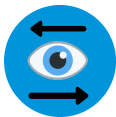


Txoj kev nyab xeeb ntawm cov neeg mus kev raws kev tsheb yog pib ntawm kuv!



Nres ntawm ntug kev tsheb.

Saib mus rau phab laug, saib mus rau phab xis, thiab rov qab saib mus rau phab laug dua ua ntej yuav hla kev.

Hla Kev ntawm cov chaw hla.

Hla kev ntawm cov chaw hla los sis ntawm cov kev sib tshuam. Siv cov teeb hla kev yog thaum muaj nyob rau ntawd.



Saib seb puas muaj tsheb.

Saib seb puas muaj cov tsheb uas tab tom lem los sis thaub qab.

Mus kev ntawm cov kev nyob raws ntug kev tsheb uas muaj rau neeg mus kev.

Mus kev ntawm cov kev nyob raws ntug kev los sis cov kev uas muaj rau neeg mus kev. Yog hais tias yeej tsis muaj cov kev nyob raws ntug kev tsheb rau neeg mus kev, siv sab kev tsheb uas koj yeej ntsia ntsoov tsheb khiav tom koj hauv ntej los thiab mus kev raws phab laug ntawd sab kev tsheb ntawm no.



Ntsia ntsoov tus neeg tsav tsheb kom koj paub hais tias nws yeej pom koj.

Ntsia ntsoov tus neeg tsav tsheb kom koj paub hais tias nws yeej pom koj ua ntej koj yuav hla kev txiav ntawm nws hauv ntej.



California Department of Public Health, Safe and Active Communities Branch, Kids' Plates Program yog lub chaw uas muab nyiaj coj los pab rau qhov kev pab cuam ntawm no.

Hmong

Kev nyab xeeb rau tsheb kauj vab yog pib ntawm kuv!



Txheeb kuv lub tsheb kauj vab.

Ua ntej yuav caij, ntxiv pa rau ob lub log kom muaj pa txaus thiab txheeb saib ob tus cheem (brakes) puas ua hauj lwm.

Ntoo cov kaus mom caij tsheb yeej yog ib qhov uas txoj cai yuav tsum kom ntoo.

Txoj cai yeej yuav tsum kom koj ntoo ib lub kaus mom uas yog cov kaus mom ntoo caij tsheb kauj vab yog hais tias koj yog ib tus neeg tsis tau muaj 18 xyoo, txawm hais tias nws yuav yog koj caij tsheb kauj vab, tsheb kauj vab uas muaj tshuab, los sis cov kaus mom los sis txiag uas muaj log mus kawm ntawv.



Phab xis phab xis.

Cov tsheb kauj vab yeej khiav nrog tsheb; yog li ntawd, koj yuav tau caij tsheb kauj vab raws phab xis ntawm txoj kev tsheb.



Caij tsheb kauj vab raws nraim li cov cai tswj kev tsav tsheb.

Thaum caij nyob hauv txoj kev tsheb, caij raws nraim li cov cim, cov teeb, thiab cov kab cais kev tsheb.



Ua kom koj pom lawv thiab kom lawv pom koj.

Hnav cov khaub ncaws uas ci thiab muab cov khoom ci tso rau ntawm koj lub tsheb kauj vab.



California Department of Public Health, Safe and Active Communities Branch, Kids' Plates Program yog lub chaw uas muab nyiaj coj los pab rau qhov kev pab cuam ntawm no.

Kev nyab xeeb rau cov neeg tsav tsheb yog pib ntawm kuv!



Tsav tsheb ceev raws li qhov pub tsav thaum tsav nyob Ib Cheeb Ze Tsev Kawm Ntawv.

Tsav ceev li 25 mph los sis qeeb dua thiab tsav raws nraim li tag nrog cov cai tswj kev tsav tsheb thiab raws nraim li qhov uas cov neeg zov neeg hla kev qhia kom tsav.

Tsis txhob pub kom muaj ib yam dab tsi ua rau koj tsis nco qab saib kev.

Ib ncig ntawm cov tsev kawm ntawv yeej yog ib cov chaw uas muaj ntau lub tsheb khiav thiab muaj neeg coob taug kev, nco ntsoov saib kev thiab ceev faj hais tias yuav muaj me nyuam kawm ntawv hla kev.



Nres tsheb rau ntawm cov chaw uas pub nres xwb.

Tsis txhob nres tsheb rau ib sab ntawm ib lub tsheb nres ntawm kev rau koj cov me nyuam tawm los sis nres thav cov neeg nyob ib ncig ntawd qhov chaw nres tsheb nyob ntawm lawv lub tsev.



Tso cov me nyuam tawm tsheb nyob ntawm ntug kev tsheb xwb.

Cia cov me nyuam tawm tsheb ntawm ntug kev tsheb thiab tsis txhob cia lawv tawm sab uas muaj tsheb khiav.



Teem kom muaj coob tus me nyuam caij tsheb ua ke.

Nrog lwm cov yim neeg caij tsheb ua ke los mus pab txoj kom tsis txhob muaj tsheb ntau khiav nyob ib ncig ntawm lub tsev kawm ntawv.



California Department of Public Health, Safe and Active Communities Branch, Kids' Plates Program yog lub chaw uas muab nyiaj coj los pab rau qhov kev pab cuam ntawm no.

Hmong