc yaac maiv nangc butv wuon-baengc (AI) sei maaih deix baav fiuv-sic hnangv. Jae, aapv, fai nyieh gauh haih butv wuon H5N1 daic camv, baengc yaac aengx haih jhex mienh nyei. Mienh nyei sin kiqu ganx yaac maiv haih nqaeqv duqv wuon baengc javv caux ndie-nqaeqv yaac maaih maiv gaux longc.

Ziex nyungc haa baengc buangv deic-bung hoic zuqc zuangx mienh maanh butv benx haa-baengc kouh haic. Weic laaix mbuo nyei sin kiqu borngz baengc nyei javv zoqc haic, baengc cingx daaih haih hungx heic jhex doic. Oix hiuv duqv taux haa-baengc nyei javv yiem Sacramento nquenc, bieqc mangc yiem www.scph.com.

Gorn <http://www.pandemicflu.gov>

Sacramento nquenc goux domh zuangx baengc gorn (916) 875-5881

Domh zuangx haih buangh nyei heiv sic yaac haih maaih yiem lungx zaangc cuotv (butv wuon fai haa-baengc mv fai dieh nyungc baengc) fai mienh maanh zoux cuotv daaih nyei sic (ndie-laengc). Nzengc-nzengc dongh haih nyiez doic nyei baengc - baengc dongh haih cuotv buangv laangz wuov. Wuom yiemx, ndau dongz caux dieh nyungc lungx zaangc benx daaih nyei heiv sic yaac haih benx waaic sic taux mbuo hopv nyei wuom bungx ga'naav la'hopv guangc nyei javv, liuz yaac haih zoux bun domh zuangx maaih buangh taux heiv sic. Sacramento nquenc goux baengc zingx ziouv zuqc cuotv zaaqc eix daaih njaaux taux zuqc hnangv haaix nor zoux hnangv maaih naaiv deix javv, aengx caux maaih doh leiz zoux kuv javv daaih bun mienh zuqc ei. Meih yaac haih dimv mangc duqv naaiv deix javv yiem Sacramento nquenc goux baengc zingx gorn yiem (<http://www.scph.com>) mv gunv gornv ndaangc fai nqa'haav maaih heiv sic.

Mbungx meih ganx caux meih nyei hmuangv doic dongh maaih domh zuangx haih buangh nyei heiv sic, zuqc ei jienv naaiv deix kuv javv:

- ◆ Zuqc muangx jienv tiqv nyuqv caux mangc TV taux gornv taux heiv sic nyei javv-louc.
- ◆ Ei longc lengc jeiv horpc zuqc zoux nyei javv cingx haih nqaeqv duqv deix haih jhex doic nyei baengc. Zuqc zoux hnangv naaiv:
 - Meih mv longx nor yiem jienv biau (simv pien mienh camv).
 - Yiem jienv biau hnangv duqv buangh zuqc butv jienv baengc mienh liuz fai a'nziaauc doic (nqaeqv mbungx jienv mv bun baengc jhex zuqc mienh).
 - Maiv duqv mingh fatv dieh dauh mienh (yiem leih zoqc jhex 3 lorz 6 ndorqc go).
 - Longc zeiv-mau, lui-mueiz, fai buang nzuih ga'naav buang jienv liuz daaih hnopv fai ciuv.
 - Nzaaux buoz maaqc nyei, fai longc nzaaux buoz ndie faanh maiv maaih saa mbu caux wuom mbienc nor.
 - Dangh jienv buang hmien ga'naav (buang jienv paaix mienh fai buang torngv ga'naav mbung wuov nyungc) hnangv meih daaih maiv haih simv pien zuqc buangh dieh dauh mienh (beiv hnangv zuqc bieqc dorh mienh mingh daaih nyei cie fai juangc dorngx yiem nyei mienh).
- ◆ Zuqc longx-longx nzaaux nzengc buoz caux sin zaangc hnangv zuqc goux butv baengc mienh nor. Yaac zuqc mbuox baengc mienh longc jienv buang nzuih ga'naav faanh ninh hnopv fai ciuv cingx haih tengx nqaeqv duqv maiv bun baengc haih mingh jhex zuqc doic.
- ◆ Mbenc ziangx ziex diuc javv daaih liouh tengx meih ganx caux meih nyei hmuangv doic hnangv gornv maaih mienh ziex dauh maiv longx yiem gong fai yiem biau zong. Zuqc hnamv taux baengc yaac haih benx yiem tengx mienh nyei dorngx (beiv hnangv douz-gorn dorngx, maaic ga'naav nyanc dorngx, caux dieh nyungc saeng-eix dorngx) caux horqc dorngx caux goux fu'jueiv dorngx yaac haih guon dangh baav.



baengc zingx sic ziouv mbuox zoux nyei javv, liemh jienv heuc mbuox gorn zaangc zipv fienv dorngx, caux nyanc ndie caux baaqv ndie-nqaeqv nyei javv.

- ◆ Heuc mingh naaic gaax meih nyei ndie-sai zuqc hnangv haaix nor zoux faanh meih buatc nziex haih maaih baengc zingx sic.
- ◆ Maiv duqv mingh domh zorc ndie dorngx fai heuc 911 cih njiec meih haiz mv longx fai maaih heiv sic.

DOMH WUON-BAENG C TAUX

U. S. goux taux baengc zingh caux mienh maanh gorn (HHS) mbenc duqv norm yiem computer ga'nyuoz nyei gorn yiem <http://www.pandemicflu.gov> gorn gv taux zuqc mbenc daaih mbungh taux maaih domh wuon-baengc nyei jauv. Domh wuon-baengc naaiv sei maaih buangv yiem naai lung h ndiev. Naaiv sei zeiz HHS nyei kuv jauv njaaux taux zuqc hnangv haaix nor zoux faanh domh wuon-baengc taux.

Mbenc nqaeqv wuon-baengc nyei jauv:

- ◆ Zuqc maaih ga'naaiv nyanc caux wuom gaux longc 3 lorz 4 hnoi nyei dorngx. Meih horpc zuqc jaa jienv mbenc ga'naaiv camv deix nziex domh wuon-baengc taux meih yaac maiv maaih ziangh hoc mingh lorz jaa, caux nzauh heix poux-biauv yaac maiv maaih ga'naaiv gaux. Mbenc maaih ga'naaiv gaux longc 3 lorz 4 hnoi jauv naaiv yaac gengh maaih lamh longc faanh maaih heiv sic, beiv hnangv dienx-douz daic caux maaih lung h zaangc nyei domh heiv sic.
- ◆ Zanc-zanc zuqc dimv jienv meih ndorm muonz nyanc nyei ndie bun ninh maaih gaux siou jienv biauv.
- ◆ Zuqc mbenc maaih la'guaih longc tengx baengc nyei ndie caux zorc baengc jaa-sic gaux, beiv hnangv jaev mun ndie, ga'sie mun ndie, hnopv fai sin jorm ndie caux vitamins.
- ◆ Caux hmuangv doic zaangh laangh taux ninh mbuo oix hnangv haaix nor zoux hnangv ninh zuqc baengc kuov, mv fai qiexmx zuqc mbenc haaix nyungc yiem biauv longc.
- ◆ Cuotv fim caux buonc-deic mbenc daaih tengx heiv sic nyei jauv.
- ◆ Caux jienv laangz zong mbenc taux cuotv hnangv mbenc mbungh domh wuon-baengc fai haa-baengc nor.



Butv haa-juangv (heuc 'butv haa')

Butv haa baengc zoux bun tauv qiex haih jiex doic caux haih benx haa-juangv. Yaac haih benx baengc deix baav fai benx hiev nyei, hnangv benx lauh yaac haih daic nyei. Longx jiex haih tengx duqv nqaeqv haa-baengc nyei jauv sei zuqc hnyangx-hnyangx baaqv jienv ndie nqaeqv.

Hnyangx-hnyangx yiem naaiv meiv guoqv, baeng baengc:

- ◆ 5% lorz 20% nyei mienh maanh butv haa;
- ◆ Jiex ndaangc 200,000 mienh bieqc domh corz ndie dorngx laaix haa-baengc kuov, caux;
- ◆ Leih mv go 36,000 mienh daic laaix haa-baengc.

Deix baav mienh, liemh mienh gox mienh, fu'jueiv-lunx, mienh dongh maaih baengc wuov deix (beiv hnangv butv haa-cunv, nziaamv gaam, fai mba'nziu baengc), yaac gauh haih nyiez zuqc haa-baengc.

BUTV HAA EI-LEIZ

Butv haa nyei ei-leiz maaih:

- ◆ Sin jorm (jorm camv nyei).
- ◆ Mh nqorngv mun.
- ◆ Maiv maaih yietc deix qaaqv.
- ◆ Hnopv-nqaa.
- ◆ Jaang-hoh mun.
- ◆ Cuotv mbiutc fai mba'zorng zietc
- ◆ Jaan fai orv mun.
- ◆ Ga'sie nyei ei-leiz, beiv hnangv hnyouv nziouh, lov, ga'sie fiex, yaac haih benx mv baac nzengc-nzengc fu'jueiv gauh benx camv domh mienh.

Mbenc mbungh taux zuqc yiem biauv lauh

U.S. goux mangc baengc zingh caux butv domh wuon-baengc gorn yiem (<http://www.pandemicflu.gov/plan/individual/checklist.html>) zoux maaih naaiv deix kuv fiensex njaaux taux zuqc hngangv haaix nor mbenc mbungh taux zuqc yiem biauv lauh nyei jauv.

ZUQC MBENC MAAIH MAIV HAIH SOX FAI HUV MV FAI LIOUH DUQV LAUH NYEI GA'NAAIV

- ◆ Zoux ziangx nyanc duqv nyei ga'naaiv dapv jienv ndongh beiv hngangv orv, mbiauz, biouv, lai, dopc and lai-torgh.
- ◆ Biouv maaih pouv yorc nyei ga'naaiv.
- ◆ Hmeiv caux biouv zoux daaih nyei ga'naaiv-nyanc.
- ◆ Dix sen hmei fai biouv.
- ◆ Biouv-nqaai.
- ◆ Dorngh.
- ◆ Biouv-wuom dapv jienv ndongh.
- ◆ Wuom-gorngc
- ◆ Gu'nguaaz nyei ga'naaiv nyanc dapv jienv dongh.
- ◆ Saeng-kuv nyei ga'naaiv-nyanc

LONGC ZORC BAENG C NYEI JAA-SIC

- ◆ Ndie-sai bun daaih nyei jaa-sic, beiv hngangv dimv mangc nziaamv gaam caux nziaamv hlang nyei ga'naaiv.
- ◆ Saa mbu caux wuom, fai nzaaux buoz ndie maaih diuv (60-95%) wuov nyungc.
- ◆ Sin-jorm ndie, horpc maaih acetaminophen mv fai ibuprofen.
- ◆ Dimv sin jorm ga'naaiv.
- ◆ Ga'sie fiex ndie.
- ◆ Puov yorc.
- ◆ Dienx tongh.
- ◆ Dienx youh.
- ◆ Tiqv nyuqv, dorch mingh daaih duqv wuov nyungc.
- ◆ Koi ndongh ga'naaiv, longc buoz niouv wuov nyungc.
- ◆ La'fapv-mbuoqc.
- ◆ Sortv buoz zeiv, zeiv-mau, haih jaev guangc nyei ormc

SAAX FAI FIOUX WUOM NZENG C

Hnangv meih maiv hiuv duqv gorngv meih nyei wuom nzengc fai maiv nzengc nor, maiv duqv hopv zuqc saax mangc cing. **Longc dongh duqv saax jiex nzengc nyei wuov deix wuom hopv, zouv ga'naaiv, peux fai qouv ga'naaiv hopv, fai nzaaux nyaah.**



- ◆ Hnangv meih maiv maaih wuom-gorngc nor, meih zuqc buov wuom zuoqc liuz cingx daaih maiv gamh nziex. Buov wuom mbueix yaac haih daix ziex nyungc gaeng daic dongh maaih yiem wuom wuov. Hnangv gorngv buatac wuom njoqc nyei nor, zorqv ndie nzengc nyei wuov nyungc daaih saax liuz fai zuov bun ninh saamx njiec ga'ndiev mingh, liuz ndamv cuotv ga'nguaaic nzang fai nzengc wuov deix. An 1/8 gen (8 diepv) saax wuom nzengc nyei ndie puix yietc lorn wuom, qouv longx nyei liuz an jienv 30 buon liuz cingx daaih longc. Zorqv saax jiex nyei wuom dapv jienv ga'naaiv nqaengc nyei liuz gomv longx imx.
- ◆ Hnangv meih nyei wuom-kuotv zuqc wuom yiemx nor, yiemx baac liuz zuqc dimv fai saax nzengc wuom. Hnangv meih hnammv daaih meih nyei wuom-kuotv haih maaih la'hopv nyei ga'naaiv fai wuom maiv nzengc nor, zuqc heuc mingh naaic buonc-deic gorn taux wuom la'hopv nyei jauv.

Naaiv deix kuv jauv sei longc dimv taux wuom maiv nzengc nyei sic duqv zoux cuotv daaih yiem http://www.epa.gov/safewater/faq/pdfs/fs_emergency-disinfection-drinkingwater-2006.pdf gorn.

Longc ndie saax wuom nzengc nyei sic		
Wuom-soux	Wuom-nzang	Wuom-njoqc
1 ndongh dorn (quart)	2 ndiepv	4 ndiepv
1 jaa lorn	8 ndiepv	16 ndiepv
5 jaa lorn	1/2 gen	1 gen



**Mienh zoux waaic caux hou
zoux waaic nyei sic**



Mienh zoux waaic nyei sic yiem naaiv lungn ndiev

Zoux dorngrx waaic fai zoux ciouv ei-leiz, zoux bun haih guangc taux maengc yiem dieh norm guoqv zaangc jhex gorn dorngrx zuqc meiv guoqv nyei ciouv sic nyei doh leiz. Naaiv deix waaic sic nyei juav sei duqv zoux cuotv daaih bun liemh zeih haeqv taux yietc zungv baeqv-fingx, nyauv taux hung hja nyei gong korv, mv fai nyauv saeng-seix nyei jauv yiem naaiv guoqv zaangc fai deic-bung.



Mienh zoux waaic yiem meiv guoqv ga'nyuoz

Maiv maaih doh leiz zoux, mv fai gorngv haeqv, taux zoux waaic sic yiem naaiv meiv guoqv maiv gunv gorngv yietc dauh mienh ganh mv fai yietc guan hienh yaac baac. Hnamv jienv oix zoux waaic nyei mienh nziex haih zoux waaic fiu ga'qieix taux hung hja dorngrx mv fai gong-ziou, mv fai hung hja fai zuangx mienh nyei nzaic zingh jauv-louc yiem naaiv deic bung.

Gorngv haeqv fai houv waaic

Maiv gunv gorngv gengh zien maaih fai maiv maaih waaic sic, faanh haih maaih mienh gorngv cuotv oix zoux waaic yaac zuqc funx gorngv gengh haih maaih waaic sic benx zuqc waaic sic gengh maiv zeiz hung heic. Faanh hiuv duqv deix gorngv maaih mienh oix mbenc zoux waaic bun mienh fai bun dorngrx fai haih nyauv zuqc zix diuc jienv nyei jauv yaac zoux bun mienh gamh nziex caux bueix maiv njormh.



KUV WAAC 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; zuqc mbenc ziangx--yietc nzunc yietc dauh mienh, yietc nzunc yietc biauv mienh, yietc nzunc yietc laangz mienh, manc-manc yietc nzunc mbenc deix cingx daaih mbenc duqv.

Goux mange dimv mbungh sic nyei domh gorn nyei "Mbenc nzoih" lorz jauv tengx zoux bun American mienh maanh gauh haih mbenc mbungh taux maiv nange la'quaih maaih nyei heiv sic nyei jauv-louc. Maiv gunv gorng mbuo maiv haih hiuv duqv gorngv haih maaih mienh daaih zoux waaic nyei sic, maaih zix nyungc jauv meih caux meih nyei hmuangv doic haih mbenc daaih mbungh mienh waaic mienh zoux waaic sic nyei jauv.

Meih yaac haih lorz duqv meih qiexx longc nyei kuv jauv yiem:

- ◆ Bieqc mingh mange <http://www.ready.gov>
- ◆ Heuc (800) BE-READY [237-3239] lorz mborqv cuotv daaih nyei sou.

Zoux baeng mienh, CIA, FBI, U.S yiem gapv-jaaix dimv mienh gorn, goux cie dorh mienh mingh daaih gorn, yiem gapv-jaaix dengv sic gorn caux buonc-deic tengx sic gorn yietc zungv laangz tengx nqaeqv mienh zoux waaic nyei sic. Hung hja "Mbenc Nzoih" nyei gorn yaac tengx jienv mbenc fih hngang, liuz meih caux jienv meih nyei hmuangv doic cingx daaih yiem duqv lornh orqc.

HOUV ZOUX WAAIC SIC NYEI JAUV MAAIH HAAIX NYUNG?

Hiuv duqv haih houv zoux waaic sic nyei jauv zoux bun mbuo hiuv taux domh waaic nyei sic (bei hngang yunh mbeux, ndie-laengc, caux/mv fai longc ga'naaiv naangh zoux daaih nyei ga'naaiv, zoux benx douz nyei ga'naaiv, haih mbeux daanc seix nyei ga'naaiv) yaac haih jaa-dingh jaa-dorngrx caux saeng-eix nyei jauv-louc. Norm baac dorngrx ganh yaac gauh nyiec zuqc naaiv deix jauv-louc, beiv hngang, zoux domh yunh mbeux gorn caux dieh nyungc domh dorngrx; nzaangv-ndaix gorn, nzaangv-ndaix ciangv, cie-ndaav fai rotv fai jauv, caux dieh nyungc fungx ga'naaiv fai mienh mingh daaih nyei gorn; maaih domh yinh wuic yiem domh dorngrx; caux jienv nyei dorngrx, beiv hngang jough, zaeqv domh njaangh dorngrx, horqc dorngrx caux maaih domh biauv nyei dorngrx.

Daaih hngang norm-norm laangz yiem naaiv America, yiem Sacramento naaiv mv baac zeiz yietc norm laangz dongh maaih mienh oix zoux waaic bun. Hngang naaic nor, mbuo yaac zuqc faix fim mbungh longx. Goux sic mienh caux goux sic gom, caux jienv zix norm domh hung hja, saengv nyeih hung hja caux buonc-deic hung hja nyei gorn duqv mbenc longx haic nyei daaih tengx nqaeqv mienh zoux waaic nyei domh sic. Meih ei jienv naaiv deix kuv jauv zoux yaac haih tengx duqv. Hiuv duqv ndorm-muonz nzaic zingh, zuqc ging nyei taux meih nyei hnoi-hnoi bieqc cuotv nyei gong korv. Hoqc hiuv duqv taux zanc-zanc zoux nyei jauv-louc yiem meih nyei laangz zong caux yiem meih nyei zoux gong dorngrx.

Zuqc mbungh longx huing nzuonx meih nyei ga'hlen. Zuqc hiuv duqc meih nyei laangz-doic. Zuqc samx mangx taux maiv dongh nyungc nyei sic dauh jauv-louc beiv hngangv buatc maaih lengc sic yiem meih nyei laangz-horngc, yiem zoux gong dorngrx mv fai dongh meih niouv jienv cie mingh daaih nyei ziangh hoc.

Haiz haaix nyungc yaac zuqc gih sin nyei. Hngang gorngc meih haiz mv fai hiuv duqv gorngv maaih mienh gorngv waaic-maux mv fai gongv taux maaih jauv oix zoux waaic sic bun dieh dauh mienh mv fai ninh laangz gorngv ninh naaic zietc yietc dauh mienh waaic wuov deix mienh yiem zoux waaic sic nyei gorn wouv, zuqc gih sin liuz gaangv jienv heuc mingh mbuox dimv sic dauh nyei gorn.

KOI FIENX CAUX GA'NAAIV-BEU

Njaaux hmuangv doic, a'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 gorngv bun haaix dauh mienh.
- ◆ Faux jienv bun taux dongh maiv yiem naaiv norm dorngx wuov dauh mienh.
- ◆ Mv maaih wuih fiensex nyei deic-zepv mv fai longc mbuoz fiev daaih doqc maiv cing.
- ◆ Pien-pien mv fai mbauh-mbauh nyei fai maaih finx cuotv daaih fai maaih maiv buatc jiex nyei ga'naaiv.
- ◆ Fungx fiensex gorn nyei yienx dauh caux wuic fiensex nyei deic-zepv maiv doix doic.
- ◆ Faux jienv gorngv jienv nyei fiensex--beiv hnangv "lengc jei fiensex" mv fai "zuqc bingx longx."
- ◆ Naetv fungx fiensex ga'naaiv camv jiex ndaangc (Postage).
- ◆ La'guaih faaux deic-zepv, fiev nzaagc maiv zuqc
- ◆ Faux deic-zepv maiv zuqc, maiv maaih mbuox cing.
- ◆ Guoqv jienv nie mv fai quoqv jienv ga'naaiv laqc hopv nyei ga'naaiv-beu.
- ◆ Buatc maaih ga'naaiv-buonv cuotv.
- ◆ Fiev jienv waac-doqc fai waac-ciouv.
- ◆ Haiz zueiz haih.
- ◆ Hiev jiex ndaangc.
- ◆ Haiz maaih qiex mbui tikv tikv deix.

HOUV OIX ZAENG YUNH MBEUX SIC

Hnangv gorngv meih haiz mienh houv oix longc yunh mbeux zoux waaic 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 gorngv jienv waac liuz fiev njiec taux nzengc dongh ninh gorngv nyei nyungc nyungc jauv.
- ◆ Jangx jienv maaih haaix diuh lengc yiem mv dauh mienh nyei qiex (qiex, ngaengc, qiex maiv jauh).
- ◆ Mbuox goux sic mienh caux goux biauv nyei bieiv.

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

- ◆ Maiv dungx muoqv fai nziangc zuqc ninh.
- ◆ Mai dungx longc fonh ndutv mv fai gan sin fonh yiem nitv fatv.
- ◆ Simv cuotv naaic deix dorng liuz gaanv jienv heuc mingh mbuox goux sic mienh.
- ◆ Mbuox mengh gorngv ga'naaiv-beu mv fai mh norm ga'naaiv hnangv haaix nor.
- ◆ Biaux nyei ziangh hoc, maiv dungx souv nitv fatv gaengh dorn (windows) caux nitv fatv dieh nyungc haih benx sic nyei ga'naaiv.



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 ga'naaiv beu fatv-fatv nyei.
- ◆ Maiv dungx bouh fai horpv ninh mingh, maiv duqv bun dieh dauh mienh mangc, mv fai maiv dungx bun dieh dauh mienh muoqv.
- ◆ Hnangv gorngv daaih taux meih nyei buoz liuz meih cingx buatc maiv sienx fim nor, lorz dorngz longx nyei an njiec liuz maiv dungx mingh kuatv aqv.
- ◆ Mbuox tong dauh dauh mienh yiem naaic deix dorng liuz caux jienv ninh mbuo simv cuotv pien naaic norm dorngx.
- ◆ Guon nzengc gaengh mingh cingx daaih maiv bun mienh mingh naaic deix dorngx.
- ◆ Hnangv haih nor, guon nzengc nziaaux-kuotv mingh cingx maiv haih buonc ga'naaiv la'hopv mingh nzaaux.
- ◆ Longc saa mbu caux wuom nzaaux longx nyei meih nyei buoz muoqv liuz ga'naaiv la'hopv.

Zuqc gaanv jienv heuc mingh mbuo goux sic dorngx. Mangc gaax maaih houv waaic sic hieqv ndongc haaix caux mangc gaax horpc zuqc heuc 911 mv fai heuc mingh lorz goux sic mienh yiem Sacramento nquenc (sheriff or police).



Heuc mbuox taux mienh houv oix zaeng yunh mbeux sic

Heuc 911. Heuc mbuox liuz houv zaeng yunh beux sic, meih yaac nziex zuqc laqc guaih dimv mangc taux meih nyei domh biauv. Maiv maaih haaix dauh haih gauh hiuv duqv meih nyei saengh eix biauv ndongh meih longx caux meih nyei zoux gong mienh. Weic zuqc meih gauh hiuv duqv meih nyei dorngx longx jiex, meih cingx daaih gauh haih lorz buatc maiv sienx fim nyei ga'naaiv gauh siepv jiex goux sic mienh.

Buonc-deic jienv nyei finx-hoc
 Finx-hoc-dauh (916) mv zeiz nor
 cingx daaih mbuox.

MAAIH HEIV SIC NYEI FINX-HOC

Goux sic mienh/njoux douz mienh/njoux
 maengc mienh.....911
 Mh norm ndung nor (TTY) Sacramento
 mungv.....732-0110
 Longc gan sin fonh:
 Yiem Sacramento mungv ga'nyuoz264-5151
 Yiem Sacramento nquenc.....874-5111

MAIV MAAIH HEIV NYEI FINX-HOC

2-1-1 (Sacramento mungv caux nquenc)
 (24-mong douc fieng caux tengx zoux
 sou gorn).....211
 TTY.....446-1434
 3-1-1 (Sacramento mungv hnangv)
 (24-mong douc fieng caux tengx zoux
 sou gorn).....311
 TTY.....264-5011
 Sacramento nquenc zipv finx
 gorn.....875-5000
 Sacramento nquenc goux sic gorn
 (sheriff).....874-5115
 TTY.....874-7128
 Citrus Heights goux sic gorn.....727-5500
 Elk Grove goux sic gorn.....714-5115
 Folsom goux sic gorn.....355-7231
 Galt goux sic gorn.....(209) 366-7000
 Isleton goux sic gorn.....777-7774
 Rancho Cordova goux sic gorn.....362-5115
 Sacramento mungv goux sic gorn..264-5471

**DIEH NYUNG C JIENV NYEI
 FINX-HOC**

Maaih mienh dingx
 laaih.....(800) 222-FIND [3463]
 American Red Cross.....993-7070
 Mbuox Sic gorn.....443-HELP [4357]
 PG&E gorn koi
 24-mong.....(800) 743-5000
 Ndie laengc gorn.....(800) 876-4766
 Sacraemnto nquenc goux wuom gorn
 (heuc mbuox taux wuom
 cuotv nyie jauv mv fai wuom
 yiemx).....875-7246
 SMUD gorn koi
 24 mong.....(888) 742-7683

**GOUX MANGC DIMV MBUNGH SIC NYEI DOMH GORN
 FAI JAUV-LOUC**



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






Setv mueiz waac

Goux Sacramento nquenc nyei baeqv-fingx nyei jauv naaiv maiv daan gorngv kungx hatc doh leiz nyei gorn, njoux douz nyei gorn, tengx zorc ndie taux heiv sic nyei gorn caux buonc deic nyei gunv baengc zingh mienh ganh nyei gong hnangv. Mbuo nyei hmuangv doic caux a'nziaauc doic yaac yiem naaiv, fih hnangv, liuz mbuo gengh zuqc longc hnyouv longc zaaqc eix mangc fai zoux daaih tengx mbuo ganh nyei biau v zong caux dieh dauh mienh. Mv baac mbuo ganh hnangv maiv haih zoux. Yietc zungv zuqc gapv qaav dongh hnyouv cingx haih nqaeqv duqv hnamv zoux waaic sic nyei jauv.

Goux mangc mbungh sic nyei jauv yaac zuqc yiem biau v jiej gorn zoux cuotv. Maiv gunv gorngv meih dorh jienv hmuangv doic hoqc beaux douz, tengx njaaux laangz-doic hoqc taux zorc baengc da'yietv ginc nyei jauv, mv fai cuotv fim tengx taux maaih heiv sic nyei jauv, tengx nyei jauv nyungc-nyungc maaih lamh longc nzengc liuz yaac haih tengx duqv yietc diuc bun mbuo nyei laangz zong caux deic-bung gauh kuv-yiem faaux.

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

Goux mangc dimv mbungh sic nyei domh gorn fai jauv-louc zorqv duqv ziex nyungc six daaih longc mbuox taux gorngv haih maaih mienh houv waaic sic hiev ndongc haaix. Naaiv kangv porv mengh houv waaic sic hiev ndongc haaix yaac sei longc bun naaiv yietc norm meiv guoqv, deix baac faix-fiuv dorngh, mv fai zoux saeng-eix fai domh zuangx dorngh.

Haih maaih ndong haaix	Mienh maanh horpc zuqc zoux
 <p>MAENG Fiuv-sic</p>	<ul style="list-style-type: none"> ➤ Mbenc nzoih hmuangv doic sim heiv sic nyei jauv. Mbuox nzoih hmuangv doic caux a'nziaauc doic liuz hoqc taux bieqc hnyouv. Bieqc www.Ready.gov hoqc taux zorngh-mbenc nyei jauv. ➤ Mbenc nzoih "maaih heiv sic longc nyei jaa-sic" bun meih nyei biauv zong. ➤ Zuqc mbuox mengh. Bieqc www.Ready.gov yienx cuotv "Preparing Makes Sense, Get Ready Now" heuc lorz 1-800-BE-READY. ➤ Zuqc hiuv duqv hnavgv haaix nor bingx sic yiem biauv caux haih bungx daic finx-gorn (douz-gorn, nqaetv-gorn, caux wuom-gorn) dongh mingh meih nyei biauv wuov. ➤ Mangc gaax maaih qangx cuotv fim tengx meih nyei laangz zong nyei fai, beiv hnavgv gapv jienv laangz-doic hoqc tengx heiv sic jauv, cuotv fim tengx goux sic mienh, samx mangc laangz zong, caux dieh nyungc jauv fai fungx deix meih ziangh hoc. ➤ Mangc gaax zuqc hoqc taux zorc baengc da'yietv ginc caux zoux CPR, fai hoqc bieqc gapv laangz zong tengx heiv sic nyei jauv (CERT).
 <p>MBUOV Orqv sic</p>	<ul style="list-style-type: none"> ➤ Ei nzengc jiex daaih wuov kang nyei kuv jauv zoux. ➤ Dimv mangc siou mbungh heiv sic nyei ga'naaiv caux yienc nqoi dongh ziangh hoc nzengc wuov deix, ➤ Zuqc faix fim taux maiv buatec jiex nyei ga'naaiv fai eix-leiz caux heuc mbuox dongh horpc mbuox sic nyei gorn.
 <p>YANGH Hiuang sic</p>	<ul style="list-style-type: none"> ➤ Ei nzengc maeng caux mbuov wuov deix l kang kuv jauv zoux. ➤ Dimv cing gorngv heiv sic longh nyei jaa-sic maaih nzoih caux longc duqv. ➤ Dimv mangc finx-hoc yiem mbenc tengx hmuangv doic taux heiv jauv wuov caux horpc nor zuqc zorc longx. ➤ Mbenc ziangx juav-wingc yiem gong mingh horqc dorngh fai yiem horqc dornghc mingh gong caux hoqc taux bieqc hnyouv. ➤ Gengh zuqv faix fim taux maiv buatec jiex nyei ga'naaiv caux zuqc heuc mingh mbuox goux sic gorn.
 <p>YANGH GOX Ciouv sic</p>	<ul style="list-style-type: none"> ➤ Ei nzengc jiex daaih wuov deix buo kang kuv jauv zoux. ➤ Mingh daaih yaac zuqc gengh faix fim, mangc longx njaaux bun hiuv nyei jauv-louc. ➤ Dimv mangc mbenc mbungh heiv sic bun hmuangv doic nyei jauv liuz dimv cing gorngv hmuangv doic hiuv duqv hnavgv haaix nor zoux. ➤ Maiv duqv huaang. Zuqc hiuv duqv gorngv maaih ngaih nyei jauv, dimv mangc lui-houx faang, caux maaih jienv nyei leiz yiem hung haa fai domh dorngh. ➤ Mangc gaax meih nyei laangz-doic fai dieh dauh mienh dongh nziex qiex zuqc longc tengx hnavgv maaih heiv sic nor.
 <p>SIQV Feiv sic</p>	<ul style="list-style-type: none"> ➤ Ei nzengc jiex daaih wuov deix bieie kang kuv jauv zoux. ➤ Zuqc muangx buonc-deic goux heiv sic gorn nyei waaic. ➤ Mangc jienv TV mv fai muangx jienv tiqv nyuqv taux siangx-fiex nyei jauv-louc. ➤ Mbenc nzoih bingx sic yiem biauv zong fai biaux sic, faan mbuox taux. ➤ Mbenc mbungh jienv jauv zaeqv caux maaih leiz-fingx. ➤ Faanh heuc nor zuqc cuotv fim tengx. ➤ Heuc lorz meih nyei horqc dorngh fai gong naaic gaax zuqc zoux gong mv fai doqc sou nyei fai.

Naaiv yienc sou duqv mbaih daaih yiem Goux domh sic gorn yiem <http://www.dhs.gov/xlibrary/assets/CitizenGuidanceHSAS2.pdf> gorn

Tim bieqç siang



TIM BIEQC A: NYAANH MBUOQC MBATV

Longc naaiv deix sou faaux jienv siqc jeiv nyei finx-hoc caux buonc-deic maaih heiv sic heuc lorz nyei finx-hoc an jienv meih nyei sin.

Yienx camv-kuaaiv deix. Faux nzoih buonc-deic tengx zuangx mienh nyei gorn nyei finx-hoc (yiem 47 wuov pin sou), gapc jienv dauh duah nyei dapv nyaanh mbuoqc mbatv, bun nzoih dauh dauh hmuangy doic. Dapv kuaaiv meih nyei nyaanh mbuoqc ga'nyouz caux an kuaaiv fonh ga'hlen.



Siqc jeiv longc nyei finx-hoc

Domh mienh nyei indie-sai _____
Fu'jueiv nyei indie-sai _____
Saeng-kuv nyei indie-sai _____
Horqc dornggh _____
Gansin fonh _____
Gansin fonh _____
Daenyeigong _____
Maenyeigong _____
Dorh fu'jueiv mienh _____
Laangz-doic _____
Diehnyungc _____



Siqc jeiv longc nyei finx-hoc

Domh mienh nyei indie-sai _____
Fu'jueiv nyei indie-sai _____
Saeng-kuv nyei indie-sai _____
Horqc dornggh _____
Gansin fonh _____
Gansin fonh _____
Daenyeigong _____
Maenyeigong _____
Dorh fu'jueiv mienh _____
Laangz-doic _____
Diehnyungc _____



Siqc jeiv longc nyei finx-hoc

Domh mienh nyei indie-sai _____
Fu'jueiv nyei indie-sai _____
Saeng-kuv nyei indie-sai _____
Horqc dornggh _____
Gansin fonh _____
Gansin fonh _____
Daenyeigong _____
Maenyeigong _____
Dorh fu'jueiv mienh _____
Laangz-doic _____
Diehnyungc _____



Siqc jeiv longc nyei finx-hoc

Domh mienh nyei indie-sai _____
Fu'jueiv nyei indie-sai _____
Saeng-kuv nyei indie-sai _____
Horqc dornggh _____
Gansin fonh _____
Gansin fonh _____
Daenyeigong _____
Maenyeigong _____
Dorh fu'jueiv mienh _____
Laangz-doic _____
Diehnyungc _____

TIM BIEQC A: SIQC JEIV NYEI JAUUV

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



Buonc-deic longc jienv nyei finx-hoc

Sacramento (916)

Maaih heiv sic nyei finx-hoc

Goux sic mienh/njoux douz mienh/njoux maengc mienh.....911
 Mhnormndungnor(TTY)Sacramentomungv.....732-0110
 Gansinforh:YiemSacramentomungvga'nyuoz...264-5151
 Gan sin fonh: Yiem Sacramento nquenc....874-5111
 Ndielaengcgorn.....(800)876-4766

Dieh nyungc jienv nyei finx-hoc

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

.....



Buonc-deic longc jienv nyei finx-hoc

Sacramento (916)

Maaih heiv sic nyei finx-hoc

Goux sic mienh/njoux douz mienh/njoux maengc mienh.....911
 Mhnormndungnor(TTY)Sacramentomungv.....732-0110
 Gansinforh:YiemSacramentomungvga'nyuoz...264-5151
 Gan sin fonh: Yiem Sacramento nquenc....874-5111
 Ndielaengcgorn.....(800)876-4766

Dieh nyungc jienv nyei finx-hoc

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

.....



Buonc-deic longc jienv nyei finx-hoc

Sacramento (916)

Maaih heiv sic nyei finx-hoc

Goux sic mienh/njoux douz mienh/njoux maengc mienh.....911
 Mhnormndungnor(TTY)Sacramentomungv.....732-0110
 Gansinforh:YiemSacramentomungvga'nyuoz...264-5151
 Gan sin fonh: Yiem Sacramento nquenc....874-5111
 Ndielaengcgorn.....(800)876-4766

Dieh nyungc jienv nyei finx-hoc

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

.....



Buonc-deic longc jienv nyei finx-hoc

Sacramento (916)

Maaih heiv sic nyei finx-hoc

Goux sic mienh/njoux douz mienh/njoux maengc mienh.....911
 Mhnormndungnor(TTY)Sacramentomungv.....732-0110
 Gansinforh:YiemSacramentomungvga'nyuoz...264-5151
 Gan sin fonh: Yiem Sacramento nquenc....874-5111
 Ndielaengcgorn.....(800)876-4766

Dieh nyungc jienv nyei finx-hoc

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

.....

BUONC-DEIC JIENV NYEI FINX-HOC

Finx-hoc-dauh (916) mv zeiz nor cingx daaih mbuox.

MAAIH HEIV SIC NYEI FINX-HOC

Goux sic mienh/njoux douz mienh/njoux maengc mienh.....	911
Mh norm ndung nor (TTY) Sacramento mungv.....	732-0110
Longc gan sin fonh:	
Yiem Sacramento mungv ga'nyuoz	264-5151
Yiem Sacramento nquenc	874-5111

MAIV MAAIH HEIV SIC NYEI FINX-HOC

211 (Sacramento mungv caux nquenc) 24-mong douc fiex caux tengx zoux sou gorn	211
TTY.....	446-1434
311 (Sacramento mungv hngangv) 24-mong douc fiex caux tengx zoux sou gorn	311
TTY.....	264-5011
Sacramento nquenc zipv finx gorn	875-5000
Sacramento nquenc goux sic gorn (Sheriff).....	874-5115
TTY.....	874-7128
Citrus Heights goux sic gorn	727-5500
Elk Grove goux sic gorn	714-5115
Folsom goux sic gorn	355-7231
Galt goux sic gorn	(209) 366-7000
Isleton goux sic gorn	777-7774
Rancho Cordova goux sic gorn.....	362-5115
Sacramento mungv goux sic gorn.....	264-5471
Dieh nyungc jienv nyei finx-hoc:	
Maaih mienh dingx laaih	(800) 222-FIND [3463]
American Red Cross	993-7070
Mbuox Sic gorn.....	443-HELP [4357]
PG&E gorn koi 24-mong	(800) 743-5000
Ndie laengc gorn.....	(800) 876-4766
Sacraemnto nquenc goux wuom gorn (heuc mbuox taux wuom cuotv nyie jauv mv fai wuom yiemx)	875-7246
Douz-gorn (SMUD) koi 24-mong.....	(888) 742-7683

SIQC JEIV NYEI FINX-HOC

Faaux jienv meih ganh nyei siqv jeiv jauv an naaiv

Corc ndie jauv:

Domh mienh nyei ndie-sai _____

Fu'jueiv nyei ndie-sai _____

Saeng-kuv nyei ndie-sai _____

Maaiah heiv sic heuc nyei mienh:

Yiem dieh norm saengv _____

Hmuangv doic _____

Laangz-doic _____

Dieh nyungc _____

Biaux sic caux gapv doic nyei jauv

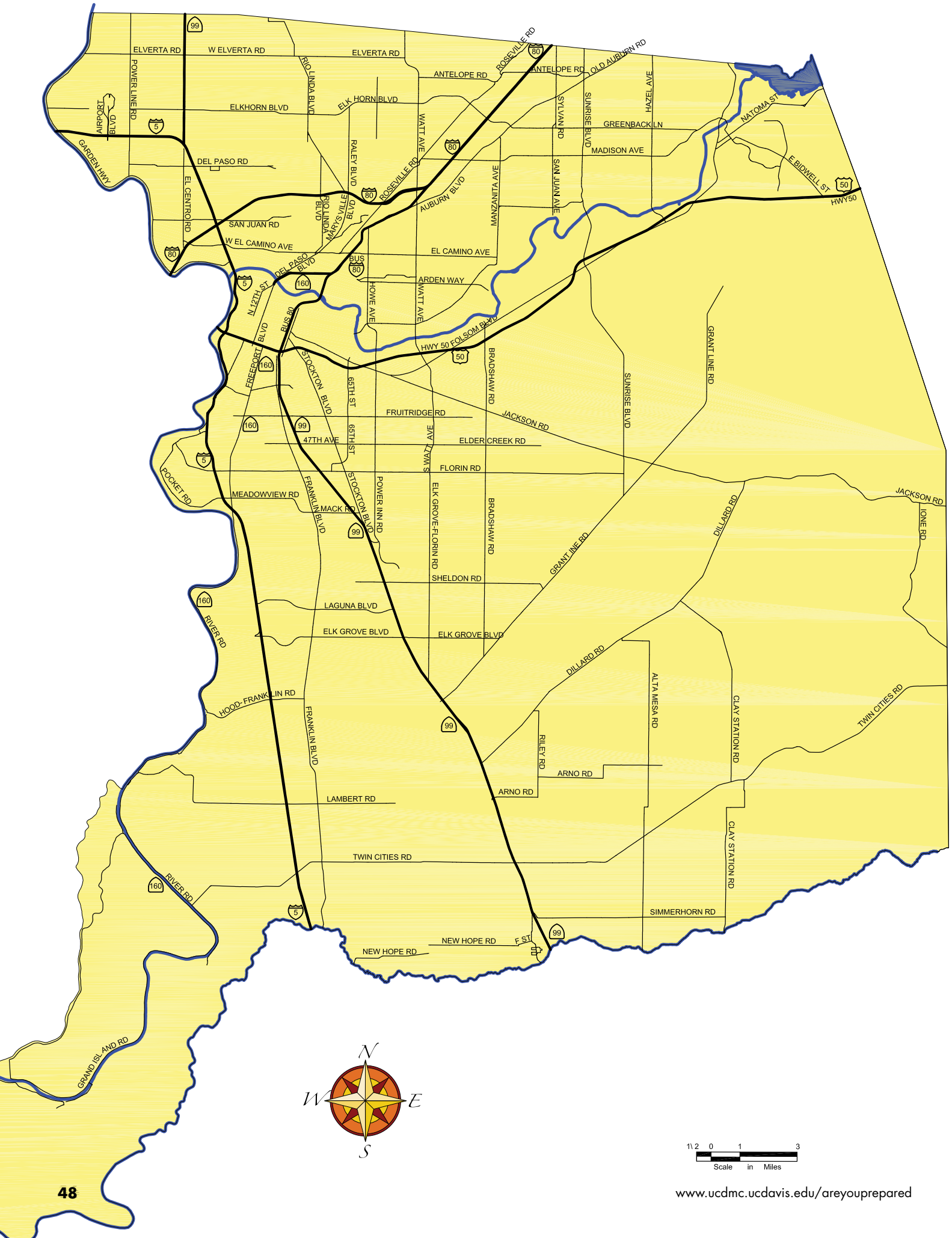
Biauv _____

Horqc dorngh _____

Dae nyei gong _____

Maa nyei gong _____

Dorh fu'jueiv mienh _____



SACRAMENTO
COUNTY



PUBLIC HEALTH

Domh zuangx nyei baengc zingh
Tengx zuangx mienh nyei gorn yiem domh zuangx nyei baengc zingh wuov bung
www.scph.com

Ann Edwards, *Domh bieiv*
Yiem tengx zuangx mienh nyei gorn

Glennah Trochet, M.D.
Nquenc zaangc goux baengc zingh ziouv mienh

Hnangy oix hiuv duqv camv nor: (916) 875-5881
Naaiv deix kuv jauv-louc duqv mbenc cuotv daaih yiem goux mangc mbungh taux
heiv sic nyei domh gorn 93.069 (CFDA)
yiem California saengv, mbenc mbungh taux heiv sic nyei dorngx 10-34



GOUX SACRAMENTO NQUENC GORN NYEI MIENH

Phil Serna, da'yietv laangz-1
Jimmie Yee, da'nyei laangz-2
Susan Peters, da'faam laangz-3
Roberta MacGlashan, da'feix laangz-4
Don Nottoli, da'hmez laangz-5

Steven C. Szalay
Nguenc Biexv-Teix

Bruce Wagstaff
Gun taux naaiv nquenc zaangc tengx mienh nyei gorn mienh

www.saccounty.net

Hmz hlaax 2011

BUONG-DEIC JIENV NYEI FINX-HOC

Finx-hoc-dauh (916) mv zeiz nor cingx daaih mbuox.

MAAIH HEIV SIC NYEI FINX-HOC

Goux sic mienh/njoux douz mienh/njoux maengc mienh.....	911
Mh norm ndung nor (TTY) Sacramento mungv.....	732-0110
Longc gan sin fonh:	
Yiem Sacramento mungv ga'nyuoz	264-5151
Yiem Sacramento nquenc	874-5111

MAIV MAAIH HEIV SIC NYEI FINX-HOC

211 (Sacramento mungv caux nquenc) 24-mong douc fienv caux tengx zoux sou gorn.....	211
TTY.....	446-1434
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TTY.....	264-5011
Sacramento nquenc zipv finx gorn	875-5000
Sacramento nquenc goux sic gorn (Sheriff).....	874-5115
TTY.....	874-7128
Citrus Heights goux sic gorn	727-5500
Elk Grove goux sic gorn	714-5115
Folsom goux sic gorn	355-7231
Galt goux sic gorn	(209) 366-7000
Isleton goux sic gorn	777-7774
Rancho Cordova goux sic gorn.....	362-5115
Sacramento mungv goux sic gorn.....	264-5471
Dieh nyungc jienv nyei finx-hoc:	
Maaih mienh dingx laaih	(800) 222-FIND [3463]
American Red Cross	993-7070
Mbuox Sic gorn.....	443-HELP [4357]
PG&E gorn koi 24-mong	(800) 743-5000
Ndie laengc gorn.....	(800) 876-4766
Sacraemnto nquenc goux wuom gorn (heuc mbuox taux wuom cuotv nyie jauv mv fai wuom yiemx)	875-7246
Douz-gorn (SMUD) koi 24-mong.....	(888) 742-7683

Meih haih lorz mangc naaiv deix kuv jauv caux yienx cuotv ben PDF fienv yiem <http://www.ucdmc.ucdavis.edu/areyouprepared/> caux yiem <http://www.scph.com> (maaih ziex nyungc faan daaih nyei waac bun mange).

Qiem zuqc oix hiuv duqv camv faaux yaac mingh lorz duqv yiem Sacramento buonc-deic tengx heiv sic nyei gorn (CERT) yiem <http://www.srccc.org> gorn.

Naaiv zeiz ziex norm gorn duqv gapv jienv mbenc cuotv daaih nyei jauv sei maaih UC Davis Health System gapv caux jienv ziex norm tengx taux heiv sic nyei gorn yiem naaiv Sacramento nquenc.



PUBLIC HEALTH

SACRAMENTO COUNTY
Department of Health & Human Services

DIVISION OF PUBLIC HEALTH
7001A East Parkway, Suite 600
Sacramento, CA 95823

Phone: (916) 875-5881
www.scph.com