

COV KHOOM SIV PAB KOM DIM NYOB HAUV TSEV THAUM MUAJ XWM TXHEEJ KUB NTXHUV CEEV

Txhua yim neeg yuav tsum muaj tus kheej cov khoom siv thaum muaj xwm txheej kub ntxhov ceev.

Hluav taws xob, dej, kev dhia tsheb mus los, thiab lwm yam khoom tseem ceeb yog yam yuav tsum muaj rau kis muaj kev cuam tshuam rau ntau hnuv lossis ntev hnuv rau ntawm ib thaj chaw tomqab muaj av qeeg lossis huab cua tsis zoo. Cov chaw ua haujlwm saib xyuas xwm txheej kub ntxhov ceev thiab cov tsev khomob yuav nyuaj siab thiab tsis tuaj yeem muab kev pab tau kiag tam sim ntawd. Kev muab cov khoom pab xub thawj thiab cov khoom siv yuav pab tau txoj sia, yuav ua rau muaj kev yooj yim ntau thiab yuav pab koj tswj tau tej teebmeem tomqab yuav muaj qav qeeg zaum txuas mus ntxiv.

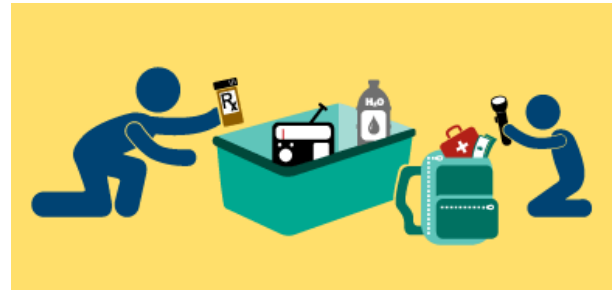
Kev muaj cov khoom siv thaum muaj xwm txheej kub ntxhov tuaj yeem pab txo kev puas tshuaj thaum muaj av qeeg, los nag thaum caij ntuj no, lossis lwm yam xwm txheej rau koj thiab koj yim neeg.

Npaj cov khoom siv thaum muaj kev puas tsuaj kom muaj kev nyab xeeb rau ntawm thaj chaw.

Khaws tej khoom no, yog li ntawd lawv thiaj tuaj yeem siv tau yog thaum muaj kev puas tsuaj rau lub tsev.

Cov khoom siv no yuav muaj txiaj ntsig zoo thaum muaj ntau yam xwm txheej kub ntxhov ceev.

Koj cov khoom siv thaum muaj xwm txheej kub ntxhov ceev muaj xws li cov khoom noj, dej hau, teeb taws, xovtooj cua, roj teeb, cov khoom siv pab xub thawj, nyiaj ntsuab, tshuaj khomob, lub tshuab cua kom nrov, lub raj cua tua hluav taws, thov saib cov npe hauv qab no.



Khaws cov khoom loj cia hauv tsev, yam khoom me khaws cia rau hauv lub tsheb thiab nqa yam khoom siv To Go Kit nrog koj yog koj yuav tsum tawm hauv tsev mus sai sai. Hnab ev lossis lwm cov hnab me yog cov hnab phim rau koj cov khoom siv To Go Kit thaum muaj kev puas tsuaj yog li ntawd koj thiaj tuaj yeem nqa tej khoom no nrog koj tau thaum koj khiav nkaum.

Cov khoom siv thaum muaj xwm txheej kub ntxhov ceev hauv yim neeg

Yuav tsum muaj cov khoom siv raws li hauv qab no kom kav ntev tsawg kawg 3 hnuv lossis 2 asthiv:

- Dej haus (tsawg kawg yog ib gallon hauv ib hnuv rau ib tug neeg)
 - Cov khoom noj ntim hauv kaus poom thiab ntim hauv thawv
 - Cov khoom siv ua noj ua haus xws li tus qhib kaus paum
 - Tshuaj khomob
 - Khoom siv hauv chav plob (tshuaj da dej, pa txhuam hniav, cov khoom siv kom huv)
 - Cov pawm rau menyuam yaus thiab cov khoom noj rau cov menyuam yaus, yog yuav tsum muaj
 - Tej khoom noj rau cov tsiaj yug hauv tsev thiab cov khoom siv tswj cov tsiaj
 - Tej yam khoom nqa mus los tau, ris tsho tiv no xws li thom khwm
 - Pam vauv lossis hnab pw thiab ib daim ntaub tsev pheb suab
 - Cov ntaub ntawv theej tseem ceeb xws li cov pab kas phais
 - Xovtooj cua nrog rau cov roj teeb (lossis lub tshuab ntxiv hluav taws xob)
 - Teeb nyem lossis qhov ntxig hluav taws xob kom cig
 - Cov khoom siv kaw roj cua thiab cov khoom siv dej
 - Cov hnab looj tes thiab cov tsom iav thaiv qhov muag
 - Cov hnab roj hmab ntim khoom vuab tsuab, thiab cov ntaub siv npog, npog ntuj los nag thiab siv rau lwm yam
 - Cov khoom siv ua noj sab nrauv thiab teeb ntais
- lb xyoo twg yuav tsum siv thiab hloov cov khoom lwj sai xws li dej hau, khoom noj, tshuaj khomob thiab roj teeb.

