

# Daim Ntawv Qhia Txog Kev Kuaj Qhov Muag Seb Puas Pom Cov Xim

Tus Menyuum Lub Npe \_\_\_\_\_ Hnub nyoog/HNUB YUG \_\_\_\_\_

Nyob zoo txog Niam Thiab Txiv/Tus Neeg Saib Xyuas

Thaum lub sij hawm nyuam qhuav kuaj qhov muag tas los no pem tsev kawm ntawv, koj tus menyuum kuaj pom tau tias nws muaj teeb meem qhia tau cov xim kom paub tias lawv sib txawv. Qhov no yog kuaj qhov muag seb puas pom kev; tsuas yog qhia tias tej zaum koj tus menyuum muaj teeb meem txog kev pom cov xim.

Nov yog ib co ntaub ntawv qhia txog muaj teeb meem txog cov xim:

- Ib qho kev kuaj los ntawm ib tug kws kho qhov muag tsis tas yuav coj mus kuaj tabsis tej zaum kuj yuav pab tau los txiav txim seb puas muaj teeb meem nrog qhov es pom cov xim sib txawv.
- Cov menyuum yaus siv tej yam lawv paub los pab lawm qhia tias yog xim dabtsi, rau ntau tus menyuum muaj teeb meem txog pom xim sib txawv mas tsis yog ib qho teeb meem.
- Cov kev tshawb fawb qhia pom tias yeej tsis muaj ib qho kev sib txawv loj rau kev kawm tau ntawv tiav lug hauv tsev kawm ntawv ntawm cov tub ntxhais kawm ntawv es pom cov xim sib txawv thiab cov es muaj teeb meem pom xim sib txawv.
- Thaum lub sij hawm kawm ntawv thaum tseem yau, cov xim kuj yuav siv los mus kawm lej thiab kawm lwm yam. Thaum paub tias yog koj tus menyuum muaj teeb meem tsis pom cov xim sib txawv yeej pab tau koj tus menyuum tus xib fwb nrhiav lwm txoj hauv kev los qhia nws cov ntawv kawm.
- Yog tias koj tus menyuum xav tau kev pab pem tsev kawm ntawv vim yog muaj teeb meem nrog rau qhov es pom cov xim, tiv tauj koj tus menyuum tus xib fwb.
- Tej yam asxij ua hauj lwm mas yuav tsum kom muaj tsab peev xwm qhia txog qhov sib txawv ntawm cov xim yog li ntawd thaum koj tus menyuum muaj hnub nyoog loj zog lawm, qhov no yog ib qho tseem ceeb yuav tau paub.
- Yog tias koj muaj lwm cov lus hnub txog koj tus menyuum qhov kev pom cov xim sib txawv, los yog xav tau kev pab kom muaj kev kuaj los ntawm tus kws kho qhov muag thov tiv tauj

Tus poj nais maum pem tsev kawm ntawv \_\_\_\_\_ Xov tooj: \_\_\_\_\_

Tus Email \_\_\_\_\_ Hnub tim \_\_\_\_\_

Daim ntawv no ua tshwm sim los ntawm:

Minnesota Department of Health  
Child and Teen Checkups  
651-201-3650  
[health.childteencheckups@state.mn.us](mailto:health.childteencheckups@state.mn.us)  
[www.health.state.mn.us](http://www.health.state.mn.us)

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*Kom tau cov ntaub ntawv no es yog lwm hom  
format, tiv tauj: 651-201-3650.*