

Muaj cov tub thiab ntxhais hais lub hmoob

CHSU MUAJ LUB HEALTH FAIR PUB DAWB



**Saturday, Lub 9 hli ntuj,
tim 1, xyoo 2016**

9:00 teev sawv ntxov txog 1:00 teev tav su

Nyob rau tom lub tsev kawm ntawv
**California Health
Sciences University**

PEB PIB FIAS NTAWM KUAJ MOB THAUM 8:30AM

Koj thiab koj tsev neeg yuav tau txais thiab kawm txog kev noj qab haus huv thiab peb yuav ntsuam xyuas kab mob pub dawb.



Tswj los ntawm:

CHSU CALIFORNIA HEALTH SCIENCES UNIVERSITY



120 N. Clovis Avenue, Clovis CA 93612
(559) 325-3600 • www.chsu.org

Ua tsaug rau cov txhawb nqa kom Fresno thiab Clovis tau ntsib kev noj qab haus huv!



Bulldog Linens and Catering,
Nisei Farmers' League,
Wawona Frozen Foods

Txhaj Tshuaj Tiv Thaiv Khaub Thuas *Walgreens*
Pub dawb rau thawj thawj 300 tus neeg ua tuaj ua muaj 9 xyoo rov saum. **AT THE CORNER OF HAPPY & HEALTHY™**

Kev Ntsuam Xyuas Kab Mob

- Ntsuam xyuas kev mob hawb pob
- Ntsuam xyuas qhov muag
- Ntsuam xyuas lub plawv
- Ntsuam xyuas ntshav
- Ntsuam xyuas kom txhob ntog
- Ntsuam xyuas ntshav qab zib
- "Ntsuam xyuas koj cov tshuaj" – nqa koj cov tshuaj tom tsev tuaj rau peb xyuas.
- Cov tshuaj uas tag sijhawm/los sis tsis siv lawm – nqa koj cov tshuaj ua tsis siv los sis tag sijhawm lawm tuaj rau peb muab pov tseg.
- Nqa koj lub monitor – ntsuam ntshav qab zib tuaj rau peb ntsuam xyuas



Kawm txog kev noj qab haus huv thiab qauv qhia

- Kawm txog lub plawv
- Kawm txog kev noj haus
- CPR/AED (kawm txog cawm neeg txoj sia)
- Kawm txog mob ntshav qab zib
- Kawm txog kev haus luam yeeb
- Qhia txog lub tshuab cawm txoj sia
- Kawm txog kev tiv thaiv kom txhob raug mob
- Kawm txog hlab ntsha hauv paj hlwb tu

Chav menyuum ua si

- Tsev dhia paj paws thiab kov dej
- Pleev ntsej muag
- Khoom qab zib noj
- Kev ua si

Txiv hlab txiv ntoo, zaub noj, faib zaub mos

Yuav muaj khoom pub dawb rau cov neeg ua los ncig cov rooj (booth)

Yog xav paub ntxiv los sis xav tuaj pab dawb, pab nyiaj los pab lwm yam thov hu rau Sherrie Bakke ntawm 559-325-3600, ext. 146 lossis sbakke@chsu.org.