

Me nyuam mos liab kev nyab xeeb pw tsaug zog Paub txog cov A-B-Cs



Paub qhov Tseeb

Ib tus menyuam twg muaj peev xwm tuag thaum tsaug zog lossis tsaug zog. Cov neeg pw tsaug zog uas ntsig txog kev pw tsaug zog yog tiv thaiv tau. Cov menyuam mos ab uas pw lossis pw tsaug zog hauv qhov chaw tsis nyab xeeb yog qhov muaj feem yuav tuag sai sai thiab poob nthav thaum pw. Txoj hauv kev zoo tshaj plaws los tiv thaiv kev puas tsuaj no yog ua kom ntseeg tau tias tus menyuam lub chaw pw thiab qhov chaw nyab xeeb. Txhua tus neeg uas zov cov menyuam mos yuav tsum paub qhov tseeb no kom tus menyuam thiaj li muaj kev nyab xeeb.

Lb txwm

Nco ntsoov lub A-B-Cs ntawm kev ruaj ntseg cov pw tsaug zog

- **ALONE (NYOB IB LEEG):** Cov me nyuam mos yuav tsum yeej ib txwm pw tsaug zog los yog pw ib leeg.
- **BACK (NRAB QAUM):** Txhua zaus yuav tsum muab tus menyuam tso pw ntseeg tiaj lossis pw tsaug zog.
- **CRIB (LUB TXAJ PW):** Cov menyuam mos yuav tsum tau pw lossis pw ntawm lawv lub txaj me nyuam lossis chaw ua si. Khaws cov pam vov pam vov, xeb xaum pam vov, pam vov, khoom ua si lossis tog hauv ncoo tawm

ntawm cov menyuam txaj kom tsis txhob
muaj xwm txheej thaum pw.

Tsis txhob

- **Tsis txhob** cia menyuam mos pw lossis pw nrog lwm tus neeg, tsiaj, lossis tsiaj roj hmab. Cov menyuam mos uas muaj lub txaj pw nrog lwm tus neeg lossis khoom siv yog cov muaj feem ua rau ua pa nyuaj.
- **Tsis txhob** muab menyuam mos ab mus pw lossis pw ntawm lawv hauv plab. Qhov no tuaj yeem ua rau daig caj dab thiab ua rau lawv ua pa nyuaj.
- **Tsis txhob** muab menyuam mos pw saum txaj cov neeg laus, rooj zaum, ntaub pua rooj zaum, rooj tog zaum, futons, thiab loveseats, lossis hauv cov rooj zaum hauv tsheb thiab menyuam lub ntsej muag. Lawv yuav tsum tau pw hauv lawv tus kheej lub txaj me nyuam muaj kev nyab xeeb lossis chaw ua si uas muaj daim txaj pw muaj zog thiab cov ntaub qhwv rau.

Yog xav paub ntxiv

Consumer Product Safety Commission (CPSC) Crib Information Center

(<https://www.cpsc.gov/SafeSleep>)

**Eunice Kennedy Shriver Koom Haum Tebchaws
ntawm Menyuam Kev Noj Qab Haus Huv thiab Tib
Neeg Kev Loj Hlob (NICHD)**

(<https://safetosleep.nichd.nih.gov/>)

**Minnesota Tuam Tsev Txhawb Kev Noj Qab Haus
Huv (MDH)**

(<https://www.health.state.mn.us/people/womeninfants/infantmort/suids.html>)



Ntawm Minnesota Tuam Tsev Txhawb Kev Noj
Qab Haus Huv peb ua haujlwm rau txhua tus
neeg thiab zej zog kom muaj yam lawv xav tau
kom muaj kev noj qab haus huv.

Ntsib peb ntawm www.health.state.mn.us

*Txhawm rau muab cov ntaub ntawv no ua ntau hom, hu rau 651-
201-3650. Luam tawm ntawm daim ntawv ua dua tshiab. 01/24*