

cov txiaj ntsig ntawm kev tsis haus luam yeeb

cov txiaj ntsig rau koj



Lub ntsws thiab lub plawv zoo tuaj



Txo feem pheej hmoo tsis zoo ua rau muaj kab mob khees xaws



Tiv thaiv pob txha kom ruaj khov



Txo feem pheej hmoo tsis zoo rau thaum lub sij hawm muaj mob thiab muaj kev txawv txav

cov txiaj ntsig rau koj tus me nyuam



Txhawb kom lub hlwb loj hlob zoo



Txo feem pheej hmoo tsis zoo ua rau yug los me heev los sis yug los ua ntej txog caij yug



Txo feem pheej hmoo tsis zoo ua rau ho me nyuam, me nyuam poob, thiab Me Nyuam Mos Muaj Tus Kab Mob Ua Rau Tag Sim Neej (Sudden Infant Death Syndrome)



Hnoos ua npaws, hnoos los ntswg, thiab kis mob rau pob ntseg



Pheej hmoo tsawg rau kev muaj kab mob hawb pob

Kev txiav haus luam yeeb yog ib ntawm feem tseem ceeb tshaj plaws uas koj muaj peev xwm tiv thaiv kev noj qab haus huv kom zoo rau koj thiab koj tus me nyuam.

**Nug koj tus kws kho mob thov kev pab los sis hu rau
1-800-QUIT-NOW (1-800-784-8669)**

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