



## **Meih mbenc ziangx miaqv?**

Njaux mbenc jiepv sih bun  
Sacramento mungv

## Yiem mangc nyei jauv

Meih mbenc ziangx miaqv? Se UC Davis Health caux deix guanh mienh gapv hnyouv cuotv daaih nyei biouv yiem Sacramento mungv. Yietc zungv bieqc naaiv norm gong nyei mienh ndaangc jhex ninh mbuo mbenc nyei sou se:

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- Sacramento mungv nyei ndia-sai biau da'yietv wuov norm

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Yietc zungv longc jienv nyei jauv yiem naaiv buonv njaux nyei sou
Yiem ga'haav naaiv buonv sou maaih dorngr kungx nyei bun meih fiev njiec jiepv sih nyei nambev. Meih haih lorz dongh meih qiex zuqc nyei ienx cuotv daaih bun meih nyei biauv nyuoz mienh fai meih doic. Naaiv kuaaiv Taex maaih yietc zungv longc jienv nyei number caux maaih dorngr kungx nyei bun meih aux maaih dorngr kungx nyei liouh bun meih fiev meih nyei douc finx sox caux meih nyei deic-zepv.
Naaiv buonv sou maaih njaux meih hngv haaix nor jhex gorn njoux mienh, “yietc dorngr ja'sic tengx bun meih dangv yiem biauv,” “yietc dorngr ja'sic bun meih dorh mingh tengx mienh” caux nzutv zurv njaux nyei jauv njoux mienh CPR caux hnagv haaix nor njex gorn njoux mienh.
Porv mengh njaux hngv haaix mbuox jiepv sih nyei jauv; njaux yietc zungv meih qiex zuqc zoux nyei yiem jiepv sih nyei ziangh hoc dongh yiem douz ziec fai wuom yiemx fai ndau dongx nyei jauv. Za'eix mbenc yiem buangh ceux lunc nyei jauv; yietc zungv yietv nyeic hngv haaix nor dangv bun meih nyei hmuangv doic.
Yiem naaiv buonv sou, meih haih buac maaih douc finx sox caux za'eix bieqc Internet nyei jauv bun gauh mengh baeqc taux cuotv daaih nyei jauv.
Meih haih zorqv njiec PDF file caux ienx sou guv yiem <a href="https://sacramentoready.saccounty.net/prepare/pages/are-you-prepared-guide.aspx">sacramentoready.saccounty.net/prepare/pages/are-you-prepared-guide.aspx</a> .
Naaiv se web dongh tengx jiepv sih nyei guanh yiem Sacramento (CERT) yiem <a href="https://sfdcert.org">sfdcert.org</a> naaiv se yietc norm web doix hmien mbuox bun hiuv.

### Naaiv deix njaux nyei waac bun haaix dauh?

Mouz dauh baeqc fingx, zoux gong caux ndie-sai caux zoux gong nyei dorngr wuonv, yietc zungv duqv zipv naaiv buonv sou. Ninh nyei mouz deic se bun meih mbenc daaih jiepv sih nyei gong benx yietc buonc meih hnoi-hnoi zoux nyei gong. Juov Hlaa 11, 2001, domh nziaux-jieqv nyei jauv Katrina bieqc Betv hlaax jomc 2005 caux mouz nzunc douz laanh gemh nyei hnyangx-hnyangx yiem California bun buac hiuv duqv gongv yiem Meiv guoqv nyei mienh oix zuqc zorngr-mbenc jepv sih nyei jauv longx deix. Maiv gunv weic naaic se ceux lunc nyei zuiz, maiv mbienc ja'sic, aqv fai dorh ja'sic wuov dauh mienh nyei zuiz fai lungh zangc bun njiec nyei buonc, yietc zungv cuotv daaih siepv nyei sic mv baac maiv maaih mbuox fiex. Hngv naaic mbuo oix zuqc maaih zorngr-mbenc weic simv zuqc hoic nyei jauv, se gongv maaih hngv naaic ziouc bun naaiv deix jauv zoqc njiec yaac tengx duqv mienh dongh qiex zuqc tengx nyei.

Naaiv buonv njaux nyei sou se hngv yietc nyungc siang nyei fiex bun mbuo haih zorngr-mbenc jiepv sih nyei ziangh hoc yiem Sacramento mungv. Mbuo haih longc weic zorngr-mbenc dangv naaic deix jauv. Yiem naaiv maaih camv-nyungc fiex longx haic, yie mbuo nyei mouz deic se siou yietc zungv sou-kuv weic bun zorngr-mbenc taux naaic deix jauv. Ninh hung hngv longc yaac tengx duqv meih camv. *Meih mbenc ziangx miaqv?* Naaiv se tengx meih nyei hmuangv zorngr-mbenc dongh jiepv sih nyei jauv, yiem horqc dorngr, zoux gong nyei dorngr caux buonh deic dorngr.

Yie mbuo nyei maauv se oix meih caux hmuangv doic mangc naaiv buonv sou njaux nyei jauv, maaih hietv hnyouv taux longc jienv nyei jauv caux siou an longx weic bun meih qiex longc nyei ziangh hoc.

### Longc jienv nyei jiepv sih nyei namc bev

<b>Jiepv sih nyei namc bev</b>	
Canh sat/ Njoux douz/ Njoux tengx.....	<b>911</b>
TTY (Sacramento zingh) .....	<b>911</b>
<b>Yiem heuc nyei namc bev</b>	
Yiem Sacramento zingh nyei.....	<b>916-732-0100</b>
Yiem ganh norm nyei Sacramento nyei .....	<b>916-874-5111</b>

Tov meih mangc yie sou-beih naaic maaih camv norm nyeo oc.



## Mbenc bun jiepv sih

Zorng-mbenc yiem jiepv sih nyei jauv yietc ze hoqc hiuv camv yietc ze hoqc longx. yaac oix zuqc faux ziangx za'eix gengh zoux. Doc naaiv buonv sou yaac ei jienv njaux nyei waac zoux ziouc tengx meih duqv longx. Guvn yiem jiepv sih nyei gorn (FEMA) ninh mbuo nqapv cuotv buonv saou mbuox heuc *Are Meih mbenc ziangx mi'aqv fai?* Njax muonc nyei bun mienh hiuv hangv haaix nor zorng-mbenc. Meih zorqv njiec yietc buonv ceu cuotv nyei [yiemfema.gov/pdf/areyouready/areyouready\\_full.pdf](https://www.fema.gov/pdf/areyouready/areyouready_full.pdf). Aengx lanh hoqc hiuv lanh nyei za'eix yiem buac nyei jauv.

## Yiem biau mbenc nyei za'eix

Mbenc bun yiem jiepv sih nyei sic	
<b>Goux longx jiepv sih nyei namc bev.</b>	Ceu cuotv, Japv caux longc clip-out yiem fuc lugc A yiem njaux nyei naaiv buonv sou. Fiev meih nyei deic zepv yiem qa'haav kungx nyei wuov pin nyei taex. Siou jienv dongh meih ceu cuotv an jienv meih nyei mbuoqc aqv fai zorqv ceu cuotv wuov bun meih nyei biau nyuoz mienh. Siou ceu cuotv wuov an jienv meih nyei phone.
<b>Fiev jienv za'eix caux mouz deic yiem zingh.</b>	Yietc zungv jiepv sih nyei deic zepv caux za'eix liouh bun fu'jueiv nyei caux mienh gox haih yiem biau dongh jiepv sih nyei ziangh hoc. Dingc mangc fu'jueiv fai, mienh gox caux langz zangc yiem-toi waac nyei mienh mangc gaax ninh mbuo qiex zuqc tengx, oix zuqc fiev jienv za'eix tengx ninh mbuo.
<b>Mbenc ziangx "ja'sic mbung cuotv ciouv nyei jauv yiem biau"</b>	Meih haih tov yiem jienv naaic fai ganh norm domgx. Haih maaih gauv qiex zuqc longc nyei ga'naaiv zoc jhex 3-4 hnoi nyei domgx yiem naaic. Mbenc ziangx qiex zuqc longc nyei ga'naaiv yiem meih nyei biau dongh jiepv sih nyei ziangh hoc longc. Naaiv se fiev njiec yietc zungv yiem gu'nyuoz maaih nyei. Siou ga'naaiv nyei domgx oix zuqc an yietc nyungc yietc nyungc nyei bun haih zieqc duqv siepv. Oix zuqc a'loc zah mangc, tiuv wuom 6 hlaax yietc nzunc.
<b>Zorng-mbenc "yietc dorng" lengc jeiv njaux nyei jauv</b>	Dingc mangc gaax haaix nyungc ga'naaiv qiex zuqc longc yiem heuc mienh biau cuotv nyei ziangh hoc. Oix zuqc siou jienv naaic deic longc jienv nyei ga'naaiv an norm kapv weic bun hungv hec dorh. Yietc dorng mingh nzaauc nyei ga'naaiv haih aengx an tim duqv lui-houx, nyaanh, mbaaih, ndie-dan, morh-ziux, longc jienv nyei sou-guv fai ganh nyungc longc jienv nyei ga'naaiv. Meih oix zorng-mbenc wuom caux ganh nyungc huox dongh qiex zuqc nyei (cih cuotv meih nyanc jeic nyei).

Za'eix bun biaux cuotv ndangc	
<b>Mbenc ziangx za'eix bun mienh biaux cuotv siepv nyei jauv caux seix zoux camv-nzunc dongh meih nyei gong.</b>	Hiuv duqv hnangv haaix nor heuc mienh nzanx siepv dongh jiepv sih nyei ziangh hoc yiem meih nyei buonv deic domgx. Mouz dauh meih nyei hmuangv doic caux ganh norm hmuangv doic zoc jhex oix zuqc hiuv 2 diuh za'eix dongh biau buangh zuqc douz ziec fai ganh nyungc ciouv nyei sic cuotv haih biau duqv cuotv. Se gongv meih nyei hmuangv doic yiem zuqc domh zuangx gouv nyei biau yiem nor oix zuqc hiuv duqv jauv biau cuotv yiem naaic norm domh biau. Ginv yietc norm domgx fatv nyei yiem naaic Ziouc duqv buangh doic yiem mouz dauh mienh biau cuotv gan yie.
<b>Faux za'eix goux meih nzueic nyei saeng-kuv.</b>	Oix zuqc jangx cih cuotv juv dorh jauv, yietc zungv biau mingh dingh dangh baav nyei dorng maiv bun lnzueic nyei saeng-kuv caux yiem, (se dongh meih yungz nzueic nyei saeng-kuv yiem 10 pin).
<b>Hoqc dongh longc liuz haaix byungc haaix zuqc guon se hnangv wuom, nqaa, douz fai ganh</b>	(Mangc "hoqc guon nzengc buov nyei ga'naaiv qiex" caux hnangv haaix guon douz daic yiem 20 wuov pin maaih jiepv sihi nyei gorn). Meih haih lorz duqv buac guon wuom wuov norm gorn weic guon wuom dongh dorh wuom bieqc meih nyei biau wuov diuh.

## Mbenc ziangx "ja'sic mbungh cuotv ciouv nyei jauv yiem biau"v

Qiemx zuqc longc nyei ga'naaiv-longc yiem dingh dangh baav nyei dorngh maaiah nyei yietc zungv se:

- bun wuom nyei gorn bun wuom yiem 3-5 hnoi yiem ninh mbuo dingc daaih nyei gallon bun nyei mouz lanh caux mouz hnoi
- Ga'naaiv oix zuqc maiv haih waaic siepv nyei ga'naaiv caux maiv zuqc zouv nyei cingx
- Koi nyei yaac maiv zuqc longc douz
- Tim yietc doix morh ziux
- Tim yietc dorngh forv-zeih
- Buov ziec ziux njang nyei ga'naaiv caux taa'limh

- Jiex gorn njoux maengc nyei ja'sic caux ndie (mangc jiex gorn njoux yiem biau"v nyei yiem 28 pin. Jlex gorn caux CPR)
- Ndaih, dienx-tongh, bungh nyei youh
- Sa'jien nzaux hmien, nzortv nyaah nyei ga'naaiv caux ndie, nzortv ga'kuotv nyei zeiv, dapv la'fapv nyei ga'naaiv
- Yienx lui-houx, youh zeiv caux longx nyei heh
- Suongx caux bueix nyei mbuoqc

- Longc tengx fu'jueiv siv nyei ga'naaiv, tengx gox nyei caux yiem-toi waaic nyei mienh nyei ga'naaiv
- Maaiah nyienx a'nzaauc nyei ga'naaiv liouh buhn fu'jueiv nyienx a'nzaauc (mangc ginc "Tengx meih fu'jueiv kouv nyei jauv" 9 pin)
- Ndie-saai mienh nyei mbuox caux jipv sih tengx nyei deic zepv
- Yietc "yiemx lui-houx mingh" dongh meih oix zuqc mingh lengh nyei dorngh

## Za'eix mbenc bun meih nyei hmuangv doic

Za'gengh hiuv dingc meih nyei Hmuangv Doic dauh dauh hiuv duqv hnangv haaix nor zoux dongh buangh zuqc jiepv sih nyei sic.

- Njaaux fu'jueiv hiuv duqv buangh sic nor haih heuc mbuox domh mienh. Hietv jienv longc jienv nyei waac bun fu'jueiv maaiah sic wuov zanc haih heuc bun domh mienh fai ganh dauh ninh guen nyei mienh dongh ninh yiem horqc dorngh nzuonx fai buangh ganh nyungc sic.
- Oix zuqc bun meih nyei fu'jueiv hiuv duqv domh mienh nyei mbuox caux goux ninh nyei wuov dauh nyei mbuox caux meih nyei douc waac finx nyei sox.
- Njaux douc waac finx nyei sox caux biau"v nyei deic zepv fai jauv caax fai deic-bung nyei bun meih nyei fu'jueiv.
- Zoux gong caux langz zangc mienh bun fu'jueiv caux gu'nyuaaz-san haih mingh dingh dangh baav yiem jiepv sih nyei ziangh hoc. Naaic deic dorngh se nyei meih nyei doic nyei biau"v fai guen baeng yiem nyei dorngh fai miuc biau"v. Dongh jiepv sih nyei ziangh hoc longx jiex nyei dorngh bun fu'jueiv se horqc dorngh fai dongh haaix norm dorngh maaiah laatic huing gormx nyei dorngh bun yiem gauh maiv gamh nziex. Oix zuqc naaic deic fu'jueiv hiuv duqv ninh dingh dangh baav nyei dorngh nyei deic zepv caux douc waac finx.
- Longc longx nyei waac caux meih nyei fu'jueiv gorngh, qiemx zuqc heuc nor se heuc gan naaiv 911.
- Njaux ninh mbuo hiuv duqv ganh goux longx ganh. Mbuox ziangx ninh mbuo, qiemx zuqc nyei ziangh hoc oix zuqc mbuox ninh mbuo nyei fin-saeng, Yiem naaic gu'nyuoz se gorngh maaiah haaix dauh giuv ganh dauh zuqc mun nor guen baeng ziouc longc leiz latc dingc ninh mbuo nyei zuiz.

## Fu'jueiv caux zeqc naanc

Zeqc naanc zoux bun fu'jueiv mun hnyouv. Dongh buangh zuqc zeqc naanc wuov zanc domh mienh oix zuqc buangh orn hnyouv. Guangc ganh yiem guen nyei biau"v hnoi-hnoi zoux guen nyei jauv. Ninh mbuo nzauh caux gamh nziex. Njaux ninh mbuo maiv dungx nzauh caux gamh nziex nyei jauv se longc jienv. Dongh buangh zuqc zeqc naanc, Fu'jueiv ziouc daaih lorz meih fai ganh dauh heuc tengx ninh. Meih hinc yiem jiepv sih nyei sic ziouc bun ninh mbuo hiuv. Meih hinc yiem gengh beqv haic nyei sic nor, ninh mbuo ziouc gauh gamh nziex. Ninh mbuo longc yiem meih gamh nziex nyei jauv bun ninh mbuo zieqv duqv gorngh maaiah yietc nyungc aqv lamh cuotv. Meih hinc yiem ndortv ga'naaiv camv nyei jauv, fu'jueiv ziouc hnamv ndortv nyei ga'naaiv camv haic, mun hnyouv haic.

Fangx nangh ziux cuotv naaic zeqc naanc caux zuangx mienh hinc cuotv nyei jauv bun fu'jueiv buac, fu'jueiv ziouc gauh maiv benx yiem. Guon Tivi ganh nyungc fangx nangh mingh. Bun fu'jueiv buac naaic deic zeqc naanc se maiv horpc, gauh longc jienv jiex wuov deic fangx ziux camv nzunc. Buangh liuz zeqc naanc, longc qaqv guangc nzengc meih gamh nziex caux nzauh nyei jauv. Goux longx hmuangv doic juangc yiem. Porv mengv caux orn hnyouv ninh mbuo gorngh maaiah mienh daaih tengx ih zanc aqv. Kuinx fu'jueiv lanh caux lanh jiu-tong caux dorh fu'jueiv bieqc camv nyungc nyienx bun ninh mbuo la'kuv cuotv daaih sic.

## Fu'jueiv gamh nziex nyei jauv

Zuqc liuz zeqc naanc fu'jueiv gamh nziex nyei se:

- Wuov deic sic aeng cuotv nzunc
- Mienh haih zuqc mun fai daic
- Ninh mbuo ziouc zuqc zorngh cuotv leih hmuangv doic
- Ninh mbuo haih zuqc guangc yiem ndoqc



## Tengx meih nyei fu'jueiv buangh nyei

Meih haih zuqc cuotv biau"v dongh zuqc zeqc naanc nyei qiangx. Oix zuqc fai fim taux meih "zorngh-mbenc nyei jauv bun fu'jueiv" meih nyei buonc oix zuqc bun ninh mbuo maaiah gong zoux caux taan bun ganh dauh dongh meih cuotv biau"v.

Yietc dorngh ja'sic bun fu'jueiv haih ziangh duqv henv se:

- Buonv baav dongh meih oix nyei sou
- Maaiah setv nyei baatv caux baatv
- Camv nyungc sou
- Njiuv caux netv ga'naaiv nyei ndie
- Nyungc baav nyienx nyei jauv dongh meih oix nyei
- Nyienx a'nzaauc/ lanh hoqc hiuv lanh
- Dauh baav saeng-kuv dongh meih oix jiex nyei
- Hmuangv doic nyei fangx fai nzueic nyei saeng-kuv
- Yietc paan dongh meih nyei suongx fai nzomx-dauh

## Za'eix cuotv duqv biau"v

Nqang-nzunc nyei zeqc naanc, meih maiv maaiah qangx zoux. Mbenc ziangx ih zanc aqv liouh aengx maaiah jiepv sih nyei sic cuotv. Yiem meih nyei biau"v, ih zanc meih oix hoqc hiuv jauv cuotv dongh buangh zuqc douz ziec nyei ziangh hoc nor ieqc naaiv oc **ready.gov/plan**.

## Jiemx zuqc lorz tengx zorngh-mbenc njoux dongh hmuangv doic buangh zuqc zeqc naanc?

Meih ziouc haih lorz duqv yietc norm deic zepv yiem naaiv **fema.gov/emergency-managers/ national-preparedness/plan**.

## Zorngh-mbenc yiem ganh nyei buonc

Meih haih bieqc naaiv hoqc yiem FEMA Meih mbenc ziangx aqv fai? *Ninh gengh duqv muonc nyei bun baeqc fangx.* Meih haih mangc ninh mbuo njaux yietv nyeic yiem zorngh-mbenc nyei jauv hnangv haaix naaiv liouh bun ninh ganh caux ninh nyei hmuangv doic yiem **ready.gov/sites/default/files/2021-11/are-you-ready-guide.pdf**.

## Mienh gox caux yiemh toi waic nyei mienh

Mienh gox mienh caux yiem-toi waic nyei mienh haih zorngh-mbenc bun ninh mbuo yiem jiepv sih nyei ziangh hoc. Meih haaix nyungc longc jienv nyei jauv, gunv mangc naaiv deic kuinx zoux nyei:

- Haaix zanc maaiah ndie ziangx mbungh bun 30 hnoi nyei dorngh.
- Faux ziangx za'eix bun ganh yiem biau"v fai norm-norm dorngh fai yiem horqc dorngh.
- Samx mangc yiem meih nyei buonc deic dorngh qiemx zuqc haaix nyungc camv dongh buangh zuqc jiepv sih nyei ziangh hoc.
- Faux jienv za'eix bun meih nyei hmuangv doic caux meih gunv nyei mienh weic mbungh dangv dongh buangh zuqc zeqc naanc nyei ziangh hoc.
- Mangc gaax se gorngh meih nyei cie-laan qiemx zuqc douz charge aqv ja'sic bun tengx tauv qieq nor oix zuqc mbenc ziangx dongh buangh zuqc maiv maaiah douz electricity nyei ziangh hoc.
- Se gorngh nyei m'nornh zoux gong maiv henv nor oix zuqc zorngh-mbenc ziangx mienh tengx meih.
- Se gorngh meih mingh daaih maiv duqv, meih haih heuc mienh tengx meih njoux mienh cuotv wuov norm biau"v mingh dingh dangh baav nyei dorngh. Oix zuqc jangx jienv zipv mbuo faux njiec wuov zung tei elevators maiv zoux gong yietc camx douz charge daic.
- Siou jienv qiemx zuqc tengx ga'naaiv caux meih nyei douc waac finx wuov kuaaiv sou-zeiv. Meih fiev qiemx zuqc nyei sou oix zuqc fiev gengh yietv nyeic nyei, mangc gaax qiemx zuqc haaix nyungc camv, Ndie-sai zieq dauh, Ndie-sai nyei peu maengc zeiv 311 Medical insurance, peu maengc zeiv Medicare caux ndie-sai nyei douc waac finx. Gunv siou jienv meih fiev nyei naaiv yietv nyeic nyei jauv caux bun kuaaiv ceu cuotv nyei ganh dauh.
- Se gorngh meih maaiah saeng-kuv, meih oix maaiah ninh nyei sou-zeiv.

Naaiv deic kuinx nyei waac henv faux caux gunv jiepv sih nyei se yiem Indianapolis mungv caux Marion yiem Indiana.

## Se gorngv meih maaih nzueic nyei saeng kuv

- Saeng-kuv maiv gunv maaih longh dapv jienv mv baac maiv bun mingh bieqc dingh dangh baav nyei dorngx. Meih oix zuqc zong-mbenc bun meih nyei mienh fai doic nyei saeng-kuv dongh maiv bun dorh mingh dingh dangh baav nyei dorngx wuov.
- Meiv Quoqv nyei Buov Juv maiv zuqc kuinx guangc naaic. Se gorngv maiv maaih haaix nyungc za'eix ginv nor, oix zuqc naaic ninh mbuo ganh oix zuqc maaih gaux ga'naaiv uix fai mangc gaax dingh dangh baav nyei dorngx maaih dorngx gaux bun yiem nyei fai. se gorngv maaih nyei nor gunv bun ninh mbuo duqv caux ninh mbuo hnamv nyei saeng-kuv juangc yiem.
- Netv jienv njoux jiepv sih nyei sou aqv fai longc buoz fiev hietv jienv gaengh gu'gaangc gu'nguaaic bun ndie-sai hiuv tengx yietc dauh nzueic nyei saeng-kuv zuov jienv njoux maengc. Meih haih zorqv hietv jienv tengx njoux nyei waac yiem ninh dongh hnyouv tengx nyei dorngx USA taux saeng saeng kuv (ASPCA).
  - Se gorngv meih duqv dorh meih nzueic nyei saeng-kuv noe, meih ganh oix zuqc peu ninh nyei maengc Yietc norm dorngx tengx fungx qiex zuqc longc nyei ga'naaiv 3 hnoi nyei dorngx bun mienh.

Qiemx zuqc aengx tim nyei yiem naaiv [aspc.org/pet-care/general-pet-care/disaster-preparedness/](https://www.aspc.org/pet-care/general-pet-care/disaster-preparedness/).

## Wuonv yiem wuom

Yietc hnyangx yiem Meiv Guoqv maaih, 6.000 mienh zuqc daic Weic Wuom. Yiem naaic diex mienh, se gorngv ninh mbuo zuqv biouh wuom nyei lui nor leih maiv go 5.000 dauh mienh haih duqv maengc cuotv. Yiem naaic ziangh hoc maaih 3.000 mienh daic weic ninh mbuo hopv fai in-baeqc ndangc cingx mingh ziouh wuom (meih haih mangc jiepx gorn njoux maengc yiem 29 pin)

Yietc zungv zuqc daic wuom nyei jauv se:

1. Maiv zuqv biouh wuom nyei lui
2. Hopv diuv fai hopv yangh in baeqc
3. Maiv haih ziouh wuom

## Kuinx nyei waac dongh bieqc wuom

Dongh mingh biouh wuom, mingh mbaaih, bieqc ndo nyei wuom aqv mingh nzangv:

- Zuqv biouh wuom nyei lui. Maiv dungx kungx baa mbaai fai ganh nyungc ga'naaiv bun meih biouh. Biouh wuom nyei lui maaih camv norm dorngx gaav nyei Sacramento mungv nyei ndaaiah-hlen nzaauc nyei dorngx se 3-10 hlaax nyei dorngx. Olx zuqc lorz nuqv mbuox nyei baaih "Kids Don't Float" caux zoux ei mbuox nyei waac.
- Zuqv biouh wuom nyei lui se longc jienv haic bun taux fu'jueiv 13 hnyangx nyei ga'ndiev maengx nyei dorngx dongh bieqc nyienx wuom nyei ziangh hoc. Haaix dauh domh mienh fai goux nyei mienh maiv zong-mbenc biouh wuom nyei lui nor zuqc dingc zuiz fai baatc nyaanh taux \$500.
- Hoqc zieuh wuom.
- Maiv hopv diuv fai yangh in baeqc.
- Meih haih njoux mienh nyei, mv baac oix zuqc longc za'eix njoux. Meih oix ganh dauh hiuv nor, oix zuqc longc qiex hlo nyei "kaatv njoux!" Njoux mienh ndortv wuom nyei jauv oix longc diuh baaav ndaaav nyei tor ninh fai hlang aqv fai ganh nyungc biouh wuom nyei ga'naaiv bun zuqc nyei mienh.
- Se gorngv meih gan nzaangv mingh zuqc nzaangv waai nor gunv yiem nzaangv gu'nguaaic. Faux gu'nguaaic mingh zuov mienh daaih njoux.
- Oix zuqc jangx jienv Sacramento mungv nyei njaangh haih namx fai ndaaiah nyei wuom beqv. Dongh bieqc njaangh nyei wuom namx jiepx ndangc oix zuqc cuotv siepv, naaic deix nyei jauv haih hoic meih nyei maengc, fai gamh nziex hoic taux meih m'nqorng-famv. Meih nyei ndortv jorm mingh nor ziouc cuotv ndernh-ndernh nyei fai qaqv mau njiec, maiv jangx haix nyungc fai m'zing huaa, la'guaih gorngv fai m'zing mbuov.

## Kuinx longx nyei waac yiem wuom-domh

- Hoqc zieuh wuom.
- Dongh fu'jueiv faix oix zuqc mangc jienv ninh.
- Maaih laatic huing gormx wuom-domh mingh.
- Hoqc jiepx gorn njoux/ CPR yiem 22-31 pin nyei naaiv buonv njoux nyei sou.

## Mbungh yiem biau cuotv nyei sic

### Zuqc mun yiem biau

Yiem guoqv zangc cuotv leiz taux dangv zuqc un yiem biau nyei jauv se:

- Yiem biau fai bueix nyei dorngx fai tei njiec oix zuqc maaih laatic huingx dangv, hnanv naaic ziouc maiv nziex bun fu'jueiv caux mienh gox.
- Zanc-zanc zah mangc kaapv nyei ndie, gamh nziex maaih zanc qiex zuqc longc.
- Dangv douz ziec biau zuqc mun nyei jauv nor meih oix zuqc maaih an mbuox douz-sioux caux muoqv douz daic nyei ja'sic.
- A'loc zah mangc mbuox jiepv sih ga'naaiv nyei youh, aengx maaih faux ziangx za'eix biau cuotv dongh zuqc douz ziec biau wuov zanc.
- Yiem Nuoqv Zangc Njoux za'eix dangv douz ziec biau nyei jauv se yiem, naaiv [nsc.org/home-safety/safety-topics/emergency-preparedness/fire](https://www.nsc.org/home-safety/safety-topics/emergency-preparedness/fire).

### Peu m'nqorngv nyei muoc

Yiem California nyei leiz nor maiv gunv haaix dauh hnyangx jeiv ga'ndiev 18 hnyangx yaac baac mingh cie-ndaapc yaac ndongx fai mingh heh ping fai mingh jungh benv yaac zuqc ndongx nzengc. Yiem California njiec nyei leiz maiv gunv hnyangx jeiv camv fai zoqc mingh haaix nzuih baengx oix zuqc maaih buang jienv nzuih-baengx.

### Longc congx yaac oix faix fim

Yietc zungv congx nyei ndongh oix zuqc siou, maiv dungx maaih yunh an. Congx nyei yunh oix zuqc maaih guon nyei dorngx guon hatc jienv duqv guoqv zangc California gorngv duqv, yaac an bieqc longx ninh nyei mbuoqc. Oix zuqc goux longx congx, an nyei dorngx yaac oix zuqc fu'jueiv muoqv maiv zaic nyei dorngx, weic zuqc fu'jueiv ga'ndiev 18 hnyangx maiv maaih leiz longc congx. Haaix nyungc yiem congx nyei jauv meih maiv hiuv nor haih bieqc naaiv zaah mangc [oag.ca.gov/fearms](https://www.oag.ca.gov/fearms) fai heuc gan **916-227-7527**.

### Ga'naaiv laengc

Yiem meih biau dongh an ga'naaiv laengc mienh oix zuqc an mbueix deix, maiv bun maiv hiuv nyei mienh haih muoqv zuqc. Pin web gorngv taux nyanc hopv nzengc nyei caux njoux nyei [cpsc.gov](https://www.cpsc.gov) weic zieqv duqv maaih fu'jueiv yiem meih nyei biau. caux Engineers guanh (USACE)

## Faix fim longc Computer nyei jauv

Maaih mienh camv hiuv duqv ninh mbuo nyei computer nyei gorn zuqc mienh waaic bieqc nimc ninh mbuo longc jjienv nyei jauv se hnanv guoqv zangc longc jiepx nyei fai ciangv nyei, liemh zuqc nimc longc computer wuov dauh nyei mengh.

Weic dangv mbungx ganh nyei buonh sin se:

- Oix zuqc faix fim dongh caux maiv guenx nyei mienh jiu-tong yiem Internet.
  - Buatc mv dongh nyungc nor oix zuqc mbuox guen-baeng.
  - Meih computer oix zuqc maaih passwords nyeiv kouv nyei.
- Dongh meih longc jienv nyei data oix zuqc ginv ceu cuotv an camv norm dorngx.
- Longc software dangv virus caux firewall zoux laatic latc meih nyei computer.
- Mbuo nyei computer se gorngv maiv zoux gong oix zuqc guon Internet mingh.
- A'loc zorqv security software dongh meih bungx hnyouv jiepx nyei software.

Bun fu'jueiv mangc computer camv-nyungc yiem naaiv lungh ndiev camv jjiex ndangc nor, naaic maiv camv nyei se hoic zuqc ninh mbuo. FBI zoux duqv sou *njoux bun domh mienh hnanv haaix nor bieqc Internet*. Meih haih mangc njoux nyeifangx yiem

[www2.fbi.gov/publications/pguide/pguidee.htm](https://www2.fbi.gov/publications/pguide/pguidee.htm)



## Wuonv nyei biau

Wuonv nyei biau se maaih:

- Ninh bieqc cuotv nyei se longc nyei ndiangx zoux aqv fai nzatv jienv longx nyei ga'naaiv.
- Ninh bieqc cuotv nyei gaengh maaih forv forv jienv longx haic.
- Ninh bieqc cuotv nyei gaengh maaih norm kuotv liouh mangc jan-zaqc, mv baac zungv maiv zuqc koi gaengh.
- Ninh forv liuz biau, for-zeih maiv la'guaih an naaic gaengh ga'hlen.
- Ninh bieqc cuotv nyei gaengh ndipc maiv tong haaix norm dornx.
- Liemh tuix mingh tuix daaih nyei gaengh-gingx oix forv forv jienv, yaac zoux gong longx nyei cingx.
- Dongh zoux gaengh tuix nyei wuov nyungc gaengh oix zuqc a'loc zah mangc, bouh faux maiv duqv nyei cingx.
- Forv forng-muonh nyei forv yaac oix zuqc maaih dungx waic.
- Biau nyei forng-muonh yaac oix koi duqv beqv dongh buangh zuqc jiepv sih nyei sic.
- Biau nyei deic zepv oix zuqc an mangc duqv zien nyei.
- Ndiangx hlo yiem biau-hlen oix zuqc zuix njang maiv bun ninh mbueix jhex ndangc.
- Bieqc liuz laac nyei gaengh oix zuqc forv jienv.
- Biau zoux njang nyei douz oix zuqc corc longx.
- An cie nyei jauv bieqc biau wuov oix zuqc zoux wuonv yaac maaih gaengh forv jienv nyei.
- Yiem an cie nyei dornx yiem gu'nguaaic yaac oix zuqc maaih ga'naaiv gomv jienv.

## Zah jienv mienh zoux nyei sic

Zanc-zanc zah mangc yiem meih yiemh-lamz dornx. Faix fim tau:

- Yietc dauh maiv guenx nyei mienh bieqc ganh dauh nyei biau dongh ninh mbuo maiv yiem biau nyei ziangh hoc.
- Buatc naaic dauh mienh luonx guinh mingh guinh daaih giuv wuov norm forv jienv nyei cie.
- Fai haiz maaih ga'lengc nyei qiex mbui aqv fai gingx uv aqv fai congx mbui.
- Buatc forng-muonh nyei biau fai yietc ciangv nyei biau waic mv baac maiv maaih mienh yiem biau.
- An ,cie nyei dornx buatc dauh hnavg zaqc - mienh mingh daaih wuov.
- Yietc norm cie daaih dingh yiem maiv mienh yiem nyei biau.
- Aqv fai buatc mienh caevv cie nyei baaih fai ganh nyungc yiem cie nyei ga'naaiv.
- Buatc a'loc daaih mingh ga'lengc maiv doix biau nyei mienh fai ciangv nyei mienh.
- Maiz maaic nyei jauv yiem yietc norm cie.
- Buatc giuv tau douz nyei finx fai telephone nyei finx fai tivi nyei finx dongh hung haa baeng bun mienh nyei wuov.
- Box mbuox nyei ja'sic duqv koi.

Juangc langz zangc mienh buonc ndam-dornx	Biux mengh
<b>Mingh daaih zah mangc jauv nyei baeng nyei buonc gong Amber Alert</b>	Mingh daaih zah mangc dangv waic nyei gaunh California (CHP) ninh mbuo nyei gong ndam-dornx taux mbuox cuotv jiepv sih nyei sic yiem AMBER (Americas Guoqv: Zax mbui bun mienh hiuv jiepv sih nyei sic) ninh mbuo nyei gong se box mbuox cuotv jiepv sih nyei sic taux nimc gu'nguaaz nyei jauv. CHP naaiv norm gorn se zanc-zanc yiem, se maaih fu'jueiv zuqc nimc gunv mbuox ninh mbuo tengx lorz, ninh yaac aengx mbuox gormx yiem norm-norm dornx tengx.  Oix hiuv camv nor bieqc naaic mangc <a href="https://www.chp.ca.gov/Pages/Amber-Alert.aspx">https://www.chp.ca.gov/Pages/Amber-Alert.aspx</a>  Jiepv sih nyei namc bev mbuox fu'jueiv zuqc nimc wuov zanc: <b>800-222-3463</b>
<b>Mangc njiec zingh nyei dornx</b>	Neighborhood Watch se yiem langz nyei gapv hnyouv zoux mv norm gong nyei dornx ninh mbuo zanc-zanc mangc jienv buatc maiv guenx nyei mienh fai zoux sic ga'lengc ninh mbuo ziouc mbuox ninh mbuo nyei guanh. Se gornngv meih buatc nyei meih oix mbuox nor mbuox gan naaiv norm namc bev <b>916-874-5115</b> , aqv fai heuc bun yiem naaic fqv nyei guen-baeng.
<b>Ganh siev maengc bun zoux naaiv diuh gong</b>	California ninh mbuo liepc duqv maaih siev maengc nyei guanh zoux jiepv sih nyei gong. Yietc guanh gunv sic nyei mienh tengx baeqc fingx caux tengx mienh zoux ziex nyungc longx nyei yiem naic. Yiem naaic nyei gong se liemh siev maengc bieqc zoux gong nyei mienh, fai tengx baeqc fingx jiepv sih nyei guanh se zoux yiem horqc dornx, zorc baengc nyei dornx, wuic dornx, fai guanh mbungh tengx ndie-sai, yiem wuov ndunh dornx nyei guanh (CERT) caux dangv jauv nyei baeng.  <b>Gunv sic nyei guanh yiem Sacramento mungv (SRCCC)</b>  SRCCC se guanh gunv camv nyungc gong nyei mienh yiem ciangv fai horqc dornx, goux baengc mienh nyei dornx, caux tengx dangv camv nyungc waic nyei jauv , aengx caux yietc norm gorn gunv sienx nyei jauv caux ziex nyungc gong. SRCCC liepc daaih weic faux za'eix caux paiv gong nyei mienh, se liemh zoux yiem njaux mienh ganh siev mangc liouh bieqc naaic zoux gong nyei, njaux hnavg haaix nor dangv waic nyei jauv. Weic oix bun hiuv camv faux, tov meih bieqct <a href="http://srccc.org">srccc.org</a> , email <a href="mailto:csacramentoresponds@gmail.com">csacramentoresponds@gmail.com</a> , fai heuc <b>916-601-6539</b> .  Meih yaac haih heuc gan naaiv norm zoux gong nyei biau yiem Sacramento <b>916-874-7339</b> .  Meih haih mangc tim naaiv bun meih gauh bieqc hnyouv <a href="http://sacsheri.com/pages/volunteer_services.php">sacsheri.com/pages/volunteer_services.php</a> .  Meih haih zah mangc camv joux:  ■ Siev maengc nyei siang-mienh yiem California naaiv norm gorn se <a href="http://californiavolunteers.ca.gov">californiavolunteers.ca.gov</a>  ■ Guanh Dangv jiepv sih Langz Waic Nyei Jauv (CERT) yiem <a href="http://community.fema.gov/PreparednessCommunity/s/cert-fi-a-program">community.fema.gov/PreparednessCommunity/s/cert-fi-a-program</a>
<b>Gorn box fiex setv zeiv lung h yiem ndaih nyei Atmospheric agency caux Oceanic guoqc zangc nyei (NOAA)</b>	Ox zuqc faix fim longc norm ndaih daaih muangx gorn bungx cuotv nyei, se bungx cuotv lung h setv zeiv nyei jauv Atmospheric agency caux Oceanic guoqc zangc nyei (NOAA) caux liemh box mbuox, dongh jiepv sih nyei jauv fai jorm nyei jauv.  Box fiex ndaih NOAA zipv box mbuox lung h setv zeiv nyei jauv caux camv nyungc jauv NOAA caux gorn mbuox jiepv sih nyei jauv (EAS). NOAA bungx cuotv 24 norm ziangh hoc, mingh daaih duqv nyei jauv fai setv zeiv tuix siepv nyei jauv. Mv norm box fiex nyei ndaih se longc youh, longc nyei ja'zinh se ga'ndiev \$50.  Meih bieqc muangx fiex zaqc yiem norm baav ciangv, mv baac se oix zuqc hnavg naaiv nor fiev "Box fiex setv zeiv ndaih NOAA"  Oix hiuv gauh camv nor se bieqc naaiv <a href="http://noaa.gov">noaa.gov</a> fai heuc <b>202-482-6090</b> .
<b>Meiv Guoqv nyei tengx mienh kouv guanh</b>	Dongh gan 6 lanh faux maengx nyei guanh, tengx mienh kouv guanh ziouc maaih liepc njaux hnavg haaix nor jhex njoux CPR yiem tengx mienh kouv guanh nyei dornx fai yiemh buonh deic dornx. Haih heuc caux Gold Country Region Chapter of the American Red Cross gan douc waac <b>916-993-7070</b> aqv fai mangc yiem <a href="http://redcross.org/local/california/gold-country.html">redcross.org/local/california/gold-country.html</a> hiuv gauh camv.  Meih haih zorqv ninh mbuo njaux dangv cuotv jiepv sih nyei jauv yiem <a href="http://sba.gov/business-guide/manage-your-business/prepare-emergencies">sba.gov/business-guide/manage-your-business/prepare-emergencies</a> .

## Za'eix zornng-mbenc yiem buonh deic dorngx

- Oix zuqc faix fim. Buangh caux zoux guenx yiem meih nyei langz zangc mienh. Oix zuqc faix fim taux huox fai ganh nyungc mingh daaih nyei cie fai guangc nyei buatc ga'lengc oix zuqc mbuox guen-baeng.
- Faux jienv jienv mienh mbuox caux phone caux bu'ziex dauh zoux naaiv deix jiepv sih gong. Dingh dangh nyei dorngx, tengx ga'naaic nyanc nyei, guen-baeng caux cui douz daic nyei ga'naaiv, yietc zungv yiem haaix. liuz meih yaac haih bun naaiv deix sou langz zangc mienh.
- Zah mangc yietc zungv langz zangc nyei za'eix dangv jiepv sih. Yiem meih nyei horqc dorngx maaih haaix nyungc za'eix mi'aqv fai? Yiem meih zoux gong nyei dorngx maaih haaix nyungc za'eix mi'aqv fai?
- Oix zuqc maaih waac laengz jienv yiem horqc dorngx caux meih zoux nyei dorngx dongh buangh jiepv sih nyei sic ziouc heuc deic zepv mbuo hmuangv doic. Yietc zungv liemh meih nyei douc wac finx se gorngv maaih.
- Yiem meih nyei horqc dorngx oix zuqc hiuv duqv horqc saeng maaih ziex dauh yaac maaih ziangx za'eix dangv cuotv jiepv sih nyeiziangh hoc. Meih oix zuqc hiuv duqv meih nyei fu'jueiv yiem duqv horqc dorngx taux buangh meih nyei fai fai domh mienh mbuox ganh dauh mingh zipv. Mouz norm horqc dorngx ninh maaih bun fu'jueiv yiem zuoqv domh mienh daaih zipv.
- Dingc yietc norm dorngx bun meih nyei hmuangv doic yiem dongh buangh jiepv sih nyei jauv. Yiem zingh meih oix zuqc zoux caux dauh guenx nyei, bun ninh mbuo haih mbuox meih heuc daaih mbuox meih. Heuc nyei mienh oix ganh buangv hnyouv caux zuangx mienh maaih wuov norm sox yaac heuc mingh. Faix fim taux meih longc nyei sox caux yietc zungv nyei guanh heuc daaih bun meih wuov. Dingc buangh nyei dorngx yiem nitv biau fai yiem go.
- Faux jienv sou dongh meih qiemx zuqc nyei sse dongh meih maiv yiem biau mv baac maaih jiepv sih nyei sic cuotv wuov. An wuom, suongx caux ga'naaiv yiem cie duqv lauh nyei ga'naaiv. Haaix zanc yaac jangx jienv bun meih nyei youh ndamv-tongv. Oix zuqc jangx jienv dongh douz daic, dongh cui youh cuotv nyei gorn maiv zoux gong.
- Zah mangc haaix norm gorn yiem nitv meih- baix miuc fangx nyei dorngx fai horqc dorngx, njoux douz ziec nyei guanh yiem nyei dorngx fai tengx mienh kouv guanh nyei dorngx ninh mbuo yietc zungv mbenc ziangx. Meih ganh zah mangc haaix nyungc meih haih zoux duqv nyei ziouc ganh siev tengx.

- Bieqc gapv guangh, jiex gorn fai jang-jang zoux yiem zingh horngz. Neighborhood Watch se yietc nyungc longx nyei ja'sic weic bun meih caux langz zngc mienh zoux gong, njoux naiv sou ninh mbuoo caux longc jangv jienv mingh yiem naaiv zingh hongx. Lorz mangc gaax yiem nitv meih dorngx maaih haaix nyungc guanh nyei fai maaih nor bieqc gapv.
- Oix zuqc faix fim njoux dangv jiepv sih nyei jauv yiem (NET) jauv zangc. Mangc tim yiem [srccc.org/programs](http://srccc.org/programs).
- Benx yietc dauh yiem guanh dangv jiepv sih waic nyei guanh yiem Sacramento nyei (CERT), yiem naaic meih ziouc duqv caux ninh mbuo hoqc hiuv camv nyei dangv taux lungx bun njiec nyei zeqc naanc. Meih bieqc [sfdcert.org](http://sfdcert.org) weic hiuv camv tim.
- Liouc zorcq baengc yiem lungx ndiev nyei yiem baeng-guanh nyei dorngx, ninh mbuo dingh gong mv baac ninh mbuo aengx bieqc yiem ndie-sai mbungh dangv nyei guanh yiem Sacramento ([sacoes.sacounty.net/SacramentoMedicalReserveCorps/Pages/default.aspx](http://sacoes.sacounty.net/SacramentoMedicalReserveCorps/Pages/default.aspx)) weic bun maaih buonc juangc jienv dangv lungx zangc cuotv nyei zeqc naanc.



## Za'eix zornng-mbenc yiem zoux gong nyei dorngx

### Mbenc bun yiem jiepv sih nyei sic

Domh zuangh jiepv sih haih cuotv haaix zanc mbuo maiv hiuv. Meih caux meih nyei doic oix zuqc hiuv duqv hnangv haaix nor zoux yiem cuotv jiepv sih nyei sic zoux gong nyei dorngx. Liemh hnamv taux meih maiv maaih hmien yiem naaic aloc buangh zuqc kouv nyei dorngx, Zuqc cie zong fai cie tor chemical, ziec an ga'naaiv nyei dorngx, loc guatv fai ganh nyungc sic cuotv zoux meih mingh maiv duqv nyei dorngx.

Se gorngv saeng-eix ciangv maiv maaih gaux za'eix dangv waic nyei sic nor maiv duqv zoux gong. Leih maihv go 40% faix nyei saeng-eix ciangv zuqc loc guatv baaic waic fai ndau dongz waic liuz maiv aengx zoux duqv jiex. Se gorngv meih se saeng-eix ciangv nyei ziouv faux za'eix dangv naaic deix waic nyei jauv, oix zuqc faix fim jangx jienv yiem meih zoux gong dorngx buangh jiex daaih nyei yietc zungv mangc gaax liemh zuqc zoux gong nyei mienh, kaeqv mienh nyei fai.

Mangc gaax meih haih aengx koi duqv meih nyei ciangv dong yiem naaic nyei jauv dangx nyei ciangv guon gaengh nzengc. Oix zuqc jangx jienv yietc zungv meih qiemx zuqc tengx kaeqv nyei jauv dongh meih nyei ciangv zoux mv taux nyei.

### Zoux gong nyei mienh horpc zuqc:

- Hoqc caux seix zoux camv nzunc dangv jiepv sih waic nyei jauv.
- Hiuv zoqc jiex i dauh jauv cuotv beqv yiem bungh fai zoux gong (nye dorngx).
- Oix zuqc hoqc camv nzunc nyei maiv buov dang njang nyei ziangh hoc, bun meih guenx mingh mbungh jiepv sih waic sic liemh zeh taux lorz maiv buatc jauv biau cuotv.
- Hiuv duqv buangh haaix norm dorngx dongh nzanx nzengc nyei ziangh hoc.
- Hiuv duqv cui douz daic nyei ja'sic an haaix norm dorngx yaac haih longc naaic nyungc ja'sic.
- Meih juangc zoux nyei mienh nyei namc bev oix zuqc ceu cuotv yietc kuaaiv an jienv biau.
- Faux jienv dauh dauh qiemx zuqc longc jienv nyei jauv an nitv jienv meih zoux gong nyei dorngx fai meih nyei phones. Maiv dungx kungx bangc meih ja'sic maaih nyei, gamh nziex maaih zanc ninh maiv maaih douz zoux gong bun meih.

- Mangc gaax meih gaux ja'sic mbungh nyei fai se (dienx-tongh, heh tongv, buong nzuih-baengx nyei ga'naaiv dangv laih hlopv, wuom, an duqv lauh nyei ga'naaiv-nyanc) an siou nyei dorngx.

- Mangx gaax haaix nyungc waic oix zuqc mbuox.
- Jangx jienv maiv forv fai zorqv ga'naaiv dangv cuotv beqv nyei jauv. Mv baac, oix zuqc guon jienv gaengh dangh douz zieqc laanh beqv mingh jangv.
- Faux jienv za'eix lanh tengx lanh dongh nyungc-nyungc mingh daaih maiv duqv fai dongh jauv dangx nyei qiangx. Oix zuqc jangx jienv oix maaih mbungh dingh baav nyei dorngx, dorngx mingh fai fungx ga'naaiv-nyanc bun jiepv sih nyei dorngx.

### Ziouv longc gong-mienh oix zuqc:

- Za'gengh oix zuqc maaih mbungh ziangx zuqc jiepv sih nyei za'eix, a'loc mangc jienv yaac 6 hlaax hoqc linc yietc nzunc.
- Liepc ziangx za'eix bun yiem-toi waic nyei mienh aqv dongh haaix dauh qiemx zuqc dongh buangh jiepv sih nyei qiangx wuov.
- Zuqc zorqv norm phone nyei sox gapv norm gunv mienh nyei bungh. Ceix liepc list yietc zungv gong-mienh nyei douc wac finx caux dingc ziangx haaix dauh zuqc ndam-dorng taux naaiv diuh gong. Bun mouz dauh gong-mienh zipv kuaiv ceu cuotv nyei (dongh zipv duqv gong-mienh bun leiz zoux).
- Haaix zanc yaac siou jienv gong-mienh nyei biux yiem meih ga'hlen.
- Se grongv maaih meih haih ginv norm( baav douc waac) finx yiem meih nyei gong-mienh gu'nyuoz daaih fiev fiex bun ninh mbuo yiem phone bun yietc zungv gong-mienh hiuv duqv.
- Mbenc ziangx maaih yietv nyeic nyei tiuv heuc dienx yiem meih nyungc-nyungc saeng-eix.
- Liouh jienv forv caux codes zax qieq mbui mbuox maiv benx nyei sic bun gong-mienh aqv meih bungx hnyouv jiex nyei doic yiem dongh maiv haih heuc yiem phone wuov.
- A'loc back meih nyei computer nyei data.





# Mbuox jiepv sih nyei jauv louc

## Jiepv sih nyei douc waac finx bun dong maaih phone nyei mienh

- Sacramento nyei douc wac finx ..... **916-732-0100**
- Yiem ganh norm nyei Sacramento nyei ..... **916-874-5111**

## Ganv heuc 911 dongh meih:

- Buatc douz ziec.
- Zueiz gas fai sioux.
- Buatc fai haiz qiex mbuii ba'laqc hlo.
- Qienx zuqc ndie-sai tengx fai buangx haaix dauh.
- Buatc hnangv zuqc naanc nyei mienh nyei fai biaux cuotv baengh orn nyei dorngx.
- Buangh haaix dauh nzuqc fai congx.
- Buatc yietc nyungc maiv benx nyei huox yiem mienh maac nyei dorngx.
- Buatc haaix dauh zuqc caa aqv fai zorqv lanh mienh nyei maengc.
- Buatc hoic maengc fai ja'dingh nyei jauv.
- Fai buatc haaix nyungc maiv benx nyei sic cuotv fai haih hoic maengc nyei dorngx.

## Dongh heuc 911

### Mbenc ziangx dau naaiv deix waac naaic:

- Deic zepv buangh sic nyei jauv se yiem haaix?
- Yiem nyei dorngx nyei se biau v saeng-ei ciang?
- Meih jang heuc yiem nyei deic zepv se yiem haaix?
- Meih nyei mbuox heuc haaix nyungc?
- Meih nyei douc wac finx se haaix nyungc?
- Naaiv deix sic haaix zanc cuotv?
- Meih zieqv duqv zaqc baeng (se gorngv maaih) nyei fai?
- Fingx, m'jangc fai sieqv, hnyangx-jeiv, hlang mbu'ziex, Hniev ndongc haaix, Mba'biei nyei setv, zaqc baeng longc nyei haaix nyungc?
- Meih haih jangx taux ninh nyei lui-houx, nziepv sin nyei fangx, normh-hiun fai ganh nyungc nyei fai?
- Zangc baeng longc haaix nyungc mingh daaih?
- Zaqc baeng yangh zaux, jeih cie ping, fai taxi fai ganh nyungc cie?
- Zaqc baeng maaih wuoqc ginc nyei fai? Se gorngv maaih se haaix nyungc?
- Se congx-nangv fai ganh nyungc congx, fai nzuqc fai ganh nyungc ndie?
- Zaqc baeng meih buatc nqaang jiex se yiem haaix, zaqc baeng hungx haaix bung biaux - nyungc zeiv se hnungx mingh baqv bung fai nam-bung fai fai-bung, haaix diuh ndaaih fai haaixdiuh jauv?

## Zengx-zengx mienh zoux nyei

### Za'gengh longc hnyouv zieqv zaqc baeng

- Maiv dungx kungx zorc zaqc baeng mangc jienv.
- Jiex gorn mangc yiem m'nqorngv njiec.
- Mangc camv norm dorngx se gauh longx.
- Saengh zieqv yietc nyungc yiem wuov lanh mienh nyei sin.
- Buatc liuz ziouc fiev cuotv gamh nziex la'kuqv. Za'gengh longc hnyouv zieqv zaqc baeng.
- Mangc zaqc baeng nyei sin-fei, hlang fai aiv nyei mienh, setv.
  - Faix fim yiem 5 nyungc aqv lamh fih hnangv.
- Zieqv yiem haaix nyungc cie (sedan, SUV, roadster).
- Mangc yiem cie gauh hinc nyei dorngx (netv haaix nyungc, fai yiem cie nyei haaix norm dorngx waic).
- Fiev jienv netv cie nyei baaih, caux zaqc baeng zuqv nyei lui.
  - Mangc gaax zaqc baeng mingh haaix bung.

### Ndangc heuc

Olx zuqc hiuv meih yiem nyei dorngx se haaix norm dorngx. Meih heuc nyei mienh maiv haih tengx meih se gorngv meih maiv hiuv meih yiem haaix.

### Dongh meih heuc

- Zipv waac nyei mienh duqv njaaux ziangx nzengc.
- Zuov zipv meih heuc liuz naaic meih.
- Se gorngv duqv nor, meih mbenc ziangx phone bun zeqc naanc nyei mienh gorngv, aqv fai zipv phone daaih tengx gorngv yaac duqv.

### Maiv dungx za'gengh zien heuc 911 weic "njau" meih nyei fu'jueiv

Polly Klaas cuotv camv nyungc leiz orn fu'jueiv nyei hnyov donh ninh mbuo heuc 911. Aengx mangc yiem <https://www.pollyklaas.org>.



## Box mbuox jiepv sih nyei gorn

### IPAWS (maaih buonc caux EAS, WEA, NWEM)

Mbui jiepv sih nyei gorn caux yiem langz zangc nyei (IPAWS) se box mbuox jiepv sih nyei gorn yiem guoqv jaa FEMA' s bun cuotv jiepv sih nyei fienc caux njoux maengc bun zuqc naanc nyei mienh, ninh mbuo nyei gong mbuo yiem phone fai ndaih yiem tivi nyei fangx-nangh. caux ninh mbuo nyei gong se mbuox taux lung setv zeiv yiem jiepv sih nyei gorn mbuox cuotv (FEMA.gov, 2022).

### Sacramento nyei buonh deic dornx nyei box jiepv sih (SacAlert)

Naiv norm Sacramento box jiepv sih nyei gorn(SacAlert), ninh yietv box hnavg ziex norm dornx nyei yaac haiz nzengc, Yolo caux Placer caux ganh zingh yaac fih hnavg nyei longc weic bun jangv mingh dauh baeqc fingx caux saeng-eix ciang, naaiv hung h ec bun mienh longc dongh yiem jiepv sih nyei ziangh hoc. SacAlert maaih ninh haih zoux dangh juix ziex cin fienc bieqc mienh nyei phone, ganh mbuox gornv fongv guangc, email, TTY caux fiev nyei nzangc. Naaiv norm gorn maaih nzengc mienh nyei douc wac finx yiem Sacramento mungv fai zoux saeng-eix nyei mienh. Ei naaiv norm gorn California (CPUC) gornv, yietc zungv maaih nyei ninh ganh zorqv data yiem phone 911 AT&T nyei caux Verizon' s. Naaiv norm gorn oix baeqc fingx dauh dauh register. yiem sacramento caux hietv douc wac fin caux deic, zepv caux register zipv box jiepv sih fienc ( lung h nyei setv zeiv jorm, Langz zangc nyei fienc, box baengh, orn nyei fienc.).

## Se gorngv zeqc naanc cuotv yiem nitv fatv

- Longc fai mbenc ziangx jiepv sih nyei ja'sic, yietc zungv se ga'naaiv nyanc, wuom, dienx-tongh, ndaih AM/FM, siang youh, jhex gorn njoux nyei ja'sic, nyanh.
- Guon jienv fangx-namx yietc ze ndipc yietc ze longx weic bun ga'naaiv nyanc maiv waic.
- Se gorngv maaih, oix zuqc mbungh jienv charger nyei phone, caux power stations oc. Longc mba'hnoi nyei douz, mba'hnoi douz nyei baaih oix zuqc an go deix weic simv carbon monoxide poisoning.
- Longc ndaih maaih dornx charger yiem cie nyei buonc, mv baac maiv zuqc bun cie njormc (nyungc. zeiv. closed garage) weic zuqc naaiv nyungc haih laengc carbon monoxide poisoning.
- Hoqc koi garage se longc buoz koi.
- Mangc ziex nyungc qiex longc nyei ndie yaac an longx aqv ndie-sai qiex zuqc longc nyei ja'sic. Beu gorngv ciangv nyei gorn hiuv meih nyei device.

### Douz daic

- Se gorngv meih zuqc douz daic yiem zuqc jiepv sih nyei ziangh hoc yaac mv maaih nyanc youh nyei ndaih gunv yiem meih nyei cie nyei ndaih (se gorngv duqv nyei).
- Guon jienv fangx-namx yietc ndipc yietc ze longx.
- Se gorngv meih nyei cie longc mba'hnoi ndienc fai youh, oix zuqc beu yiem cie gu'nyuoz maiv ndipc jhex ndangc weic dangv laengc carbon monoxide poisoning.

## Kuinx meih yiem dingc norm dornx

Yiem mungv nyei guen-baeng kuinx meih horpc zuqc yiem biau aqv fai yiem zoux gong ciangv nyei biau (yiem dingc naic) caux gunv jienv ganh se:

- Dorh nzueic nyei saeng-kuv bieqc.
- Guon caux forv yietc zungv yiem ga'nyeic nyei gaengh.
- Guon nzengc yietc zungv cui mienh langh nyei ja'sic aqv cui jorm nyei ja'sic fai ganh nyungc ja'sic.
- Guon nzengc meih nyei yietc zungv heater.
- Dingc mangc ja'sic mbungh cuotv ciouv nyei javv yiem meih biau (mangc pin 8).
- Beu meih nyanc youh nyei ndaih corc zoux gong.
- Bieqc gu'nyuoz nyei yietc norm bungh maaih forng-muonh zoqc caux bieqc daaih nyei gaengh gauh hlang nie.
- Naiv nyungc chemical gengh hoic mienh haic, weic zuqc mv nyungc chemical naaiv gauh hniev mbuo qiex, mv gunv yiem mbuo nyei gaengh guon nzengc mv baac ninh haih samx ndau ndiev daaih.
- Biaux nqoi forng-muonh.
- Yiem jiepv sih nyei ziangh hoc, gunv kaux fatv bungx hnyouv nyei guen-baengh.
- Muangx yiemh-laamz nyei ndaih bun hiuv jiepv sih nyei fienc.KFBK AM 1530 duqv dingc box fienc nyei ndaih gorn caux box jiepv sih fienc bun yiem Sacramento mungv nyei mienh KXJZ FM 88.9 se tengx wuov norm KSTE 650 AM gin v longc yienc.

### Bingx dangh baav

Aengx bun hiuv bingx dangh baav nyei fienc gauh camv nor gunv lorqc bieqc mangc [jiepv sih.cdc.gov/shelterinplace.asp](https://www.cdc.gov/shelterinplace.asp).

## Tengx mienh kouv guanh nyei biau

Bingx yiem tengx mienh guanh nyei biau, naaiv nyungc biau se gornv buangh zuqc jiepv sih nyei sic zuqc mienh camv maiv maaih dornx bingx aqv fai funx daaih camv-hoi ninh mbuo yaac koi bun mienh yiem.

Oix zuqc mbenc mingh bingx se gornv:

- Yietc nyungc jiepv sih nyei sic cuotv ciouv nyei haih hoic zuqc meih yiem nyei dornx
- Loc nyei wuom yiemx camv jienv faux
- Meih nyei biau gengh waic camv
- Guen-baeng heuc aqv yiem buonh deic dornx nyei hung h jaa heuc

Yietc zungv bingx dangh baav tengx mienh kouv guanh nyei biau yaac maaih ga'naaiv nyanc nyei, naaic se kung bun dingh dangh caux jhex gorn njoux cuotv maengc hngv.

### Box mbuox Sacramento

Yietc jiepv sih njoux maengc norm-norm nyei guen-baeng yiem Sacramento, Yolo caux Placer juiangc jienv gapv hnyouv goux box mbuox jiepv sih nyei gorn siang yiem Sacramento. Sacramento Alert se yietc norm zoux gong yiem web, Sacramento zingh mungv, bun leiz yietc zungv guen-baeng longc, ninh nyei gong se box fiex siepv nyei bun Sacramento baeqc fingx jhex jhex phone, aqv fai jhex email. Register yiem [sacramento-alert.org](https://sacramento-alert.org).

## Kuinx mienh baeqc fingx biau siepv

Yiem langz zoux gong nyei guen-baeng heuc meih oix zuqc biau cuotv baiuv se hnamv daaih maaih yietc nyungc maiv benx, hngv naaic oix zuqc ei ninh mbuo nyei waac siepv. Muangx ndaih fai tivi hiuv fiex tim camv. Meih ziouc duqv dorh mingh taux norm longx nyei dornx.

Gunv zoux ei naaiv deix longx nyeiz:

- Zuqv lui-mueiz ndaav nyei lui-bieqc, houx-ndaav caux daapc jienv nyei heh.
- Gunv “go kit” dongh buangh zuqc zeqc naanc (mangc 7 pin weic bun meih hiuv tim).
- Maaih buonc caux service provider goux mangc taux meih fu'jueiv.
- Mbenc jienv dorh meih nyei saeng-kuv pien (mangc 10 pin hiuv tim).
- Guon nzengc yietc zungv meih maiz nyei wuom caux gas.
- Weic bun meih ganh hiuv ih zanc meih yiem nyei dornx, gunv bieqc naaiv [emergency.cdc.gov/shelterinplace.asp](https://emergency.cdc.gov/shelterinplace.asp).

- Sueih binc bun gas koi (cih cuotv maaih sou njoux).
- Goux jienv meih nyei saeng-kuv.
- Forv jienv meih nyei biau.
- Longc hung bun leiz nyei wuov douc jauv zoux youh nzaauc. Maiv longc use shortcuts, nziex meih haih jhex mai mingh.
- Se gornv duqv nor lomh nzoih juangc mingh norm cie.
- Se gornv meih buac douz nyei finx ndort oix zuqc simv nqoi.
- Hiuv meih nyei wuov deix dornx: Mangc fuc lugc biau nzanx Sacramento mungv yiem <https://sacoes.saccounty.gov/EmergencyManagement/Pages/Planning.aspx>.

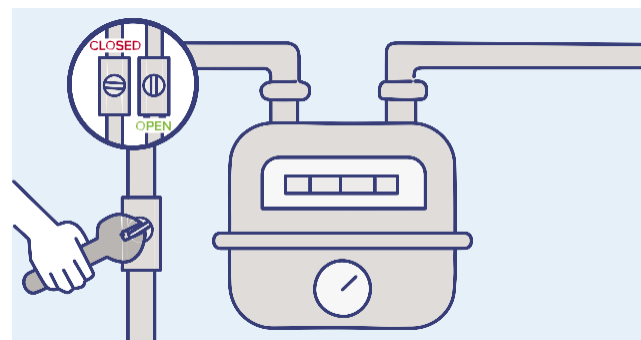
### Janx-baeng zah mangc

Se gornv gengh zuqc biau nor, zoux guen-baeng nyei mienh ziouc oix sau zah mangc yiem naaic deix dornx.

### Hngv haaix nor guon meih longc nyei gas

Dongh meih gas nyei qiex zueix faix cuotv aqv fai box longc bu'ziex gas nyei gorn waaiczoux bun meih nyei biau haih waic meih ziouc oix zuqc guon gas nyei gorn mingh.

1. Lorz gorn guon nyei dornx guon mingh, ninh yiem nitv mbuox longc bu'ziex gas wuov.
2. Longc meih maaih niouv ding nyei ja'sic niouv valve bie buonc nyei yietc buon ei ninh guinh zietc wuov. Donghmeih nyei buoz naanv jienv valve doih-gorv (gan werngh gaangc mingh) cuotv gas wuov diuh guaengv. Ninh daaih nyei finx duqv guon. Maiv dungx koi gas dongh jiepv sih cuotv nyei qiangx. Heuc gas nyei ciangv tengx zoux naaiv nyungc gong.



### Guon douz electricity nyei za'eix

1. Mangc gaax meih breaker aqv fai fuse.
2. Mangc gaax meih nyei domh zuangx breaker aqv fai meih guon daic norm baav dornx fai fuse (nzengc camv se meih naanv douz daic nyei dornx aqv hol nyei fuse yiem wuov baaih).
3. Kungx longc nduqc jieqv buoz, naanv daic douz nzuonx "o" (aqv fai cutv fuse ndutv).

## Biaux yiem camv nzangh nyei biau

Maaih jiepv sih nyei sic cuotv yiem camv nzangh nyei baiuv:

- Ganv siepv deix cuotv naaic norm dornx.
- Faux za'eix bun biau yiem naaic norm biau.
- Zah mangc yiem biau nyei gaengh jorm fai maiv jorm ndangc koi.
- Maiv dungx longx douz hngv nyei tei dongh douz ziec jienv biau wuov zanc.
- Longc yiem nitv meih jhex wuov diuh teix mv baac maiv maaih douz ziec yiem.
- Nyorn gan ga'ndiev douz-sioux.

Se gornv meih lorz maiv duqv jauv cuotv yiem norm camv nzangh nyei biau se:

- Maiv dungx gamh nziex jhex ndangc.
- Lorz norm bung maaih forng-muonh fai maaih telephone.
- Yiem dongh njoux nyei mienh haih mangc duqv meih.
- Zuqv yietc kuaaiv maaih setv njang nyei ndie.
- Koi forng-muonh, mv baac se maaih douz-sioux bieqc maiv dungx koi.
- Stu lui-houx fai sou zotv bieqc tong nyei kuov.
- Njoux ganh dauh.

Weic lorz za'eix njoux yiem-toi waic nyei mienh fai zaux naav nyei mienh douz ziec biau nor, bieqc [ready.gov/disability](https://ready.gov/disability).

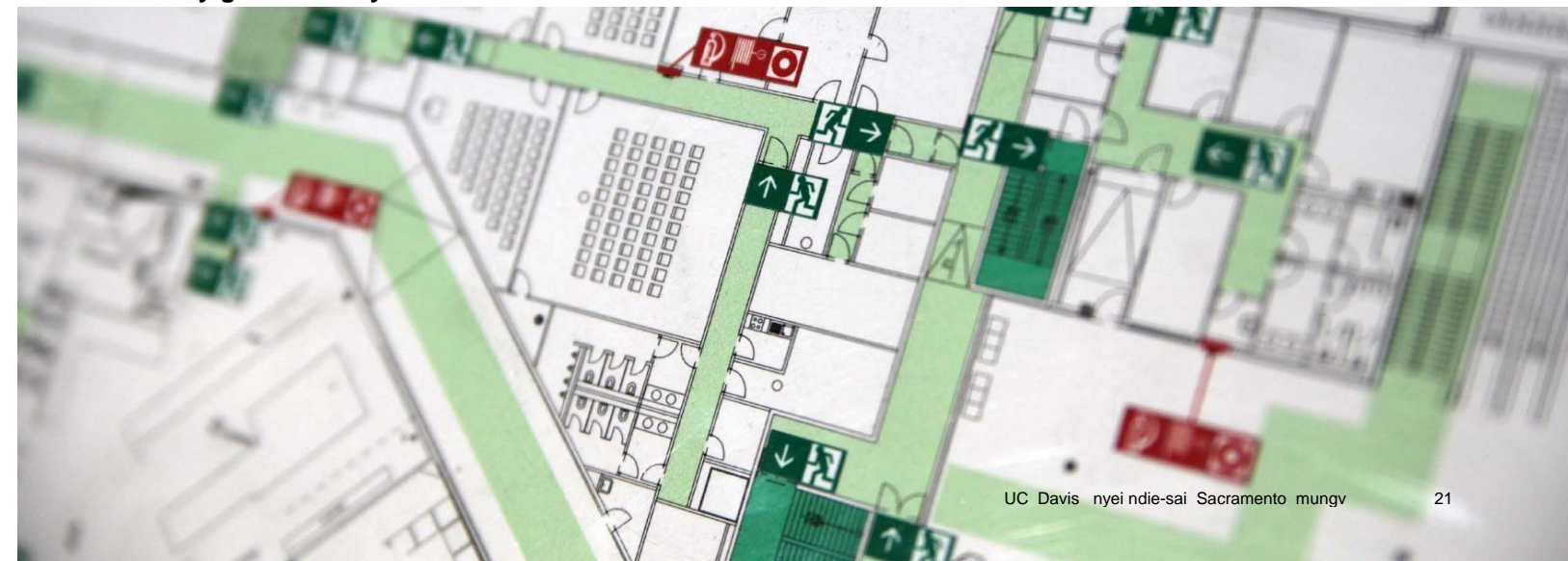
## Se gornv meih zuqc zorqv yiem ndortv gamh nziev nyei material (HAZMAT)

- Se gornv meih meih maiv benx nyei sic cuotv ganv, heuc 911. Se gornv duqv, oix zuqc bun zieqv duqv nyei mienh zipv heuc yiem phone aqv fai zuqc ndortv material (mangc yiem ga'hlen wuov ginc maaih "hietv gaamh nziev nyei material" ).
- Dorh faux jhex, aqv fai zuqc nzaaux buonc daaih nza'hmien.
- Maiv dungx lamz zaux bieqc dongh gamh nziev nyei ga'naaiv kung.
- Simv tauv qiex yiem cuotv sioux nyei qiangx.
- Se gornv maaih nor, oix zuqc buang jiev nzuih baengx yiem naaic nyei ziangh hoc.
- Se gornv muoqv zuqc gamh nziev nyei material, ganv heuc ndie-sai tengx meih nzaaux nzengc oc.

### Dingc mangc gamh nziev nyei materials

Yietc dorh HAZMAT ja'sic oix zuqc maaih kuaaiv baaih (box mbuox) ei gorn dingc Dingc mangc cie tor haaix nyungc gamh nziev nyei material. Bieqc

[fmcsa.dot.gov/sites/fmcsa.dot.gov/files/docs/Hazardous\\_Materials\\_Markings\\_Labeling\\_and\\_Placarding\\_Guide.pdf](https://fmcsa.dot.gov/sites/fmcsa.dot.gov/files/docs/Hazardous_Materials_Markings_Labeling_and_Placarding_Guide.pdf) bun gauh hiuv.





## Kungx longc buoz yiem domh mienh (hung h ec CPR)

Longc naaiv nyungc za'eix se gorngv meih maiv gaengh duqv hoqc.

- 1. Dingc mangc yiem nyei dorngx baengh orn**  
Dingc mangc yiem nyei dorngx baengh orn bun meih caux meih nyei hmuangv doic. Meih maiv oix benx zuqc nyei mienh.
- 2. Heuc**  
Zah mangc gaax zuqc nyei maaih biux mengh haaix nyungc nyei fai. Se gorngv ninh mbuo maiv dau meih nyei waac, gaanc heuc 911 caux dau nzuonx dongh zuqc wuov lanh mienh. Dornh njoux jiepv sih nyei gorn oix bun mienh daaih tengx meih yacc njoux meih CPR.
- 3. Ja'sic cui wuom Pump**  
Se gorngv zuqc nyei mienh maiv buatc taauv qiex, gaavn zaax la'kuotv. Zaax njiec yiem la'kuotv mbu'ndongx, yiem nyorx nyei mbu'ndongx wuov.

Pump zoc jhex 100 nzun yiem mouz buon, gauh siepv yietc nzunc nyei yietc ndegv. Mbuo zaax yietc nzunc liuz dingh dangh liuz ndangc aengx zaax.

Zoux jienv yuonh nyei hngangv naaic.



### Taaub nyei qiex maiv yuonh

Nduqc lanh hngangv nor, maiv gunv taaub qiex maiv yuonh gunv taaub maaiv nor a'dangh zoux bun meih nyei mba'nziu waic. Naaiv dauh taaub maiv yuonh nyei qiex cuotv yiem ninh nyei cui maiv duqv nziaamv faux m'nqorngv faamv ziouc maanc-maanc nziaamv maiv zoux gong. Naaiv nyungc nyei taaub qiex maiv yuonh se hngangv ga'naaiv nqerngx nor nqertc-nqertc nyei. Ih buox buon ziouc dangx qiex mi'aqv. Buatc taaub qiex hngangv naaic ziouc oix zuqc zaax la'kuotv bun ninh taaub duqv daaih qiex. Ninh gengh qiex zuqc qiex taaub, kungx meih haih tengx duqv ninh.

### Maaih buonc hoqc taux zaax la'kuotv caux jhex gorn njoux mienh

Se gorngv meih duqv hoqc linc zoux taux tengx mienh zaax la'kuotv CPR fai hngangv haaix nor jhex gorn njoux mienh. Se gorngv qiex zuqc njoux taaub nyei jauv nor heuc **916-446-6505** caux siev mienh kouv nyei guanh **916-993-7070** weic bun hiuv gauh camv naaiv deix jauv.



### Naaiv nyungc baengc cuotv nyei CPR

Lov se buangh gauh camv jhex CPR. Se gorngv buangh zuqc lov, mbienv wuov lanh mienh bun ninh da'hlengx bueix yaac tengx ninh nzortv fai nzaaux ga'naaiv klopv. Aengx zaax la'kuotv CPR.

Oix zah mangc gaax haih jhex mienh nyei baengc fai. Maiv gaengh maaih haaix nyungc ndie haih zorc duqv HIV AIDS CPR nyei baengc.

Jhex mienh yiem zaahn mangc CPR: Meih haih zoux duqv, **duqv zoux cuotv yiem online** (<http://depts.washington.edu/learn CPR/quickcpr.html>) se yiem Washington daaih. Duqv leiz longc yiem naaiv.

# Njoux cuotv maengc ndangc CPR

Tengx ninh taaub yiem piom nyei qiex (CPR) se yietc nyungc za'eix njoux taaub mv cuotv qiex nyei mienh. Yiem mba'nziu m ndiuc, mba'nziu mv dongx sziaamv maiv wuotc, blood pressure njiec aiv caux buoz maengc maiv ndiuc.

Yiem 10 buon gu'nyuoz mba'nziu maiv ndiuc, naaic lanh mienh ziouc maiv haaix nyungc. CPR zoux bun qiex zoux gong tong m'nqorngv famv, taux mba'nziu caux norm-norm yiem wuov lanh mienh sin wec dangv ganh nyungc baengc cuotv. CPR yiem mienh zuqc hniv jhex ndangc se zuqc longc taux tengx taaub qiex (longc ja'sic tengx qaqv wuov lanh mienh mba'nziu). Yiem ga'nyeic nyei mienh ziouc jhex gorn tengx CPR dongh ninh nyei mba'nziu maiv ndiuc oix zuqc lomh nzoih tengx duqv maengc cuotv.

American Heart Association nyei gorn bun nqoi CPR liouh bun mienh gox: horpc jhex se longc i jieqv buoz-zangv laapv jienv zaax ei taaub qiex yiem ninh nyei la'kuotv (naaiv nyungc kungx duqv hoqc jhex nyei mienh cingx duqv leiz zoux); aqv fai longc buoz-ndoqv zoux yaac duqv.

# CPR horpc nyei bun domh mienh caux fu'jueiv yiem 8 hnyangx faux maengx (biomv caux cui horpc)

Longc naaiv nyungc za'eix se gorngv meih duqv hoqc jiex CPR caux haaix sorngh leic ei naaiv nyungc za'eix.

**1. Dingc mangc yiem nyei dorngx baengh orn**  
Dingc mangc yiem nyei dorngx baengh orn bun meih caux meih nyei hmuangv doic. Meih maiv oix benx zuqc nyei mienh.

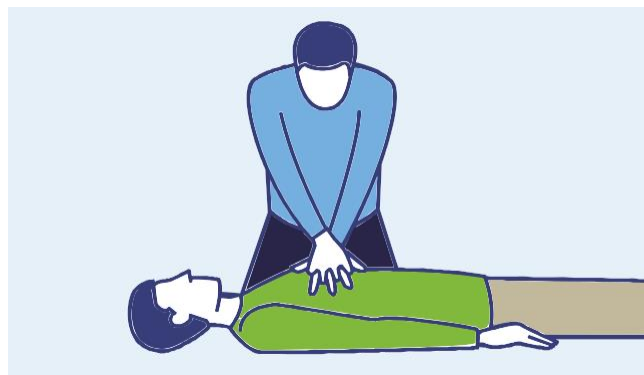
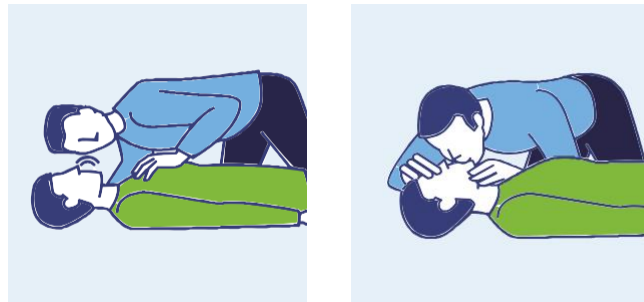
**2. Heuc**  
Zah mangc gaax zuqc nyei maaih biux mengh haaix nyungc nyei fai. Se gorngv ninh mbuo maiv dau meih nyei waac, gaanv heuc 911. Zipv ndaanc mba'nziu nyei ja'sic (AED) se gorngv maaih, liuz dau nzuonx zuqc mun nyei mienh. Dornh njoux jiepv sih nyei gorn oix bun mienh daaih tengx meih yacc njaux meih CPR.

**3. Biomv**  
Mbienv zuqc mun nyei mienh da'hlengx bueix ziouc muangx ninh nyei mba'nziu ndiuc. Se gorngv haiz taauv qiex yuonh, hnopv se gorngv buatc m'ndongx, oix bun jieqv buoz naanv bu'zornng bun jieqv naanv nzuih baengx maaih kuotv cuotv qaqv biomv bun la'kuotv bong faux. Biomv yietc nzunc mbuo taauv qiex i nzunc. Yietc nzunc taauv nyei qiex se yietc second.

**4. Ja'sic cui wuom Pump**  
Se gorngv zuqc nyei mienh maiv buatc taauv qiex, gaanv zaax la'kuotv. Zaax la'kuotv mbu'ndongx i nzunc yietc nzunc 30 zaax yiem nyorx nyei mbu'ndongx wuov. Pump zoc jiex 100 nzun yiem mouz buon, gauh siepv yietc nzunc nyei yietc ndegv. Mbuo zaax yietc nzunc liuz dingh dangh liuz ndangc angx zaax.

**5. Zoux mingh zoux daaih**  
Zoux yuonh nyei taauv i nzunc qiex zaax 30 nzunc hnavg naaic nor zuoqv taux maaih njoux nyei mienh taux. Maiv dungx dingh maiv zaax jiex 10 second.

Faix fim: Naaiv nyungc aqv lamh fih hnavg CPR nqc lanh caux i lanh. Yiem CPR i lanh, maaih lanh zaax gauh soux liuz wuov lanh biomv.



## Ja'sic ndaanc mba'nziu automated (AEDs)

AEDs Naaiv nyungc ga'sic se zorqv daaih saai jienv wuov lanh mienh nyei la'kuotv bun ninh ganh automated ndaanc. Yietc norm AED ganh hiuv saaih deix qiex zuqc nor oix zuqc longc douz stimulation.

Se gorngv duqv hoqc jiex nor AEDs hungh hec longc. Gaanv zoux CPR yaac longc AED nyei ja'sic yiem buon hnavg zuqc mun nyei mienh haih fingv nzuonx.

Meih haih hoqc hiuv yiem camv yiem AEDs fai hoqc American nyei [heart.org](http://heart.org).

# Horpc nyei CPR liouh bun fu'jueiv 1-8

**1. Dingc mangc yiem nyei dorngx baengh orn**  
Dingc mangc yiem nyei dorngx baengh orn bun meih caux meih nyei hmuangv doic. Meih maiv oix benx zuqc nyei mienh.

**2. Heuc**  
Zah mangc gaax zuqc nyei maaih biux mengh haaix nyungc nyei fai. Se gorngv meih nduqc caux fu'jueiv yiem, gunv zaax fu'jueiv nyei la'kuotv i buon nyei ndangc heuc 911. **Naaiv nyungc nyei za'eix ga'lengc caux CPR naaiv bun mienh gox nyei, kuinxmeih heuc 911 daaih tengx meih ndangc.** Ninh mbuo ziouc daaih tengx meih njaaux nyei PR.

**3. Biomv**  
Mbienv zuqc mun nyei mienh da'hlengx bueix liuz muangx ninh nyei mba'nziu ndiuc. Se girngv haaix fu'jueiv maiv dongh nyungc, ziouc bun jieqv buoz naanv ba'zornng bun jieqv buoz buong nzuih baengx biomv qiex bieqc wuov dauh fu'jueiv nyei nzuih, biomv taux buatc dauh fu'jueiv nyei la'kuotv bong faux duqv aqv. Biomv yietc nzunc mbuo taauv qiex i nzunc. Yietc nzunc taauv nyei qiex se yietc second.

**4. Ja'sic cui wuom Pump**  
Se gorngv zuqc nyei mienh maiv buatc taauv qiex, gaanv zaax la'kuotv. Zaax njiec nduqc nyei buo buonc yiem la'kuotv mbu'ndongx, i nzunc yietc nzunc 30 zaax yiem nyorx nyei mbu'ndongx wuov.

Meih haih longc nduqc jieqv buoz fai i jieqv buoz, se mangc yiem wuov dauh fu'jueiv nyei la'kuotv jangv fai hepc. Pump zoc jiex 100 nzun yiem mouz buon, gauh siepv yietc nzunc nyei yietc ndegv. Mbuo zaax yietc nzunc liuz dingh dangh liuz ndangc angx zaax.

**5. Zoux mingh zoux daaih**  
Zoux yuonh nyei taauv i nzunc qiex zaax 30 nzunc hnavg naaic nor zuoqv taux maaih njoux nyei mienh taux. Zoux gan biao nzunc leih maiv go i buon nyei dorngx, gaanv heuc 911, se gorngv meih maiv haih zoux (AED) nor meih maaih ndaanc mba'nziu nyei ja'sic gunv longc. Aengx zoux CPR se gorngv qiex zuqc. Maiv dungx dingh maiv zaax jiex 10 second.



## Longx nyei eix bun fu'jueiv

Fu'jueiv zueix nyei eiv oix zuqc bun ninh zueix longx nyei (longx nyei eiv fai hnavg faux nyei eiv) zuoqv taux ninh mbuo duqv zuv hnyangx faux maengx aqv fai hniv taux 60 jan nyei dorngx. Bun meih hiuv gauh camv, gunv heuc mbuox taux yiem California nyei guen-baeng [chp.ca.gov/programs-services/programs/child-safety-seats](http://chp.ca.gov/programs-services/programs/child-safety-seats).

Leiz dangv zuqc mun fai mun nyei guanh yiem UC Davis yaac maaih njaux muonc nyei yaac maaih ja'sic tengx. Mangc tim [health.ucdavis.edu/injuryprevention/childhood-safety/child\\_passenger\\_safety.html](http://health.ucdavis.edu/injuryprevention/childhood-safety/child_passenger_safety.html).

# CPR longx nyei bun fu'jueiv ga'ndiev maengx 1 hnyangx nyei doringx

## 1. Heuc

Heuc hlo nyei caux heng nyei mbaix bieqc ninh nyei zaux. Se gorngv buatc fu'jueiv maiv goiv yienc, bun ninh da'hlengx bueix. Se gorngv meih nduqc dauh yiem, oix zuqc bun i dauh cpr ndangc cingx heuc 911. Dorh njoux jepv sih nyei gorn oix bun mienh daaih tengx meih yacc njaux meih CPR.

## 2. Biomv

Bun da'hlengx bueix liuz muangx ninh nyei mba'nziu ndiuc. Mangc gaax ninh nyei la'kuotv bong nyei fai. Haiz nor ziouc haaix haiz nziaux faux meih nyei hmien.

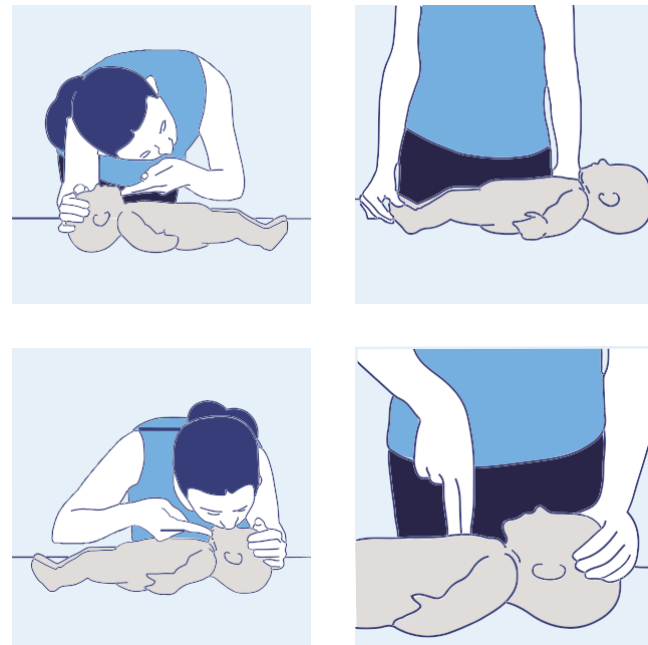
Se gorngv fu'jueiv maiv taauv qiex, gaanv longc nzuih gorm jienv fu'jueiv nyei nzuih caux ba'zornv taauv qiex. Yietc nzunc taauv nyei qiex se yietc second. Meih buatc fu'jueiv nyei la'kuotv bong faux hnanv taav qiex.

## 3. Ja'sic cui wuom Pump

Maanc-maanc zaax 30 nzunc. Longc i buo fai norm buoz-ndoqv zaax fu'jueiv nyei la'kuotv mbu'ndongx. Zaax njiec ndo i nyei buo buonc, nduqc nzunc/ inches. Biomv zoqc jiex 100 nzunc nyei yietc buon. Mbuo zaax yietc nzunc liuz dingh dangh liuz ndangc angx zaax.

## 4. Zoux mingh zoux daaih

Aengx zoux hangv i taauv biomv nzunc zoux taux 30 nzunc zuoqv taux njoux nyei mienh daaih. Jiex liuz biao nzunc nyei i buon, gaanv heuc 911, aengx zoux jienv mingh zuoqv taux njoux nyei mienh daaih taux. Maiv dungx dingh maiv zaax jiex 10 second.



## Fu'jueiv-faix Ziangx Naaic Daic Cuotv Nyei Jauv (SIDS)

SIDS se yietc nyungc daic siepv nyei baengc yiem fu'jueiv-faix, mv baac zah mangc maiv cuotv haaix nyungc baengc.

## Ei jienv zoux daaih dangv naaiv nyungc SIDS

- An fu'jueiv nzaolungh bueix.
- Zorqv ga'naaiv njaapc jienv horv horqc nyei, an longx.
- Zorqv yietc zungv suongx, nzaauc nyei ga'naaiv, aqv fai ganh nyungc zorqv an pien mingh.
- Zuqv lui houx jorm bun ninh, maiv longc ganh nyungc suongx hlomc ninh.
- Goux bun jorm mv baac maiv dungx jorm jiex ndangc.
- Ninh nyei m'nqorngv maiv bun ga'naaiv buong zuqc.
- Hiuv duqv yiem coux mau nyei gamh nziex.
- Maiv dungx longc dimh mienh nyei ga'gaav nqaapc, suongx-wuom, sofas eiv aqv ganh nyungc mau nyei ga'naaiv bueix.

# Yietv nyeic njoux zuqc ga'naaiv nqaengx

Yiem ga'ndiev naaiv deix yietc zungv se za'eix bun meih njoux zuqc ga'naaiv nqaeng nyei mienh mv baac corc nzang nyei.

## Ninh corc hiuv sic

### Da'yietv nyungc 1

Mangc gaax wuov lanh mienh corc gorngv duqv waac nyei fai hnopv duqv nyei. Se gorngv mv duqv nor, jiex da'nyeic kang.

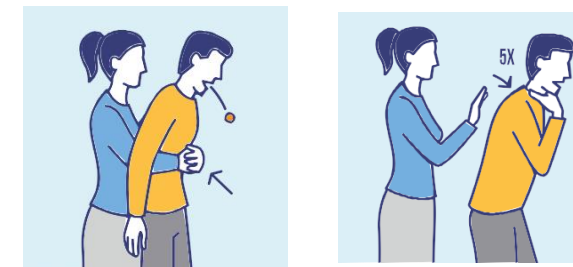
### Da'nyeic nyungc 2

Longc buoz qaam ga'sie (ei jienv Heimlich nyei za'eix):

- Yiem ninh nyei da'nqaang qaam gormx ninh nyei ga'sie.
- Ijieqv buoz qaam jienv, qaam yiem la'saengx mbungv nyei ga'ndiev naaic maiv nangc taux ga'sie-nutv.
- Longc qaqv qaam jienv liuz longc qaqv zaax ga'sie fangx zungx qaqv zoux siepv nyei nzatv faux maengx. Maiv dungx zaax yiem la'saengx naaic. Yiem meih nyei buoz maiv dungx longc qaqv jiex ndangc.

### Da'fam nyungc 3

- Zoux taux nqengx jang nyei ga'naaiv cuotv.
- Qaam la'kuotv ga'ndiev sou nduqc nzun nyei se bun junc caux maaiah fu'jueiv yiem sin aqv lamh gau nyei mienh.
- Se gorngv zuqc fu'jueiv fai domh zoux liuz maiv cuotv nor oix zuqc CPR.
- Se gorngv meih buatc haaix nyungc yiem wuov lanh mienh nyei jang nor, gaanv zorqv cuotv.



Jiex gorn njoux zuqc ga'naaiv nqaengx nyei mienh ei CPR: Meih haih zoux duqv, [duqv zoux cuotv yiem online](http://depts.washington.edu/learn/cpr/quickcpr.html) (http://depts.washington.edu/learn/cpr/quickcpr.html) se yiem Washington daaih. Duqv leiz longc yiem naaiv.

# Hiuv sic nyei fu'jueiv yiem 1-8 hnyangx

## Da'yietv nyungc 1

Mangc gaax wuov lanh mienh corc gorngv duqv waac nyei fai hnopv duqv nyei. Se gorngv mv duqv nor, jiex da'nyeic kang.

## Da'nyeic nyungc 2

Aengx longc za'eix zaax ga'sie, (Heimlich nyei za'eix) zoux taux ga'naaiv cuotv mingh.

## Da'fam nyungc 3

Se gorngv junc nyei fu'jueiv nor oix zuqc zaax ga'sie.

Se gorngv zuqc fu'jueiv fai domh zoux liuz maiv cuotv nor oix zuqc CPR.

Se gorngv meih buatc haaix nyungc yiem wuov lanh mienh nyei jang nor, gaanv zorqv cuotv.

**Oix zuqc jangx jienv:** Maiv buatc nyei ga'naaiv maiv dungx la'gaaiah bungx buoz bieqc gueix hnanv naaic zoux aqv muoqv wuov deix ga'naaiv gauh ndo.

## Yiem ga'ndiev 1 hnyangx corc njang nyei fu'jueiv

### Da'yietv nyungc 1

Mangc gaax wuov lanh mienh corc gorngv duqv waac nyei fai hnopv duqv nyei. Se gorngv mv duqv nor, jiex da'nyeic kang.

### Da'nyeic nyungc 2

Nzuei biao nzunc la'kuotv.

### Da'fam nyungc 3

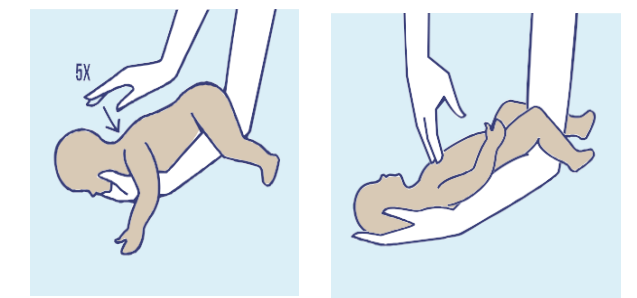
Zaax la'kuotv biao nzunc.

### Da'feix nyungc 4

Aengx dauh nzuonx ei 2 caux 3 nyungc za'eix, zoux taux cuotv mingh dongh fu'jueiv muangv mingh wuov.

Se gorngv zuqc fu'jueiv fai domh zoux liuz maiv cuotv nor oix zuqc CPR.

Se gorngv meih buatc haaix nyungc yiem wuov lanh mienh nyei jang nor, gaanv zorqv cuotv.



**Oix zuqc jangx jienv:** Maiv buatc nyei ga'naaiv maiv dungx la'gaaiah bungx buoz bieqc gueix hnanv naaic zoux aqv muoqv wuov deix ga'naaiv gauh ndo.

Yiem biauv njoux mienh nyei ja'sic		
<p><b>Meih njoux mienh nyei ja'sic maaih nyei:</b></p> <ul style="list-style-type: none"> <li>Longc yietc nzunc nyei buoz-maanc</li> <li>Sterile dressings longc dangv nziaamv</li> <li>Nzaaux nzengc nyei ndie caux nzengc nyei zeiv sortv uix</li> <li>Dangv zuqc uix nyei ndie</li> </ul>	<ul style="list-style-type: none"> <li>Dangv zuqc uix nyei ndie</li> <li>Camv nyungc nyei adhesive bandages fai hlo yaac qiex</li> <li>Nzaux mv zing nyei ndie aqv ganh zuqc uix nyei ndie</li> <li>Ndorc bun hiuv jorm fai nyei ja'sic</li> <li>Njiuv</li> <li>Njaapv ga'naaiv nyei ja'sic</li> </ul>	<ul style="list-style-type: none"> <li>Ei ndie bun yietv nyeic nyei ndie, nyungc zeiv se hnavg mba'nziu nyei ndie sorqv hlaa nyei ja'sic (Zaah mangc nyungc ndie nziex jiex henx oix zuqc aengx zorqv siang dongh henx ndauv nyei)</li> <li>Ndie-sai nyei ja'sic ei qiex zuqc longc nyei bu'ziex glucose caux muangx nziaamv ndiuc nyei ja'sic</li> </ul>
<p><b>Meih nyei biauv ndangc jiex yaac oix zuqc maaih naaiv deix ga'naaiv caux yietc zungv maiv zix ndie-sai fiev bun nyei:</b></p> <ul style="list-style-type: none"> <li>Aspirin aqv fai saeng-beih</li> <li>Anti-diarrhea nyei ndie</li> </ul>	<ul style="list-style-type: none"> <li>Antacid (longc yiem ga'sie mun)</li> <li>Jaangh mun nyei ndie</li> <li>Activated charcoal, se gorngv yiem mungv nyei ndie-sai kuinx longc</li> </ul>	<p><b>Faix fim:</b> American Academy of Pediatricians maiv oix mbuo longc naaiv nyungc za'eix njoux aqv.</p>



Ndie



Jiex gorn njoux nyei ja'sic



Ga'naaiv nyanc caux maiv haih waic nyei wuom



Nzaux ganh nyei sin nzengc



Fu'jueiv longc nyei ja'sic



Nzueic nyei saeng-kuv qiex zuqc nyei



Ganh qiex zuqc longc nyei sou



Tengx duqv camv nyungc nyei ja'sic



Dang caux youh



Sortv nyei ndie caux nzaux ga'naaiv mun nyei ndie

## Yietv nyeic njoux zuqc ndortv wuom

**Za'genghh oix zuqc fai fim maiv dungx mingh muoqv zuqc nyei mienh. Dongh zuqc nyei mienh ninh mbuo haih zaax njoux nyei mienh wuom.**

### Se gorngv ndortv wuom nyei corv hiuv sic:

- Meih mangc yiem meih nyei ga'hlen haih nyei ga'naaiv, ndiangx fai, hlaauv fai, hlaang fai haih biouh wuom nyei ga'naaiv bun ndortv wuom nyei haih nyau duqv. Njoux nyei mienh maiv dungx mingh gamh nziex nyei dorngx.
- Heuc 911 tengx njoux.

### Dongh ndortv wuom nyei maiv hiuv haaix nyungc:

- Se gorngv meih gengh zuqc njiec njoux nor oix zuqc maaih ganh nyungc ga'naaiv biouh nyei caux meih. Gaanv dorh zuqc naanc nyei mienh cuotv wuom, maanc-maanc bouh jienv ninh nyei jaa caux ninh nyei i jieqv zaux nzaux-lungh. Dongh meih faux taux nqaai nyei dorngx fai nzangv, zuqc nyei mienh oix zuqc bun nzaux-lungh bueix.
- Mangc gaax zuqc nyei mienh maiv taauv duqv qiex, gaanv zaah mangc nqaengx taauv nyei dorngx tengx bun tong qiex. Se gorngv jiex zix seconds zuqc nyei mienh corc maiv taauv daaih qiex nor, gaanv deix CPR siepv (mangc yiem CPR yiem 23 wuov pin). Heuc 911 njoux.
- Se gorngv zuqc naanc nyei ienh corc nzang nyei, goux longx bun zuqc naanc nyei mienh jomr (bun ninh hopc suongx fai lui-ciouv fai ganh nyungc jorm nyei ga'naaiv) zuoqv njoux nyei mienh daaih.

## Yietv nyeic njoux zuqc ciou nyei mienh

**Dong ciou nyei ziangh hoc meih maiv haih dangv duqv dingh. Gunv bun sueih binc ciou taux dingh.**

### Biux mengh yiem aqv lamh ciou:

- Ninh nyei buoz zaux ciou.
- Ninh nyei mv zing ciou baeqc mingh.
- Taauv nyei qiex ziouc maiv doix dangc, ciou wuom-nzuih cuotv.
- Maaih dauh baav ciou gau zungv dingh dangh baav maiv taauv duqv qiex.
- Maaih dauh ciou ngaatc jienv nyaah fai mbietc nziaamv cuotv nzengc zoux bun nziaamv njiec jaang zaeqv taauv maiv daaih qiex.

### Ciou nyei wuov zanc:

- Gaanv heuc ndie-sai tengx njoux.
- Maiv dungx longc qaqv zorqv haaix nyungc bieqc wuov dauh fu'jueiv nyei nzuih baengx. Meih haih zoux bun meih zuqc mun/ aqv zuqc naanc nyei mienh.
- Tengx zuqc naanc nyei mienh bueix njiec dangv ciouv nyei ziangh hoc ndimc zuqc ga'naaiv zoux bun ninh gauh mun.
- Siou ga'naaiv pien go maiv bun yiem fatv ciou wuov dauh mienh.
- Dongh ninh ciou nyei ziangh hoc maiv dungx zaax ninh hniv jiex ndangc.

### Ciou jiex liuz:

- Zaah mangc gaax ninh corc taauv qiex nyei fai. Maiv duqv nor, biomv ninh nyei nzuih (mangc yiem 2 "Biomv" yiem CPR wuov).
- Bun zuqc nyei mienh bueix longx. Ganv jiex gorn zoux dongh meih bun ja'sic ndangc liuz. Bun zuqc ciou nyei mienh nzaulungh bueix, gueic ninh nyei ga'hlen. Dongh meih gueic jienv naaic naanv nyei buoz muov ninh nyei buoz doih gorv ninh nyei sin, zorqv ninh nyei buoz faaux mv nqorngv buoz-zangv nzaulungh.

## Longc ndie camv jiex ndangc

Nyanc ndie camv jiex ndangc nor haih laengc mienh. Maiv dungx gonggv maiv cauh fiem taux naaiv nyungc jauv. Diuv caux nyungc baav ndie haih zoux duqv bun meih daic.

**Oix zuqc jangx jienv:** Zuqc diuv fai yangh in-baeqc nquin nyei mienh haih zoux ciouv daaih. Oix zuqc faix fim.

1. Se gonggv zuqc nyei mienh hngongx mi'aqv nor gaanv heuc 911. Se gonggv zuqc nyei mienh ie gonggv corc nzang nyei nor **800-222-1222**.
2. Zaah mangc zuqc nyei mienh nyei taauv qiex. Se gonggv taauv nyei qiex dingh fai maiv henv, maiv dungx zoux haaix nyungc. Se gonggv seconds, zuqc nyei mienh corc maiv gaengh nzuonx loz nor aqv (mangc da'nyeic "Biomv" yiem CPR wuov).
3. Dongh zuoqv daaih njoux nyei mienh wuov zanc:
  - Ndongh horh taauv
  - Goux longx bun zuqc nyei mienh maiv bun naamx
  - Maiv dungx koux wuom bieqc zuqc nyei mienh
  - Maiv dungx gaengh bun zuqc nyei mienh nyanc ga'naaiv fai hopv haaix nyungc cih cuotv 911 aqv fai zuqc nyei mienh heuc oix nyanc fai hopv.
4. Se gonggv muongv jienv, buatc ninh lov nor oix zuqc mbienv ninh da'hlangx bueix.

## MedicAlert dangh buoz nyei ga'naaiv

Zaah mangc gaax zuqc nyei mienh maaih MedicAlert nyei fai. Naaiv norm kuing haih bun mbuo hiuv duqv ninh nyei qaqv, zieqv duqv nyei fai, fai douc waac finx heuc bun hiuv gauh camv.



## Njoux cuotv nziaamv nyei jauv: Zuqc mun

Za'eix bun nziaamv dingh se naanv jienv zuqc nyei dorngx. Maiv dungx longc qaqv jiex ndangc zorqv yietc diuh hlang nyaatv zuqc mun nyei gu'nguaaic. Simv jienv zuqc mun nyei mienh nyei nziamv fai sin. Longc camv nyungc ja'sic, se gonggv qiemx zuqc.

- Longc qaqv nyei naanv 5 taux 15 buon mangc gaax. Nzengc camv nor dangh hngangv nziaamv ziouc dingh.
- Se gongv nziaamv cuotv yiem zaux-benv, zaux-jang fai buox-sei-jang, longc qaqv naanv jienv bun nziaamv cuotv donc. Se gonggv meih haiz maiv maaih mbungv naauv, gaanv zorqv zuqc mun nyei wuov jieqv zaux gauh hlang.
- Dongh meih nyei ba'zong cuotv nziaamv meih oix zuqc longc buoz longx nyei zaax jienv ba'zong nziaamv ziouc dingh. Naanv jienv zuoqv taux 10 buon ndangc maanc bungx.

## Cuotv nziaamv: Yiem m'nqorngv zuqc nyei

- Heuc jiepv sih njoux. Gunv bun guai nyei ndie-sai tengx zorc.
- Dongh zuqc m'nqorngv naaic maaih diex nziex la'nyauv taux jang caux jienv. Baav jienv ninh nyei jaang caux m'nqorngv.
- Dongh dangv nziaamv maiv dungx longx qaqv jiex ndangc. Buatc nziaamv cuotv yiem m'normh kuotv maiv zaax maiv bun cuotv.
- Maiv bun zuqc nyei mienh hopv haaix nyungc wuom, maiv gunv in diuh fai ganh nyungc aqv dangh zoux bun zah maiv cuotv baengc.

## Cuotv nziaamv: Gu'nyuoz

**Cuotv nziamv yiem gu'nyuoz hinc cuotv nyei:**

- Hnopv fai kaagv cuotv nziamv, aqv fai bungx nqaav cuotv nziamv
  - Namx, ndorn, sin nyiouh, buoz-maengc ndiuc siepv, zuqc nyei mienh mau fai m'zing biangh
1. Zipv jiepv sih njoux nyei mienh siepv.
  2. Bun zuqc nyei mienh zueix, zaux caengh jienv ga'naaiv, kuinx zuqc nyei mienh maiv dungx nzauh camv. Maiv dungx gamh nziex, goux bun ninh jorm.
  3. Maiv bun zuqc nyei mienh hopv haaix nyungc.

## Zuqc yiem mbungv

- Ganv heuv njoux jiepv sih nyei mienh aqv fai heuc ganh dauh tengx heuc.
- Maiv dorh zuqc nyei mienh mingh haaix cih cuotv aengx jaa zuqc hngangv.
- Buatc mbungv naauv cuotv maiv dungx aengx longc qaqv wuotv bieqc.
- Naauv ngau nyei dorngx maiv dungx auv zaqc. Gunv bun duqv hoqc jiepv nyei mienh fai ndie-sai zoux hngangv. Se gonggv meih dorh zuqc nyei mienh mingh haaix, oix zuqc longc ga'naaiv nqaapc jienv naauv nyei dorngx.
- Goux longx bun ninh jorm, maiv bun hopv haaix nyungc diuv. Maiv bouh ninh nyei zaux se gonggv meih hiuv ninh nyei zaux mun, aqv fai yiem jang fai m'nqorngv.

## Electric buov

- Maiv naanv dongh zuqc electrical buov jienv mienh, kungx donghhiuv electrical nyei finx dangx maiv maaih cingx daaih duqv.
- Se gonggv zuqc yiem finx nor longc ga'naaiv baan electrical douz nyei finx pien go zuqc nyei mienh. Se gonggv ndau ndorn, yaac maiv dungx mingh fatv. Heuc 911 njoux.
- Se gonggv buatc mingh fatv duqv nyei nor, gaanv mangc taux ninh tauv qiex nyei jauv. Se gonggv zuqc nyei mienh tauv maiv cuotv qiex nor oix zuqc zaax la'kuotv. Se gonggv jiepv zieux seconds zuqc nyei mienh corc maiv taauv daaih qiex nor, gaanv deix CPR siepv (mangc yiem CPR yiem 23 wuov pin).







## Lungh zaangc bun njiec nyei zeqc naanc

Hnangv yietc zungv nyei guoqv fai Sacramento mungv zungv zuqc naaiv nyungc zeqc naanc. Maiv gunv maiv nangc maaih camv se hnangv loc yiemx, douz ziec gemh, ndau dongx nyei jauv.

## Wuom yiemx

Yiem Sacramento nyei csmv norm dorgx nyei ndau haih ndaaiah nyei wuom yiemx. creeks and rivers. Sacramento

Sacramento caux American nyei yietc ndunh ndau baengh maaih ndaaiah nyei wuomc liouc njiec. Naaic deix i diuh nyei ndaaiah se hnangv Arcade ndaaiah, Ruble ndaaiah, Laguna ndaaiah, Hagginwood ndaaiah, Sumnes suong,

camv diuh suong caux dangv wuom nyei zuonx jnjiec naaic camv, yaac weic deih mbiungc hlo caux ziex norm zongx nyei wuom yaac njiec naac nzengc. Yiem naaic hungh jaa yaac maaih zoux dangv wuom nyei, mv baac weic laaix duih hlo caux ziex zongx nyei zunv njiec naaic, ziouc cuotv loc hlo yiemx maiv mbuox duqv ndangc.

### Weic haaix diuc yiem nitv nyei hungh jaa hiuv aqv laamh maaih?

Yietv maaih haaix nyungc sic ciouv cuotv nor (ALERT) naaiv norm ga'naaiv ganh mbuox, yiem guoqv zangc box mbuo lungh zangc nyei setv zeiv mbuox taux gorngv oix maaih yietc nyungc ciouv nyei ga'naaiv cuotv.

Sacramento' s ALERT nyei m'norm gorn zanc-zanc tiuv jienv mbuox gorngv taux oix duih mbiungc fai wuom haih faux bu'ziex yiem naaiv nzunc duih nyei mbiungc. Naaiv norm gornx ganh mbuox hiuv gorngv duih mbiungc nyei wuom ndongc haaix hlang.

### Meih hnangv haaix nor mbenc yiem maaih wuom yiemx

- Mangc box maaih loc nyei fiex yiem Be Winter Wise, California OES yiem [news.caloes.ca.gov/cal-oes-resources-for-californias-winter-weather](https://news.caloes.ca.gov/cal-oes-resources-for-californias-winter-weather).
- Bieqc Sacramento nyei website mangc taux oix cuotv nyei setv zeiv yiem [safca.org](https://www.safca.org).
- Fienx box taux maaih loc nyei jauv yiem naaiv <https://www.fldsmart.gov>.
- Mangc buov sou faix nyei njaux taux seix zangc nyei yiem California guoqv yiem [arfed.org/living-next-to-a-levee](https://arfed.org/living-next-to-a-levee).

## Ndangc nziaaux-jieqv

- Goux longx insurance policies, sou guv fai ganh nyungc longc jienv nyei sou. Se gorngv meih an naaic deix ga'naaiv yiem biau, oix zuqc jangx dongh meih biaux cuotv wuov zanc zorqv jienv cuotv.
- Zaah mangc gaax meih homeowner's insurance policy aqv fai mienh gouv meih nyei haih hiuv duqv loc cuotv nyei jauv. Longc naaic deix policy hnangv naaic se gorngv meih maiv maaih.
- Goux longx meih nyei cie haaix zanc yaac maaih youh. Se gorngv zuqc gaatv electric yiem maic youh nyei dorgx haih maiv zoux gong.
- Hluv duqv jauv nzuonx biau longx nyei, aqv yiem zoux gong nyei dorgx baengh orn. Oix zuqc jangx zah mangc meih TV fai radio ndaih weic lorz meih oix nyei jauv cuotv dongh meih biaux nyei dorgx. Yietc zungv yiem Sacramento tong mbuox nyei fiex fai box cuotv ndaih nyei se KFBK 1530 AM, KXJZ 88.9 da'nyeic anx caux KSTE 650 dauh-anx.
- Mbenc jienv mbuoqc sai-ziou nie fai kuaaiv benv fai ganh nyunc zoux weic dangv wuom bieqc. Maiv dungx lapv yietc mbuoqc yietc mbuoqc si-ziou nie yiem meih nyei biau-deic. Mbaaih longx zaax hlo deix yiem go nyei, dangv jienv maiv bun wuom bieqc meih nyei ciangv.
- Yiem duih mbiungc hlo nyei ziangh hoc, biau nyuoz nyei ga'naaiv caux yiem horngx zangc nyei jauv zuqc wuom yiemx waic, longc jienv se mingh zoux gong nyei jauv. Nzauz nzengc loc nyei la'fapv yiem meih nyei mungv nyei jauv.

# Yiem nzaux-jieqv

- Simv nqoi dongh loc haih daaih taux nyei dorngx.
- Maiv dungx la'guaaih jiex suong dongh wuom gauh hlang meih nyei cing-mborqc. Liemh liangv nyei wuom nyei dorngx se liangv se 6 inches yaac zoux bun meih haih ndorpc nyei caux guaatv meih.
- Maiv niouv cie jiex wuom yiemx jienv nyei dorngx, meih haih zuqc kuang jienv naaic. Se gorngv meih nyei cie daic yiem wuom yiemx nyei dorngx, oix zuqc guangc ciex lorx hlang nyei dorngx jiex. Maiv mienh daic camv yiem ngaengc hnyouv niouv cie jiex wuom yiemx hlang nyei dorngx.
- Maiv souv yiem wuom yiemx nyei dorngx mangc nzueic nyei jav. Maiv dungx minh bieqc dongh hung h jaa guon nyei dorngx.
- Se gorngv maiv longc jienv maiv dungx mingh. Se gorngv meih zuqc mingh sau nzauc yiem maaih nzaux-jieqv nyei qiangx, zuqc camv yiemc hoz jorm nyei lui-houx caux jangv nyei. Mbuox ziangx mienh hiuv meih mingh nyei dorngx.
- Kungx longc phone longc jienv nyei ziangh hoc aqv mbuox mienh hiuv hnavg.
- Se gorngv haih cuotv loc nyei mangc gaax meih maaih ziangh hoc, gaanv pienh meih nyei ga'naaiv faux an hlang nyei dorngx.
- Se gorngv hung h jaa heuc cuotv wuov norm dorngx nor, oix zuqc ganv cuotv mingh lorz baengh nyei dorngx bingx.
- Ndangc meih biaux cuotv oix zuqc guon nzengc yietc zungv electrical caux guon nzengc dongh hung h jaa heuc guon nyei yietc zungv.

## Hiuv taux ziex nyungc warnings:

- Dongh maaih fiex box gorngv maaih loc cuotv, yiem zingh caux Sacramento mungv maaih camv nyungc za'eix mbuox baeqc fingx hiuv.
- Muangx sirens aqv fai ganh nyungc nyei mbuox. Yiem jiepv sih nyei ziangh hoc, Janx-baeng njoux douz nyei guen-baeng ziouc sirens caux ziex nyungc mbuox.
  - Koi TV fai ndaih. Dongh maaih mbuox gorngv maaih loc aqv fai maaih sirens, ziouc oix zuqc koi tv fai ndaih hiuv duqv haaix zangc loc daaih liuz haih biaux. Sacramento mungv nyei ndaih mbuox fiex yiem nyungc-nyungc jiepv sih fiex se yiem KFBK, 1530 AM.
  - **Sacramento box jiepv sih nyei gorn (Sacramento-Alert.org)** Sacramento nyei ziex norm Organ gapv zunv dongh hnyouv box mbuox jiepv sih, ninh mbuox nyei mbuox heuc Sacramento Alert, application bun leiz box maaih haaix nyungc sic cuotv siepv nyei bun Sacramento nyei baeqc fingx. Weic bun meih zipv fiex longx caux box jiepv sih nyei fiex taux horngz zangc baengh orn, baeqc duqv orn hnyouv bieqc ninh nyei pin zatv bieqc Sacramento nyei baeqc fingx duqv zipv fiex caux fiev cuotv meih nyei hietv naaic weic bun gorn nyei mienh haih maaih meih nyei deic zepv mbuox. Naaic deic yietc zungv maaih douc waac finx email nyei deic zepv caux meih nyei TTY Biux mengh taux zaangv cie mienh. Oix zuqc faix fim muangx zipv biaux nyei fiex caux njoux ndam-dorng nyei za'eix biaux cuotv biaux ndangc.

## Loc nyei insurance

Nzengc camv biau-v-zioov nyei peu nyei insurance se maiv peux taux loc guatv waic nyei buonc. Weic naaic deix jav, loc nyei insurance bun leiz kuinx taux yietc zungv baeqc fingx caux saeng-eix mienh, maiv ninh mbuo nyei ga'naaiv yiem wuom yiemx nyei dorngx (SFHA) se FEMA bun leiz nyei fai. Ga'nyeic baeqc fingx SFHA haih maaih gaux leiz zipv "zuqc ndortv nyei ga'naaiv (PRP) se ei gaatv cuotv nyei nyanh.

Loc nyei insurance maiv zeix kungc baav zioov nyei ga'naaiv, gouv biau-v nyei mienh yaac longc insurance peu meih zinh zoih. Insurance gaatv cuotv nyei nyangh weic zuqc Sacramento zingh maiv gaux leiz bieqc PRP ziouc gaux longc loc nyei insurance caux gaatv nyanh cuotv weic zuqc Sacramento zingh bieqc Program Insurance caux yiem horngx nyei gorn.

Se gorngv meih Sacramento nyei baeqc fingx, meih zah mangc gaax meih yiem SFHA nyei fai maiv nor heuc Sacramento mungv nyei douc wac finx **916-808-5061**. An meih nyei fiex yiem bun cing meih, meih nyei deic zepv fai zoux gong nye dorngx (APN). Yiem zingh nyei div hmien mienh oix dau meih nyei waac yiem i hnoi. Yiem ga'nyeic nyei baeqc fingx yaac fih hnavg nyei heuc gan Sacramento mungv dangv loc nyei guanh **916-874-7517**. Se gorngv maiv bungx hnyouv APN nyei meih haih naaic ei naaiv norm douc waac fin **916-875-0700**.

Weic oix bun meih hiuv gaug camv loc nyei insurance, gunv heuc yiem nitv meih fatv nyei dorngx, heuc bun yiem guoqv zangc nyei loc insurance gan **1-800-427-4661** weic heuc ninh mbuo aqv fai meih haih bieqc **fldsmart.gov**.

# Nziaux-jieqv jiex liuz

- Maiv dungx gaengh koi gas. Ei utility crews guanh.
- Maiv longc ga'naaiv nyiemx, guoqv zuqc loc nyei ga'naaiv.
- Ei jienv yiem fatv nyei guen-baeng mbuox nyei waac. Se gorngv meih nyei hnyouv corc maiv wuonv, oix zuqc lorc wuom ndangc zorqv zouv nyangc. Wuotc wuom faux daaih liuz aengx zaah mangc nzengc fai maiv nzengc.
- Simv nqoi zuqc nyei dorngx. Meih mingh naaic haih torngv zuqc njoux nyei mienh aqv fai torngv zuqc ganh nyungc gong zoux bun ganh dauh buangh zuqc naanc.
- Maiv dungx muoqv meih nyei electrical dongh zuqc wuom yiemx jienv wuov zanc. Se gorngv meih nyei electrical nyei ziex nyungc dongh zuqc wuom yiemx liuz longc nor oix zuqc zaah mangc.
- Simv nqoi electrical nyei finx ndortv wuom. Buac nor mbuox electric nyei gorn, gorn nyei gas, Janx-baeng fai njoux douz nyei baeng.
- Longc dienx-tongh, (maiv longc dangh-longh fai la'hlorv aqv fai ganh nyungc) weic zaah mouz nzangh biau-v, yiem gu'nyuoz nziex maaih hung h hec ziec nyei ga'naaiv.
- Meih haih zah yiem ndaih fai yiem TV fai yiem meih fatv nyei guen-baeng.
- Oix zuqc heuc njoux jiepv sih nyei mienh yiem nitv meih nyei dorngx bun ninh mbuo haih hiuv meih yiem nyei dorngx.
- Meih nyei mienh heuc oix zuqc meih nyei hmuangv doic fai yiem ga'nyeic nqaai nyei dongh meih a'loc heuc nyei mienh yiem meih nyei hmuangv doic.

Box mbuox/ Zah mangc dongh bun leiz nyei	Oix zuqc zoux haaix nyungc
Faix fim yiem loc	<ul style="list-style-type: none"> <li>■ Pienh meih nyei ga'naaiv faux an hlang nyei dorngx.</li> <li>■ Dox youh an meih nyei cie buangv mingh dongh heuc biau-v wuov zanc.</li> </ul>
Mbuox maaih loc	<ul style="list-style-type: none"> <li>■ Zanc-zanc muangx jienv fiex yiem ndaih fai tv aqv fai yiem guen baeng mbuox nyei.</li> <li>■ Se gorngv haaix hung h jaa gorngv heuc biaux nor, oix zuqc ganv ei jienv zoux.</li> </ul>
Faix fim taux guatv nyei loc	<ul style="list-style-type: none"> <li>■ Faix fim taux guatv nyei loc, dongh haiz gorngv maaih fiex gorngv oix zuqc biau-v nor ganv biaux.</li> </ul>
Faix fim taux guatv nyei loc	<ul style="list-style-type: none"> <li>■ Se gorngv meih haiz gorngv loc cuotv, oix zuqc ganv biaux weic zuqc maiv maaih ziangh hoc camv bun meih biaux.</li> <li>■ Biaux faux hlang nyei dorngx nyei dorngx, oix zuqc simv ndaih, suong, wuom-zuox.</li> <li>■ Maiv dungx niouv cie yiem maaih ndiangx nauv fai ndie mbang nyei dorngx. Ninh dangv an naaic bun meih hiuv jiex maiv duqv.</li> <li>■ Se gorngv meih nyei cie daic yiem maaih wuom ndo nyei dorngx, ziouc oix zuqc cuotv cie beqv liuz cuotv ndau hlang nyei dorngx.</li> </ul>

# Ndau dongx

## Yiem meih caux meih hmuangv doic mbenc nyei buonc

- Hiuv duqv yiem mouz nqongx longx, ga'ndiev eiv, eiv jiev aqv fai bueic jienv njongc.
- Hiuv feiv nyei dorngx - forn-h-muonh, ndiu nyei ga'naaiv, nzaaux doux nyei nzoq, aq an biau nyei ga'naaiv hlang.
- Hoqc linc seix camv nzunc. Guvn lorz longx nyei dorngx bun meih caux meih nyei fu'jueiv. Hoqc zoux canv nzunc ei ninh mbuo bun daaih nyei yietv nyeic.
- Mangc camv deix dorngx njau nyei javu caux CPR yiem tengx mienh kouv nyei guanh aqv fai ganh nyungc guanh. Mangc yiem 22-30 pin yiem njau nyei javu caux CPR.
- Hiuv taux meih bun fu'jueiv hoqc sou nyei wuov norm horqc dorngx nyei policy dorngx buangh jiepv sih nyei ziangh hoc taux.
- Yiem haaix yiemc mienh bun leiz meih caux fu'jueiv gapv zunv dorngx meih mbuo zuqc caeqv nzanx, liuz meih yaac oix zuqc goux longx ziox guangh njoux nyei mienh nyei douc waac finx.
- Ginv dauh doic fai meih nyei gorx-youz yiem wuov ndunh dorngx cuotv nyei sic weic bun meih haih dorngx cuotv zanc zuqc mienh mun camv nyei fai.

## Zorng-mbenc yiem biau

- Hoqc guon gas, wuom caux electricity yiem dorngx finx waic wuov zanc (mangc 20 pin).
- Zah mangc douz-siou ndongh, biau-ngorh fai qongx-gorn. Oix zuqc hiuv duqv meih nyei qongc maaih hliev yiem ga'ndiev biau ndeic ngau faux wuonv nyei. Heuc bun zangc biau nyei mienh buatc haaix nyungc maiv doix diuc.
- Niouv ding bun buov wuom jorm nyei gorn wuonv caux dorh mingh daaih nyei ga'naaiv oix zuqc faix fim nziex meih haih muoqv ninh nyei finx dangx.
- An longx hniev nyei ga'naaiv caux hungh hec huv nyei ga'naaiv an aiv.
- Niouv ding bun meih kuangx ga'naaiv nyei hlaauv-ndauv longx liuz kuangx waax (daaih nyei fangx caux gingx nyei javu).
- Yiem meih an lui-houx nyei fang yaac oix zuqc maaih ja'sic sorn jienv.
- An longx haih ziec siepv nyei ga'naaiv aqv fai doqc nyei ga'naaiv hngangv nzaatv biau setv nyei ndie fai doc gaeng-gueiv nyei ndie ganh nyungc dorngx hoic mienh nyei ndie aqv fai meih don ga'naaiv maiv baengh.
- Dorngx zuqc jiepv sih nyei sic cuotv wuov zanc longc wuom, ga'naaiv nyei javu oix zuqc kan caux meih nyei ndieix fai njoux mienh siepv nyei ja'sic.

# Yiem ndau dongx jienv wuov zanc

## Apv, buong caux goux jienv

### Apv

Apv fai **bungx** mienh njiec baengh

### Sou pin-beih

Bingx **ga'ndiev** dangx, jienv nyei dangx fai yiem biau nyei ganh nyungc. Se gorngv maiv duqv, gaavn lorz ganh norm dorngx bingx nitv qongc gu'nyuoz caux longc meih nyei buoz buong m'nqorngv caux jang meih nyei buoz. Simv nqoi maiv wuonv nyei dorngx se forn-muonh kuaangx ga'naaiv aqv fai dorngx maiv wuonv nyei ganh nyungc ga'naaiv.

### Goux

Se gorngv bingx jienv yiem yietc nyungc ga'naaiv **wuonv nyei** ga'naaiv gunv qaam jiev wuov nyungc yaac mbenc gan jienv ninh mingh. Qaam jienv maiv bungx zuoqv taux ndau maiv dorngx mingh liuz meih ziouc haih mingh ganh norm dorngx.

## Se gorngv meih zaax haaix ndanc aqv aengx zipv fieng gorngv:

Se gorngv duqv nor			
Longc biau-mbiaac			
Longc hoqc mingh nyei cie			
Longc mienh waic fangx nyei cie			

[earthquakecountry.org/step5](http://earthquakecountry.org/step5)

## Hic cuotv yiem ndau dongx

1. Dorngx meih yiem yietc norm **ziex nzangh nyei biau**, se gorngv meih maiv yiem nitv dieh dangx nyei dorngx meih haih zimh gan jienv qongc mingh. Longc meih nyei buoz buong jienv m'nqorngv caux jang. Maiv gan hnengx nyei tei njiec.
2. Dorngx yiem ga'nyiec, ganv biau mingh lorz njang nyei dorngx, simv nqoi domh ndiangx, mbuox javu nyei baaih, aqv fai biau fai electrical nyei finx fai dorngc naauv.
3. Dorngx mingh javu **nitv ziex nzangh nyei biau**, oix zuqc ngamv njiec meih haih biau siepv lorz norm dorngx bingx nziex gingx fai gangh nyunc ndortv njiec zuqc meih.
4. Dorngx **jang mingh jienv cie**, ganv niouv mingh cuotv javu hlen liuz dingh jienv naaic. Simv jiouh caux finx-dorngc. Yiem jiev gu'nyuoz cie taux haaix zanc maiv haiz ndanc.
5. Dorngx **yiem norm maaih huox nyei biau maaih mienh camv aqv dorngx yiem mienh camv nyei dorngx**, oix zuqc simv nqoi an huox nyei wuov deix jaax nziex haih king daaih borqv zuqc meih. Maiv dungx beqv biau cuotv.
6. Dorngx yiem **borqv born nyei dorngx fai yiem baux nzung nyei domh zuangx biau**, gunv zueix jienv, ndoqv njiec gauh aiv eiv zorqv meih nyei buoz buong jienv meih nyei m'nqorngv caux jang.

Maiv gunv meih yiem haaix meih oix zuqc hiuv duqv haih goux longx meih sin caux meih nyei hmuangv doic dorngx ndau dongx wuov zanc. Oix zuqc hoqc zoux camv nzunc hngangv naaic dorngx ndau dongx yiem meih nyei fai zoux gong dorngx. Hoqc zoux cuotv yiem meih nyei biau caux zah mangc gaax dorngx meih liouh biau cuotv wuov diuh maaih haaix nyungc dangv zuqc nyei yietc nzunc ndau dongx.

Hoqc zoux guon wuom caux electricity. Hiuv guon gas, mav baac maiv hoqc seix yiem naaiv nyungc. Dorngx zuqc ndau dongx wuov zanc, dorngx meih guon gas liuz kungx yiem gas nyei gorn cingx haih koi weic dangv maiv oix nyei javu cuotv.

Yiem norm gorn: California OES: <https://earthquake.ca.gov>

# Ndau dongx jiex liuz

- Zaah mangc zuqc mun nyei dorngx.
- Zaah mangc maiv wuonv nyei dorngx - nyungc zeiv se hngangv douz ziec, buov nyei ga'naaiv tong, electrical nyei gorn waic, aqv fai fin dorngc naauv, an lui-houx nyei fang, douz-ndongh waic, yiem nitv meih nyei biau maaih nyei domh ndiangx.
- Peu meih nyei telephone nyei finx maiv waaic. Telephones caux ninh nyei gorn haih zoux gong bieqc doix zoux bun meih maiv haih zipv duqv ganh dauh heuc meih.
- Puotv fai nzaux nzengc dorngx kung nyei ga'naaiv fai ndie.
- Zuoqv jienv meih oix nyei. Nzengc camv gauh faix ndau dongx nyei mv baac zungv zoux bun ga'naaiv waaic.



# Douz ziec

Yietc hnoi yietc hnoi maaih mienh camv zoux biau v yiem nitv fatv maaih miev nyei dornx, caux hnangv yiem Sacramento nyei gemh. Yiem naaic mingh sau nziaauc nyei haih duqv seix yiem gemh nyei muez, mv baac oix zuqc ndortv dongh douz gemh wuov zanc. Douz ziec laanh jienv mingh yaac aengx ziec ndiangh gorn caux biau v nyuoz. Caux meih nyei hmuangv doix faux za'eix dongh meih mingh nyei dornx caux aqv lamh zoux nyei fai meih nyei biau v aqv lamh zuqc douz laanh taux.

**Tengx mienh kouv guanh yiem American mbuox nyei:** Mouz dauh mienh maiv gunv maiv zeix dux-eix maix dux-eix zoux nyei bun douz ziec gemh. Zaah mangc meih haih zoux nyei caux sei hoqc zoux camv nzunc dangv douz ziec. Heuc njoux douz nyei guanh, fai baav gemh nyei guen-baeng hiuv caux ndie-sai. Box mbuox yietc zungv gamh nziex douz haih ziec gemh nyei jauv.

Hnangv haaix nor zoux bun	Oix zuqc zoux haaix nyungc: Meiv Guoqv nyei tengx mienh kouv
<b>Mbenc ndangc</b>	<ul style="list-style-type: none"> <li>■ Dingc mangc ja'sic mbungh cuotv ciouv nyei jauv yiem meih biau v (mangc jiepv sih nyei sic yiem 7 pin).</li> <li>■ Faux ziangx za'ex yiem cie caux yiem jauv biau v cuotv.</li> </ul>
<b>Mbenc yiem douz ziec gemh</b>	<ul style="list-style-type: none"> <li>■ Njoux fu'jueiv yiem haih mbeu ziec nyei ja'sic (an leih fu'jueiv nyei buoz go).</li> <li>■ Njoux yiem meih nyei hmuangv doic hoqc longc cui douz daic nyei ja'sic caux njoux naaic nyungc ga'sic se an haaix.</li> <li>■ Zorqv jiepv ih nyei douc wac finx netv jienv meih dauh dauh hmuangv nyei phone.</li> <li>■ Faux za'eix bun yiem meih nyei langz lomh nzoih dangv douz ziec laanh gemh. Mangc gaax meih haih tengx yiem nitv nyei langz zangc mienh dongh ninh</li> </ul>
<b>Ziex nyungc yietv nyeic tim bieqc za'eix bun saeng-kuv</b>	<ul style="list-style-type: none"> <li>■ Mbenc ga'naaiv ziangx bun meih nzueic nyei saeng-kuv maaih ninh nyei doic.</li> </ul>
<b>Tim za'eix yiem goux meih nyei biau v sim nqoi waaic nyei jauv</b>	<ul style="list-style-type: none"> <li>■ Mangc gaax qiemx zuqc haaix nyungc oix zuqc benc ziangx yiem ga'nyiec meih nyei biau v, nyungc zeiv se njiangh fai biouh nyei wuom-dongh.</li> <li>■ Mbenc ziangx meih nyei biau v nyei ja'sic longc njoux douz, se hnangv ngiu, bouv, nhioux, tongv, cenv.</li> <li>■ Gaatv miev, gaatv normh, zuiz nquaah, fai daic nyei nquaah. Siou nzengc yietc zungv hung h hec ziec nyei ga'naaiv.</li> <li>■ Aloc puotv meih nyei biau v ngorh fai wuom-genv (maaih hnengx nyei tei taux biau v ngorh)</li> <li>■ Liouh douc wuom-guaengv ndauv nyei taux norm-norm dornx yiem meih nyei biau v caux yiem meih nyei nzauc dornx.</li> <li>■ Hlietv guon wuom fai koi wuom nyei gorn yiem ga'biauv dangv gitv mbuonx yiem nitv nyei biau v.</li> <li>■ Peu bieqc mingh niouv cie caux bieuv nyei namc bev fai deic zepv oix zuqc cing nyei weic bun njoux douz nyei mienh haih lorz buatc njoux.</li> <li>■ Hlietv norm guon dinc daic nyei ja'sic leih biau v zoc jhex 50 feet. Njoux douz nyei baeng haih longc naaic.</li> </ul>
<b>Yiem ndangc naaic: Dongh douz-mbietc haih jangh taux meih nyei biau v</b>	<ol style="list-style-type: none"> <li>1. Oix zuqc mbenc ziangx biau v nqoi ndangc.</li> <li>2. Oix zuqc muangx ndaih caux yiem fatv nyei guen-baeng weic hiuv taux jiepv sih nyei sic hnangv haaix nor caux meih biau v cuotv nyei jauv hnangv haaix nor.</li> <li>3. Zaah mangc njoux jiepv sih nyei ja'sic buatc haaix nyungc mv gaux nor oix zuqc mbenc ziangx gaux caux longc jienv se ndie-sai nyei ja'sic. An yiem cie gu'nyuoz</li> <li>4. Mbenc ziangx yiem dingh dangh baav nyei dornx yiem meih nyei doic nyei biau v aqv fai meih nzaauc guenx nyei doicLorz yiem nitv fatv nyei naaic deix dornx caux meih mingh daaih nyei jauv hnangv haaix.</li> </ol>

Hnangv haaix nor zoux bun	Oix zuqc zoux haaix nyungc: Recommendations nyei yiem Meiv Guoqv tengx mienh kouv guanh
<b>Hnangv naaic, se gornxv duqv gaanv zoux aqv...</b>	<ul style="list-style-type: none"> <li>■ Dorh ciex bieqc an cie nyei dornx fai an cie ga'nyiec ei meih biau v nyei za'eix.</li> <li>■ Zorqv yietc zungv saeng-kuv bieqc ninh yiem nyei dornx yaac mbenc za'eix goux ninh dongh meih zuqc biau v nqoi wuov zanc (mangc dongh "meih maaih saeng-kuv" wuov yiem 10 pin).</li> <li>■ Simv nqoi maiv giuv douz ziec nyei saiv. Goux longx meih biau v bun tauv qie se meih oix zuqc guon nzengc yietc zungv forng-muonh caux meih nyei gaengh maiv bun douz-siouh haih bieqc duqv . maiv longc haih zieqc sieov nyei ga'naaiv se hnangv gas fai ganh nyungc.</li> <li>■ Se gornxv meih butv haa fai piom nyei baengc, gaanv zoux ei meih nyei ndie-sai mbuox nyei. Se gornxv meih haiz meih nyei baengc hniev faux oix zuqc lorz mienh tengx meih.</li> <li>■ Buong sin nyei ga'naaiv se lui-houx oix zuqc longc lui-ndie se lui-muez ndauv nyei lui-bieqc, houx-ndauv fai buoz-maatc.</li> <li>■ Dongh maaih douz-siou camv bieqc meih nyei baiuv hmungx oix zuqc koi dang bun ziec njang.</li> </ul>
<b>Se gornxv corc maaih ziangh hoc nor...</b>	<ul style="list-style-type: none"> <li>■ Guon nzengc meih longc nyei gas dongh duqv haiz guen-baeng kuinx meih.</li> <li>■ Dongh nzaaux douz nyei nzox oix zuqc guon nzengc mingh. Douz-taanx jang-jang ziec jienv ziouc maiv dungx "sorqv" yiem ga'nyiec bieqc biau v.</li> <li>■ Zoux bun meih nyei biau v ndorn (se gornxv haih ziec).</li> <li>■ Guon nzengc biau v nyei forng-muonh, tong nziaaux nyei kuotv, buon forng-muonh nyei ndie aqv fai hung h hec ziec nyei ndie.Zorqv meih buong gaengh nyei ndie guangc.</li> <li>■ Pienh hung h hec ziec nyei ga'naaiv an biau v nyei bu'ndongx, simv nqoi forng-muonh fai gaengh gingx.</li> <li>■ Guon nzengc meih bieqc cuotv nyei gaengh yiem meih nyei biau v maiv bun douz haih bieqc.</li> <li>■ Zorqv meih nyei ja'sic ziemx njiec wuom dongh maiv haih weic wuom waic nyei ja'sic.</li> <li>■ Zorqv fuqv wuom nyei guaengv yiem go 50 civ nyei fuqv weic bun yiem nitv ziec nyei haih zuqc wuom liemh ndorn dangv waaic.</li> <li>■ Buong nzengc yietc biau v tong nyei kuotv.</li> <li>■ Pienh nzengc yietc zungv hung h hec ziec nyei ga'naaiv yiem meih nyei biau v, miev-ciangv caux wuom-domh, nyungc zeiv se yiem biau v zorn-nzueic nyei ga'naaiv.</li> <li>■ Borqv fuqv wuom nyei guaengv caux ga'nyiec nyei.</li> <li>■ Zorqv yietc zungv njoux douz nyei ja'sic (cenv, perng, fai mau nyei wuom-guaengv) an dongh hung h hec zorqv longc.</li> </ul>
<b>Zaah meih nyei biau v</b>	<ul style="list-style-type: none"> <li>■ Se gornxv meih meih douz dinc, oix zuqc zaah mangc meih guon dinc nyei gorn. Douz ziec nyei jauv haih bun guon nyei gorn waic.Se gornxv guon dinc nyei gorn guon caux maiv maaih dinc, gaanv dinc nyei gorn.</li> <li>■ Zaah mangc biau v ngorh siepv caux muoqv douz-fing caux douz-taanx daic. Douz ziec gemh haih maaih douz-taanx maiv gaengh daic yaac haih ziec laanh mingh jangv.</li> <li>■ Yiem wuov deix qiangx jhex liuz, oix zuqc zaah mangc gaax meih nyei biau v nyei douz-fing fai douz-taanx yiem norm-norm dornx. Dongh douz ziec laanh wuov zanc nziaaux cui douz-fing haih mingh ziec ziev norm dornx. Aengx zaah mangc meih nyei biau v maaih douz-fing haih zieqc meih nyei biau v nyei fai.</li> <li>■ Oix zuqc faix fim dongh meih siou ga'naaiv nyei ziangh hoc. Maaih deix meih haih buangh zuqc yiem naaic deix qiangx.</li> </ul>
<b>Gan mienh aengx zoux jhex daaih</b>	<ul style="list-style-type: none"> <li>■ Siou nzengc yietc zungv yiem meih nyei biau v ga'hlen ga'naaiv forv. Siou meih meih nyei zangh pien biau v zoc jhex 30 civ.</li> <li>■ Siou nzengc meih nyei biau v-ngorh nyei ga'naaiv forv cuotv meih nyei wuom-genv fai mbuonc nziaaux langh nyei gorn.</li> <li>■ Zuangx haih dangv douz nyei ndiangx.Nyungc zeiv se ndiangx-ngaengc, mv baac zongh mau ndiangx, eucalyptus ndiangx, yietc zungv haih nyiex douz nyei ndiangx.</li> <li>■ Longc haih dangv douz yiem gemh, nyei ga'naaiv dangv douz.. Maiv dungx longc ndiangx.</li> <li>■ Zornx bun meih nyei douz-ndongh caux nzox nyei ndongh ei NFPA 211, yietc nyungc longx nyei za'eix bun douz-ndongh.</li> </ul>

# Lungh nyei setv zeiv ciouv

Sacramento mungv nyei dorngx se siou cun nyei zix hlaax naaic gengh jorm haic mv baac taux dong-hlaax yaac juangv haic. Se gorngv maiv duqv mbenc ziangx, mienh caux saeng-kuv haih zuqc daic. Nzunc baav, ciouv nyei setv zeiv haih zoux jiepv sih nyei jauv. Maiv gunv jiepv sih nyei jauv taux haih duqv tengx ga'naaiv nyei fai, mv baac zungv oix zuqc ei jienv hungh jaa nyei leiz.

## Jorm cuotv nyei baengc

Mbuo nyei sin jorm nyei ziangh hoc ninh ziouc cuotv haanc bun sin langh. Mv baac yiem nyungc baav jorm, kungx cuotv haanc hngangv maiv gauv. Yiem naaic deix qiangx, meih nyei sin nyei jorm ziouc jaa jorm faux.

Jorm nyei jauv jix ndangc ziouc bun meih nyei m'nqorngv famv fai ganh nyungc yiem hnyouv waic.

Yietc lanh mienh zuqc baengc weic jorm yuoqv ninh nyei sin maiv maaih gauv tengx, langh nyei ga'naaiv yiem yie mbuo.

Nyungc baav jorm yuoqv jix ndangc haih zoux hoic meih nyei sin zoux cuotv naamx nyei sin zoux cuotv naamx nyei baengc daic. Dongh hnaam nyei jauv hlang meih nyei haanc ziouc maiv haih ndaix weic bun meih sin naamx. Aengx maaih ganh nyungc se weic hnyangx-jeiv hlang, junc, sin-jorm jix ndangc, sin ndortv wuom camv, mba'nziu nyei baengc, butv ndin nyei baengc, laux yuoqv, longc ndie fai diuv.



## Za'eix dangv bun meih simv ndutv jorm cuotv nyei baengc

- Maanc-maanc zoux gong, simv zoux hniv jix ndangc nyei gong. Dingh yiem ga'nyiec yuoqv nyei dorngx nyienh fai nzaauc.
- Simv sunburnYiem langh nyei dorngx, zoux gong wuov zanc zuqc lui-houx hlox deix maaih tengx dangv nyei ja'sic, longc ndie nzaatv dangv nyunc yuoqv (SPF) caux dangv nyunc nyei ndie-doqc A (UVA).
- Longc kaan dinc cih cuotv liuz longc yiem bun langh.
- Se gorngv yiem meih nyei biauv maiv maaih cui nziaaux-naamx wuov norm ja'sic, gaanc mingh mingh zix nzangh nyei domh zuangx biauv yiem naaic maaih cui nziaaux-naamx nyei.
- Nzaux wuom naamx, nzaux yiem bunh fai nzaux maaih mbiauz.
- Zuqc nyei lui-houx horpc. Zuqc hlo jangv nyei lui-houx, heng nyei, njang nyei, bun buang duqv yietc ze yietc ze longx.
- Dongh cuotv ga'nyeic yuoqv nyei ziangh hoc oix zuqc ndongx laapc.
- Hopv wuom camv maiv gunv meih haiz maiv nqaatv yaac baac. Wuom se longx haic bun dongh yuoqv jorm nyei qiangx. Simv naamx jix ndangc nyei ga'naaiv, haih zoux bun meih zuqc nyutc-jaan.
- Simv hopv maaih bingv nyei ga;naaiv fai ca eine.
- Se gorngv meih jang-jang hopv ndie-wuom aqv fi ndie-sai mbuox oix zuqc hopv wuom zoc nor, oix zuqcnaaic gaax ndie-sai yiem yuoqv jorm nyei qiangx oix zuqc hopv ndongc haaix camv.
- Se gorngv meih hopv ndie, oix zuqc naaic ndie-sai yiem jorm-yuoqv nyei qiangx oix zuqc tim nyei fai.
- Se gorngv zuqc zoux gong yiem ga'nyiec lungh, oix zuqc a'loc dingh yiem ndiangx langh aqv fai biauv.
- Longc mienh camv zoux yiem jorm nyei dorngx.
- Simv maiv longc nzaav cih cuotv ndie-sai heuc longc.
- Maiv dungx bun fu'jueiv fai mienh go aqv fai saeng-kuv yiem ndipc nyei cie.

Naaiv deix kuinx nyei waac yiem zah maangc nyei gorn caux dangv baengc nyei gorn gorngv mbuox.

Weic bun gauh hiuv camv nor bieqc <http://https://www.cdc.gov/disasters/extremeheat/index.html>.

## Mienh gox nyei baengc cuotv yiem yuoqv jorm

Mienh gox yiem 65 hnyangx faux maengx, haih hungh hec zuqc baengc yiem jorm yuoqv jix ndangc se weic:

- Mienh gox sung nyei sin jorm naamx yievc beqv nor haih cuoqv baengc.
- Mienh gox mienh haih zuqc baengc ndaav dongh lungh zangc setv zeiv goiv yievc beqv.
- Mienh gox nzengc camv nyanc ndie ndaav ei ndie-sai, zioux zoux bun ninh nyei gaeng maiv henv yiem cuotv haanc nyei jauv.

### Hnangv haaix nor tengx mienh gox mienh

- A'loc zah mangc mienh gox mienh nyei baengc. Oix zuqc mingh mangc zoc jix i nzunc yietc hnoi.
- Se gorngv ninh mbuo maiv cui nziaaux-naamx nyei ja'sic oix zuqcbun norm electric fan.
- Dorh ninh mbuo mingh maaih cui nziaaux-naamx nyei dorngx se gorngv ninh mbuo maiv maaih ja'sic dornh mingh daaih.

### Za'eix tengx jorm zuqc nyei baengc nyei mienh

Weic yuoqv zuqc nyei baengc haih zoux bun mienh zuqc guangc maengc. Se gorngv meih buatc weic yuoqv ninh cingx zuqc baengc, ganv heuc 911 daaih tengx, mv baac meih yiem meih zuov meih haih mbuonc nziaaux bun ninh laangh. Naaiv se yietc zungv za'eix meih haih tengx ninh zorqv:

- Dorh bangc mienh mingh yiem laangh nyei dorngx aqv fai maaih cui naamx nyei ja'sic.
- Longc meih maaih nyei ja'sic zoux bun ninh laangh. Meih haih zorqc naaic laanh mienh ziemx njiec naamx nyei wuom yiem bunh, aqv fai meih nzaaux sin nyei wuom-guaengv yietc diuh wuom-guaengv fuqv lai aqv yiem hnaam nyei dorngx, zorqv kuaiv suongx ndorn nyei junc jienv ninh, koi ja'sic mbuonc bun ninh laangh naaic dauh henv nyei m'sieqv dorn.
- Zaah mangc wuov laanh nyei sin jorm fai naamx, aengx longc ja'sic cui bun ninh naamx zoux taux 102 bun ninh nyei sin naamx.
- Se gorngv njoux jiepv sih nyei mienh maiv daaih duqv, ganv heuc bun ndie-sai biauv nyei guanb bun meih duqv hiuv.
- Maiv dungx ninh hopv diuv.

## Goux longx meih nyei saeng-kuv simv yuoqv-jorm

Yuoqv jix ndangc yaac haih zoux saeng-kuv nyei m'nqorngv famv waac, se hngangv juv fai normh miu aqv fai ganh nyungc yungz nyei ga'naaiv. Yuoqv cuotv nyei baengc buatc cing nyei, tauv qievc sorqv-sorx nyei, ninh nyei m'zing maiv liouc, ndiuc siepv, buatc ninh maiv benx yiem, ngorc wuom, hngongx, sin jorm, maiv muangx mienh, cuotv wuom-nzuih camv.

Ninh nyei mbietc siqv fai maeng, lov fai maiv dongx.

Se gorngv saeng-kuv zuqc nquin yuoqv, gaanv zoux ei ga'ndiev nyei naaiv deix za'eix:

- Dorh meih nyei saeng-kuv bieqc laangh nyei dorngx aqv maaih cui naamx nyei ja'sic nyei dorngx.
- Lorz ga'naaiv naamx daaih opv ninh nyei m'nqorngv, jang caux la'kuotv aqv fai ziem bieqc naamx nyei wuom (Maiv dungx naamx jix ndangc).
- Bun saeng-kuv hopv deix wuom-langh aqv fai mbiec deix yiem fangx-naamx zorqv cuotv daaih nyei sornng-ngaengc.
- Dornh meih nyei saeng-kuv mingh zorc saeng-kuv nyei ndie-sai dorngx siepv.

Yietc zungv kuinx nyei waac yiem naaiv <https://www.humanesociety.org/resources/keep-pets-safe-heat>.

## Ndortv qaqv yiem yuoqv

Ndortv qaqv yiem yuoqv se yietc nyungc baengc gauh heng, se gorngv maaih jorm bun nor hnoi baav haih longx daaih aqv fai bun hopv jorm deix nyei wuom ziouc longx.

### Yietc naaiv nyungc ndortv qaqv yiem yuoqv nyei baengc cuotv nyei se:

- Cuotv haanc camv
- Buatc sin maeng
- Nyutc jaan cuotv yiem cam-zuih
- Laiv
- Mv maaih qaqv
- M'zing mbiangh
- M'nqorngv mun
- Oix lov fai lov
- Sin naamx, nyieuh
- Buoz mangc siepv mv baac maiv henv
- Taauv qiex siepv mv baac maiv taauv ndo

## Zuqc hngongx yiem yuoqv

Zuqc hngongx yiem yuoqv se yietc nyungc gamh nziex nyei baengc taux yuoqv.

Ninh cuotv yiem wuov lanh nyei sin maiv zoux gong maiv yuonh yietc dangh jorm yietc dangh naamx. Yiem ninh nyei sin ganh jorm faux haanc ziouc cuotv wuov zanc yiem sin zioux maaih zoux naamx nyei baeng zoux bun horpc. Wuov lanh nyei sin maiv zoux gong maiv yuonh yietc dangh jorm yietc dangh naamx maaih deix zungv jorm taux 106 zoux bun wuov laanh mienh kouv haic.

Aqv fai gauh hlaang yiem 10 - 15 buon..Se gorngv meih buatc haaix dauh nquin yuoqv nor, gaanv heuc 911. Qiemx zuqc zorc siepv weic zuqc haih hoic ninh nyei maengc aqv fai waic ninh naaic seix mienh.

### Yietc zungv cuotv yiem nquin yuoqv se:

- Yiem wuov laanh mienh nyei sin jorm (maaih deix zungv jorm 103 degrees F)
- Ninh nyei sin siv, jorm caux nqaai (maiv cuotv haanc)
- Sin ndiuc siepv, ndiuc
- M'nqorngv mun caux njorng
- M'zing mbiangh
- Oix lov

## Kuinx nyei waac yiem juangv

- zunc meih nyei saeng-kuv nzuonx biau v dorh laanh Se weiv naaic jauv. Zoux hngangv naaic gaanv zunc meih nyei saeng-kuv nzuonx fai suiv dorngx dongh juangv nyei ziangh hoc.
- Lorz mbenc ga'naaiv nyanc bun saeng-kuv gaux caux bun wuom-un hopv.
- Dimc bun wuom-guaengv dangv gitv sorng caux sueih binc bun wuom ndiepv dongh juangv nyei qiangx weiv dangv gitv sorng.
- Yiem juangv nyei qiangx, mbuo haih longc nzox nzaux douz bun sin jorm div maiv longc jienv nyei ga'naaiv. mv baac oix zuqc faix fim haih zieqv biau v. Haaix zanc yaac dorh jienv cui douz daic nyei ja'sic yaac peu gorngv yiem meih nyei hmuangv dauh dauh haih longc naaic norm ga'naaiv.
- Maiv dorh nzaaux doux nyei ja'sic cuotv ga'nyiec lungh - nyungc zeiv se zouv ga'naaiv, buov in fai buov ganh nyungc ga'naaiv yiem naaic. Yietc zungv naaiv ga'naaiv haih maaih sioux cuotv hoic mienh nyei maengc.
- Hoqc za'eix guon wuom yiem dongh wuom-guaengv huv.
- Zuqc lui-houx camv caux jangv hungh hec yiem, heng nyei, jorm nyei div zuqv lui-houx hoz. Ga'nyeic nyei lui-houx maaih forv jienv bun wuom maiv haih bieqc.
- Dorh jienv buoz-maanc se jorm nyei wuov nyungc.
- Ndongx muoc.
- Se gorngv meih qiemx zuqc pien mingh, beu meih nyei cie duqv zah mangc longx nyei caux duqv mbenc mbungh ei meih nyei jauv zangc. Dorh jienv qiemx zuqc nyei ga'naaiv caux goux mangc meih nyei youh corc maaih.

Dangv baengc nyei gorn caux box mbuox nyei gorn duqv bungz faaux yiem <http://www.cdc.gov/disasters/winter/>.

## Za'eix tengx zuqc sin jorm nyei mienh

### Zieqv duqv tengx ninh naamx njiec

Zah mangc gaax ninh nyei baengc hngangv haaix nor liz mbuox mienh.

### Domh mienh

- Nuonv-njuonv nyei, qaqv mau njiec
- Gamh nziex, buoz hlaam
- Maiv jangx haaix nyungc, la'guaih gorngv zix nyungc
- Oix njormh

### Gu'nguaaz siqv

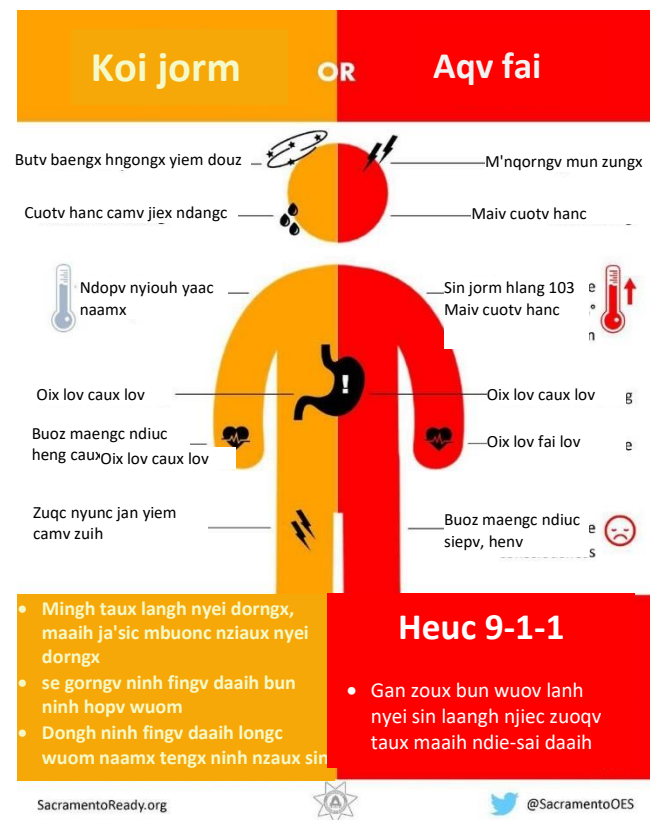
- Sin siqv, sin naamx
- Hopv nyorz maiv henv

Se gorngv buatc maiv haaix nyungc ninh nyei sin naamx, oix zuqc zaah seix ninh nyei sin mangc gaax ndongc haaix nyei jorm. Se gorngv ga'ndiev 95 degrees, se ninh Jiepv sih nyei ziangh hoc, heuc ndie-sai tengx wuov zanc.

### Se gorngv maiv maaih tengx mienh nyei ndie-sai yiem langz, ziouc gaanv hngangv naaiv zoux:

- Dorh baengc mienh bieqc biau v fai meih hitv nyei dorngx.
- Se gorngv zuqc nyei mienh zuqv ndorn nyei lui-houx, oix zuqc jaaiv mingh.
- Zoux bun ninh jorm daaih se yiem la'kuotv, jang, m'nqorngv, camh-zuih gorn - longc suongx-dinc se gorngv maaih. Maiv nor, meih zorqv meih sin nitv ninh nyei sin yiem ga'ndiev suongx fai lui-houx, sa'jien fai yiem dimcoux nyei suongx.
- Fai bun ninh hopv jorm-un nyei ga'naaiv ziouc haih bun ninh jorm jie x daaih, mv baac maiv dungx bun maaih bingv nyei ga'naaiv. Maiv dungx longc qaqv bun ga'naaiv muangv nyei mienh nyanc.
- Dongh ninh nyei sin jorm faux daaih, goux longx bun zuqc nyei mienh yiem nqai nyei yiem suongx liemh jang caux ninh nyei m'nqorngv.
- Ganv lorz ndie-sai yietc zeiv nziouv yietc zeiv longx.

Yietc lanh sin naamx beqv nyei mienh zoux bun ninh zuqc hngongx mingh nzengc camv se buoz-maengc maiv haiz mv baac taauv qiex nyei. buatc hngangv naaic, gaanv heng heng nyei tengx ninh caux heuc njoux jiepv sih nyei guanh beqv. Liemh buatc baengc mienh hngangv daic, zungv corc oix zuqc CPR. Dongh zoux bun baengc mienh jorm wuov zanc yaac aengx CPR, zuoqv taux baengc mienh goiv yienc fai ndie-sai guanh taux. Naaiv nyungc maaih nzunc baav, baengc mienh zuqc liuz hngangv daic nor mv baac ninh haih aengx fingv nyei.





## Jiepv sih bun taux buonh deix mienh nyei qaqv

Ziex nzunc jiepv sih bun taux buonh deix mienh nyei qaqv se ganh maaih (wuon baengc fai zuqc wuon jhex) aqv maaih mienh zoux cuotv. Nzengc camv se ninh duqv lanh jhex lanh nyei baengc yiem buonh deic dorngv hnangv. Yietc nyungc haih jhex mienh nyei baengc se gorngv mbuo maiv simv nor haih jhex mienh nzengc yiem langz zangc mienh. Naaiv haih cuotv yiem ziex nyugc za'eix, se yiem taaav qiex nyei javv, mbuo muoqv zuqc wuov lanh mienh nyei nziamv fai gaeng ngaatc liuz baengc aengx daaih ngaatc meih.

Loc, ndau dongx caux ganh nyungc yiem lungh zangc bun njiec nyei haih zuqc waaic ga'naaiv camv liemh zoux bun gorn tengx nyei guanh yaac kouv maiv haih fungx ga'naaiv mingh norm baav dorngx, ziouc haih hoic zuqc wuov deix mienh nyei qaqv ndortv njiec. Yiem Sacramento mungv nyei ndie-sai guanh oix zorqv cuotv kuinx nyei domh zuangx waac taux yietc zungv oix zuqc zoux nyei gong hnangv naaic, caux maaih yietc zungv yiem hungh jaa nyei leiz mbuo oix zuqc ei zoux.

Meih haih lorz buatac ndangc nyei fieng caux fiepv sih nyei fieng gorngv taux qaqv nyei javv yiem Sacramento mungv nyei ndie-sai langz yiem [dhs.saccounty.gov/PUB/Pages/PUB-Home.aspx](https://dhs.saccounty.gov/PUB/Pages/PUB-Home.aspx).

Weic goux bun ganh nyei maengc caux hmuangv nyei maengc, oix zuqc zoux ei yietc zungv ga'ndiev kuinx nyei waac.

- Muangx yiem ndaih fai TV nyei fieng weic bun mbuo hiuv taux jiepv sih nyei fieng.
- Zoux ei ndie-sai kuinx nyei waac se hnangv mbuox taux mungv nyei ndie-sai hiuv liuz ninh mbuo ziouc haih juix ndie bun meih mbuo.
- Dong yiem meih nyei ja'sic mbungh cuotv ciouv nyei javv yiem biau v maaihy ndie bun baengc mienh caux maaih gorngv taux ziex nyungc baengc hinc cuotv nyei javv. Mangc "mbenc bun" Jiepv sih nyei sic, yiem 6 pin weic bun meih hiuv fungx ga'naaiv tengx yiem zuqc jiepv sih nyei sic.
- Gaanv heuc ndie-sai bun ninh njaaux meih hnangv haaix nor zoux.

Mingh ndie-sai biau v fai heuc 911 dongh meih buangh zuqc zeqc naanc haih hoic meih nyei maengc wuov zanc.

Weic dangv maiv bun jhex mienh camv nyei baengc, oix zuqc ei ga'ndiev naaiv nyei za'eix:

- Butv baengc nor oix zuqc yiem biau v (yiem lengh).
- Yiem biau v dongh meih caux butv baengc mienh jiu-tong. Meih nyei hmuangv doic zuqc baengc oix zuqc bun ninh yiem biau v (yiem lengh).
- Simv maiv bun buangh caux ganh dauh mienh gorngv waac (dongh buangh mienh oix zuqc leih 6 feet).
- Dongh hnopv oix zuqc buangh jien v nzuih aqv meih ciuv oix zuqc longc kuaaiv ga'naaiv buong, meih nyei lui-mueix liemh zungv se longc ndie-sai nyei buong nzuih ja'sic.
- A'loc nzaaux buoz fai longc ndie-sai bun nyei ndie-wuom nzaaux se gorngv meih maiv maaih sah pongh caux wuom nzaaux. Longc jien v jhex se oix zuqc nzaux buoz caux zoux ei ndie-sai kuinx nyei waac tengx meih nyei hmuangv doic goux longx qaqv.

- Buong nzuih (buong nzuih yiem ndie-sai dingc nyei fai buong torngv mbung wuov nyungc yaac duqv) dongh maiv haih simv duqv ganh dauh (se hnangv mingh ciex mienh camv nyei dorngx).

### Bun nzanx nyei dorngx (POD)

Bun nzanx nyei dorngx (fai maaih deix heuc POD) se yietc norm dorngx longc yien ndie-sai lamz jiepv sih nyei guanh, ninh mbuo beqv bun ndie ziex norm dorngx nyei baeqc fingx qiex zuqc longc nyei ei POD dingc mangc. PODs haih duqv koi yiem ziex norm dorngx dongh maaih haih jhex mienh nyei baengc wuov zanc aqv fai ganh nyungc wuon-baengc cuotv jangv. Maaih camv norm dorngx yaac duqv benx POD yiem horqc dorngh, leiz-baaix biau v, saeng-eix ciangv, aqv fai maaih mienh camv yiem nyei dorngx.

## Butv haa (fl)

### Butv haa gan cun-ciou (butv haa)

Butv haa se yietc nyungc maaih gaeng nyei baengc butv yiem jang. Ninh haih butv heng fai hniv, maaih deix haih zoux bun mienh zuqc guangc maengc.

Longx jhex maiv bun cuotv naaiv nyungc baengc se ziem ndie nqaevq baengc nyei ndie yiem mouz hnyangx.

Ziem ndie nqaevq bun dongh haih hungh hec zuqc naaiv nyungc baengc siepv nyei mienh bun ninh maaih ndie nqaevq jien v ziouc aengx butv zoqc deix. Yietc zungv haih butv jhex baengc hniv nyei mienh se yiem fu'jueiv faix, maaih gu'nguaaz yiem sin nyei m'sieqv dorn, mienh go 65 hnyangx faux maengx caux maaih loz baengc nyei se zuqc jhex piom nyei baengc fai mba'nziu nyei maengc.

Hnoi-hnoi zoux nyei gong haih dangv duqv baengc fai dangv jhex mienh camv maiv butv haa baengc (mangc yiem dangv butv haa baengc).

Butv haa baengc maiv hnangv butv sin-nzei baengc. Butv haa baengc cuotv siepv. Yietc zungv buatac haa baengc hinc cuotv nyei:

- Sin jorm aqv fai haiz hnangv sin jorm deix nyei/aengx juangv naamx.
- M'nqorngv mun
- mienh mau laaiv
- hnopv nqaai
- jang mun
- mbiutc wuom cuotv aqv mba'zorong zietc
- jan nyuix
- hnangv oix lov mv baac maiv lov. Lov caux bungz nqaav huv yaac haih cuotv nyei mv baac kungx cuotv yiem gu'nguaaz faix caux mienh gox.

**\*Longc jien v nyei oix zuqc faix fim maiv zeix dauh dauh butv haa baengc haih sin jorm.**

Se gorngv meih zuqc haa baengc, nqenx butv haa gaeng nyei ndie meih haih longc zorc duqv nyei. Naaiv nyungc ndie se hopv ei ndie-sai dingc yaac maiv maic yiem maic ndie nyei dorngx. Naaiv nyungcndie haih bun meih nyei baengc mienh heng njiec caux tengx meih nyei baengc mienh butv baengc zoqc njiec camv hnoii yiem, yiem naaic aengx tengx dangv maiv bun baengc mienh hniv. Naaiv nyungc ndie gauh longx dongh meih zuqc baengc jhex daaih 48 norm ziangh hoc mv baac se gorngv longc zaih nor yaac haih longx nyei. Weic hiuv tim fieng nor, njien-youh hnyou v bieqc [cdc.gov/flu](https://cdc.gov/flu).

## Domh butv haa

Domh butv se yietc nzunc nyei buatv haa aengx cuotv daaih jangv heuc A virusat (siang) yiem caux ganh dauh mienh caux yietc zungv naaiv nyungv baengc flu A virus ei cun-ciou cuotv. Yietc norm nyei domh butv haa haih jhex camv mienh weic zuqc maaih haaix dauh nyei sin nyei gaeng haih dangv duqv ninh. Jang-jang butv naaic longx jhex nor baqv ndie nqaevq dangv jienv.

Naaiv nyungc baengc yaac maaih zoqc nyei cuotv. Maaih 4 norm domh butv haa cuotv yiem 1000 hnyangx jhex daaih, mv baa yietc zungv hlo nyei ndie-sai guanh gorngv naaiv nyungc aengx maaih nyei. Maiv gunv mbuo maiv hiuv haaix zanc naaiv nyungc baengc dauh nqang maaih, yietc zungv yiem zingh nyei ndie-sai caux yiem mungv nyei ndie-sai cuotv qaqv gapv hnyouv mbenc za'eix dangv maiv bun cuotv, ninh mbuo zanc-zanc samx mangc jienv dangv naaiv nyungc baengc.

Faux ziangx za'eix bun domh butv haa baengc oix maaih mienh zuqc yaac maaih mienh zoux maiv duqv gong. Nyungc zeiv se gorngv maaih hnoi haih cuotv ( se maaih huox nyei dorngx caux zix nyungc saeng-eix biauuv) caux horqc dorngx fai goux fu'jueiv nyei biauuv zuqc guon gaengh. Faux ziangx za'eix bun meih ganh caux meih nyei hmuangv doic yiem baiuv camv dongh maaih cuotv. Mangc yiem meih nyei ga'naaiv nyanc caux wuom haih gaux nyanc 2-3 hnoi nyei fai. Haaix zanc yiem nyei fang an ndie wuov yaac zah mangc, mangc gaa maaih gaux nyei fai. Siev maengc bieqc yiem nitv fatv nyei guanh weic bun ganh hiuv caux haih zorng-mbenc tangx dongh buangh jiepv sih nyei sic.

Se gorngv cuotv domh butv haa baengc, oix zuqc zoux ei ndie-sai kuinx nyei waac.

Weic oix bun meih hiuv domh butv haa baengc nyei jauv nor, bieqc naaiv mangc oc [cdc.gov/flu/pandemic](https://www.cdc.gov/flu/pandemic).

## Butv haa (fai heuc 'butv haa") se haaix nyungc?

Butv haa se yietc nyungc maaih gaeng nyei baengc butv yiem jang. Ninh haih butv heng fai hniev, maaih deix haih zoux bun mienh zuqc guangc maengc. Longx jhex maiv bun cuotv naaiv nyungc baengc se ziem dangv baengc nyei ndie yiem mouz hnyangx.

Mouz hnyangx zoc jhex yiem USA:

- 5% - 20% baeqc fingx zuqc butv haa baengc;
- gauh camv 200,000 mienh zuqc bieqc yiem ndie-sai biauuv weic naaiv nyungc, baengc;
- leihmaiv go 36,000 mienh daic weic naaiv nyungc baengc.

Yiem naaiv deix mienh camv jhex se mienh gox mienh, fu'jueiv faix caux maiv henv nyei mienh (hngangv butv jai-haa, bungz wiex baeqc fai mba'nziu baengc), naaiv deix mienh zuqc maiv duqv naaiv nyungc baengc.

Yietc zungv buatv haa baengc hinc cuotv nyei:

- sin jorm (nzaengc camv jorm hlang)
- M'nqorngv mun
- mienh mau laaiv
- hnopv nqaai
- jang mun
- mbiutc wuom cuotv aqv mba'zorong zietc
- jan nyuix
- Yiem ga'sie nyei baengc se hngangv oix lov fai lov, lov camv fai bungz nqaiv-huv yiem mienh gox mienh caux fu'jueiv faix.

## Mbenc bun yiem wuom

Se gorngv meih haiz maiv hiuv nyei wuom, maiv dungx hopv dongh maiv liouc. Kungx longc liouc jhex nyei wuom daaih hopv, zouv nyanc, mbenc hopv fai nzaaux nyaah nyei ziangh hoc hngangv.

- Longc wuom liouc jhex duqv zoux yietc naaiv yietc naaiv nyei wuov mv baac maiv guoqv zuqc koiv.
- Se gorngv maaih dapv yietc naaiv nyei, oix zuqc ganh buov wuom mbueix. Wuom-mbueix haih daix daic yietc waic nyei gaeng dongh zoux bun mienh butv baengc nyei gaeng. Mv baac, liouc cuotv daaih fai buov mbueix ninh maiv haih daix guangc duqv hniev nyei se haih laengc mienh nyei ndie.
- Se gorngv wuom njoc, oix longc yietc nyungc ga'naaiv daaih liouc aqv fai bun ganh lorc liuz bun disinfection. Buov wuom mbueix zoc jhex yietc buon, bun ninh ganh naamx liuz dox njec wuom-ndongh an mv baac oix zuqc maaih imx nqopv jienv nzengc nyei.
- Se gorngv meih maiv haih buov wuom mbueix, oix longc ndiex disinfection bun ninh nzengc. Se gorngv longc ndie disinfection haih daic gaeng nyei, mv baac maiv zeiz daic nzengc, zix nyungc gaeng zoux bun mbuo butv baengc corc haih maaih nyei. Se gorngv wuom njoc, oix longc yietc nyungc ga'naaiv daaih liouc aqv fai bun ganh lorc liuz bun disinfection.

Tim/ba'gern nyei cafe (aqv fai hietc ndiepv) disinfection nyei ndiex, naaiv nyungc ndie maiv maaih qiex hlo, dongh disinfection wuov zanc oix zuqc loc ga'naaiv kieu liuz an leih maiv go 30 buon liuz cingx daaih longc duqv. Dongh disinfection liuz oix zuqc an longx meih nyei dongh maaih imx nyei tongv. Se gorngv meih nyei biauuv maiv maaih wuom-kuotv yiemx nor, dongh loc jhex liuz oix zuqc disinfection se gorngv qiex zuqc. Se gorngv meih nyei meih nyei wuom-kuotv haih laih hlopv, ganv mbuox meih nitv fatv nyei ndie-sai aqv fai mungv nyei ndie-sai njaaux meih hngangv haaix nor zoux.

Longc ndie ganv disinfection		
Wuom camv fai zoqc	Wuom nzang	Wuom njoc
1 quart	2 ndiepv	4 ndiepv
1 gallon	8 ndiepv	10 ndiepv
5 gallon	1/2 cafe nyei piaoh gern	1 nzormc torng

Fienx gorngv taux jiepv sih nyei disinfection Yietc nyeic zorqv wuom hngangv haaix duqv ninh mbuo USA nyei guen-baeng bungz faux yiem [epa.gov/ground-water-and-drinking-water/emergency-disinfection-drinking-water](https://www.epa.gov/ground-water-and-drinking-water/emergency-disinfection-drinking-water).

## Maiv waic nyei ga'naaiv aqv fai an duqv lauh nyei ga'naaiv oix zuqc dorh gan meih mingh

- maaih ja'sic beu jienv nyei orv, mbiauz, ndiangx biouv, lai, dopc
- protein aqv fai ndiangx-biouv
- dry cereal aqv fai granola
- da'bouc miangh aqv fai nyungc-nyungc ngim
- nqaai nyei ndiangx-biouv
- njuov nqaai
- ndiangx-biouv wuom benx yietc naaiv nyei wuov
- wuom naaiv
- fu'jueiv nyei nyanc hopv se nyorx-wuom benx naaiv
- nzueic nyei saeng-kuv nyei nyanc hopv

## Ndie-sai nyei ja'sic, qaqv caux njoux nyei ja'sic

- Ndie-sai nyei ja'sic ei qiex zuqc longc nyei bu'ziex glucose caux muangx nzaamv ndiuc nyei ja'sic
- sah pongx ndie caux wuom, aqv fai nzaux buoz nyei ndie alcohol (60-95%) nzaux buoz
- tengx jorm nyei ndie, se acetaminophen fai ibuprofen
- ndorc sin nyei ja'sic (dhermometer)
- tengx ga'sie mun-fiex nyei ndie
- vitamins
- ndaix nyei nzunc
- youh
- ndaih-norm hngangv duqv mingh daaih
- ja'sic longc buoz koi
- la'fapv nyei mbuoqc
- sah jien zeiv, nzortv ga'kuotv nyei zeiv caux fu'jueiv qiex zuqc longc nyei







## Longc jienv nyei jiepv sih namc bev

Yietc zungv douc wac fin maaih ninh nyei buonc deic-dung (916) cih cuotv maaih ganh nyungc dingc daaih nyei leiz.

### Jiepv sih nyei namc bev

Canh sat/ Njoux douz/ Njoux tengx	911
TTY (Sacramento zingh)	732-0110
Yiem heuc nyei phonc	
Sacramento nyei douc wac finx	264-5151
Yiem ganh norm nyei Sacramento nyei	874-5111

### Jiepv sih nyei namc bev

2-1-1 Sacramento zinh caux mungv (maaih mbuox finx nyei biau 24-norm ziangh hoc)	211
TTY	446-1434
3-1-1 Sacramento zinh caux mungv (maaih mbuox finx nyei biau 24-norm ziangh hoc)	311
TTY	808-8563
Yiem Sacramento mungv nyei zoux gorn biau	875-5000
Sacramento zingh Sheri	874-5115
TTY	874-7128
Yiem Citrus Heights nyei Janx-baeng	727-5500
Elk Grove nyei Janx-baeng	714-5115
Folsom nyei Janx-baeng	355-7231
Galt nyei Janx-baeng	209-366-7000
Rancho Cordova nyei Janx-baeng	362-5115
Sacramento mungv nyei guen-baeng	264-5471

### Caux ganh norm namc bev

Zuqc ndortv nyei mienh	800-222-FIND (3463)
American nyei tengx mienh kouv guanh	800-733-2767
Box mbuox zoux zaqc mienh	443-HELP (4357)
Gunv duqv laengc mienh nyei ga'naaiv	800-222-1222
Sacramento nyei zoux gong dorngx (heuc mbuox dongh buac wuom-guaengv baeng fai wuom yiemx langz-horngz)	875-7246
SMUD nyei zipv khaeqv mienh dorngx Monday-Friday 7 dauh-anx.-7 da'nyeic anx.	888-742-7683 SMUD
fienv mbuox dinc daic 24- norm ziangh hoc	888-456-7683
PG&E 24-norm ziangh hoc service	800-743-5000

## Ceux lunc caux zoux haeqv

### Yiem U.S. gu'nyuoz guoqv zangc gorn nyei fienv

Mouz nyungc zuqc ceux lunc nyei jauv haeqv bun mbuo ganh oix zuqc gin. Mbuo haih zueic jienv naaic gamh nziex fai mbenc biaux. Maiv dungx gamh nziex; oix zuqc ging hnyouv – ganh nyei, hmuangv doic nyei, domh zuangx mienh nyei yiem norm ziangh.

Yiem gu'nyuoz nyei guoqv zangc maaih mbenc ziangx za'eix tengx mouz norm hmuangv doic yiem Meiv Guoqv nyei baeqc fingx longx faux dongh buangh zuqc jiepv sih nyei zeqc naanc. Maiv zeix mbuo haaix zanc yaac nyeiv duqv zuqc yietc nyungc-nyungc, mv baac meih caux meih nyei hmuangv mbenc hung h hec nyei dangv dongh buangh zuqc ceux lunc nyei qiangx.

Meih haih zorqv duqv dongh meih oix nyei fienv yiem:

- bieqc [ready.gov](https://www.ready.gov);
- heuc **800-BE READY** (237-3239) zorqv sou ienx.

Mbuo nyei zix dauh baeng-guanh, CIA, FBI, U.S yiem koiv nyei baeng. dangv jauv nyei baeng, mingh zah mangc gaapc-jaix nyei baeng guanh caux yietc zungv yiem gu'nyuoz guoqv zangc zoux nyei gong. Yietc zungv gapv hnyouv mbungh dangv eux lunc. Zanc-zanc mbenc ziangx yaac tengx meih caux meih nyei biau nyuoz lomh nzoih zoux nyanc maiv zuqc nzauh.

## Ceux lunc nyei zuiz

Jangx taux ceux lunc gengh gam nziex, ninh mbuo longc wuoqc ginc daix mienh camv haic (Se longc minh caux chemical, biological, radiological, nuclear caux explosive agents) hngangv naaic haih mborqv baic zoux gong nyei dorngx caux saeng-eix biauwaic. Yiem naaiv nyei mbaeqc se liemh nuclear power generators caux other public utility facilities, caux nyungc-nyungc cie-ndaaix, cie-ndaaix baengh, liemh hlieqv-jauv faiyietc zungv ganh nyungc jauv; major public events caux ziex norm maaiah mengh nyei dorngx, liemh yietc zungv jouh, dangv wuom, horqc dorngx caux yietc zungv hlang nyei biauwaic.

Hnangv yietc zungv zingh yiem America, Sacramento mungv nyei ziex norm jangv nyei dorngx yiem naaic maaiah ziec nyungc kuh zoux. Hnangv naaic, mbuo zuqc ging hnyouv. Sacramento mungv nyei dangv jauv baeng caux yiem langz nyei dangv jauv baeng, caux yietc zungv local agency lomh nzoux gapv hnyouv weic bun zoux nyanc faux caux dangv mbungh ceux lunc nyei jauv.

Meih yaac maaiah buonc bieqc naaic deix gong hnangv naaiv:

- Jangx jienv zoux guenx. Oix zuqc faix fim yiem meih hnoi-hnoi zoux gong. Samx mangc meih zoux guenx nyei gong yiem meih nyei zoux dorngx. Hiuv duqv naaic deix guenx nyei gong haih tengx meih buatc yietc zungv zoux nyei gong maiv horpc dorngx.
- Oix zuqc zieqv duqv meih yiem nyei dorngx hnangv haaix nor. Caux meih nyei langz zangc zoux guenx. Oix zuqc faix fim caux meih maiv guenx nyei mienh zoux gong yiem zingh horngz, meih zoux gong nyei dorngx aqv fai mingh sau nziaauc.
- Maiv dungx bungz lorz meih haiz nyei waac. Se gorngv muangx haiz fai hiuv duqv haaix dauh ceng ganh aqv fai gorngv ninh nyei za'eix zoux hoic baeqc fingx fai ninh ganh gorngv ninh se yietc dauh ceux lunc nyei wuov guanh mienh, mangc gaax ninh nyei se gorngv zien fai nduov, se gorngv zien nor meih oix zuqc mbuox hungx jaa siepv.

## Koi fienx beu huox

Beqv biauwaic nyuoz mienh, doic caux juangc zoux gong doic oix zuqc korh fiv yiem koi fienx caux beu huox

Oix zuqc nyeiv fienx aqv huox nyei jauv:

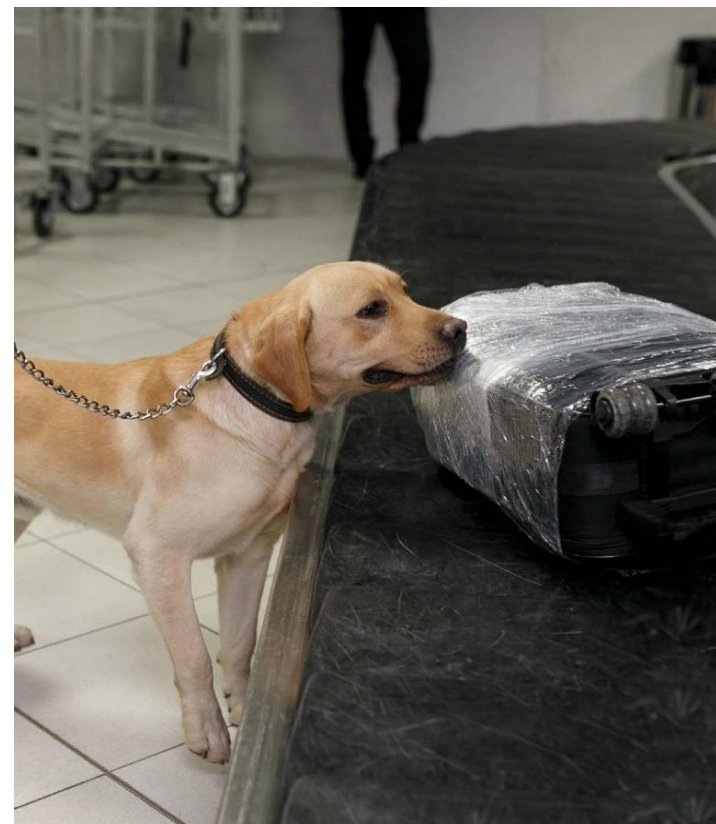
- haeqv mienh aqv yiem haaix dauh meih maiv hiuv
- maiv duqv juix mingh taux yietc lanh mienh zien
- juix bun haaix dauh wuov maiv maaiah deic zepv
- duqv zipv forv tin forv deic fiev aengx nzangc ndortv camv
- longz buoz fiev dongh doqc maiv cuotv aqv fai maiv maaiah deic zepv
- zuqc pien fai maiv ziangx aqv fai ninh nyei hlang cuotv aqv fai haih mangc buatc ganh nyungc leiz
- duqv mborv jienv postmarked nyei yienx yiem ganh norm zingh maiv doix deic zepv bun dauh nzuonx
- duqv zoux jangx-hoc gorngv maiv duqv, nyungc zeiv se hnangv "ganh" aqv fai "bingx nyei fienx"
- duqv mborqv yienx gorngv ja'zinh hlang jiex ndangc
- fiev deic zepv maiv zeiz, fiev gong-mengh maiv zeiz aqv mv maaiah mbuox
- laih hlopv fai jiex mbuov
- ja'sic jiex nzingx
- duqv mborqv jiev hliaa mienh nyei waac
- cuotv qiex hlo
- hniev jiex ndangc
- haiz maaiah qix mbui yiem gu'nyuoz aqv fai electronic sounds

## Meih hnangv haaix nor zoux dongh buangh maiv benx nyei fienx

- Maiv huaangx, hnomv, baa, seix bieqc dongh buatc hnangv maiv dongh nyungc nyei fienx.
- Maiv dorh naaic kuaaiv fienx mingh haaix, bun mienh mangc fai naanv bieqc naaic kuaaiv fienx.
- Dongh yiem meih nyei buoz liuz meih cingx buatc maiv dongh nyungc nyei fienx, gaanv maanc-maanc an njiec jienv nyei dorngx liuz maiv naanv bieqc aqv.
  - Mbuox yiwim fatv jiex nyei mienh liuz caux ninh lomh nzoih cuotv naaic.
- Guon nzengc yiem naaic nyei gaengh maiv bun ganh dauh aengx bieqc cuotv aqv.
- Se gorngv duqv, guon nzengc cuotv nzaux nyei gorn weic dangv jiex contaminants ganh norm beu nyei fienx fai huox.
- Longc sah pongh nzaux nzengc buoz caux wuom dongh meih an wuov kuaaiv maiv dongh nyungc nyei fienx liuz.

### Ziouc mbuox hungx jaa bun hiuv taux naaic kuaaiv fienx.

Mangc yiem hliaa nyei waac hniev fai heng liuz heuc 911 aqv fai ganh nyungc guanh zoux gong yiem hungx yiem Sacramento mungv.



## Gorngv haeqv bungx mbormv

Se gorngv zipv duqv waac haeqv bungx mbormv:

- Zipv duqv yiem camv dauh mbuox nyei waac yiem heuc nyei yietc zeiz longx.
- Goux longx dongh heuc daaih yaac fiev dongh yietc zungv oix gorngv nyei.
- Jangx jienv wuov lanh mienh nyei sing-qiex, nyungc zeiv se hnangv gorngv waac siepv fai gorngv ac laanh nyei fai gorngv sing-qiex cing.
  - Mbuox bun Janx-baeng caux mbuox bun biauwaic-ziouv. Se gorngv buatc yietc beu aqc fai ganh nyungc maiv dongh nyungc:
    - Maiv dungx naanv bieqc ninh.
    - Maiv dungx longc cordless caux phones yiem nitv naaic.
- Siouc nzengc yiem naaic aengx mbuox siepv bun Janx-baeng.
- Gorngv mbuox nzengc wuov beu huox hnangv haaix nor aqv fai wuov norm ga'naaiv bun hungx jaa.
- Yiem biaux nzanx nyei ziangh hoc, souv pien go forng-muonh, caux buatc ganh nyungc gamh nziex nyei dorngx.

### Mbuox dongh gorngv haeqv bungx mbormv

Heu 911. Dongh mbuox dongh gorngv haeqv bungx mbormv, meih haih heuc guen-baeng daaih zaah yiem meih nyei biauwaic. Maiv maaiah haaix dauh guenx meih zoux gong ciangv nyei deic zepv aqv fai meih juangc gong zoux nyei mienh. Weic meih guenx nyei gong, meih haih buatc cuotv ganh nyungc dongh maiv dongh nyungc nyei sic gauh siepv Janx-baeng.

### Setv mueiz waac

Yiem Sacramento mungv gunv goux baeqc fingx, ninh mbuo maiv zeix kungx zoux ei leiz hnangv, ziex norm bungx nqoi nyei bungx, yietc zungv ndie-sai nyei ja'sic caux ziex dauh zoux ndie-sai mienh yiem mungv. Yie nyei hmuangv doic caux yie nyei doic yiem naaiv, liuz yiem aengx zoux jienv gong mingh caux duqv hoqc linc gunv goux taux meih nyei biauwaic caux yie mbuo nyei biauwaic. Mv baac naaiv deix gong mbuo nduqc lanh maiv haih zoux. Mbuo yietc zungv oix Zuqc maaiah buonc ndaam-dorng mborqv baaic ceux lunc nyei gong.

Yiem gu'nyuoz nyei baeng jiex gorn yiem biauwaic. Maiv gunv meih mbenc ziangx dorh meih nyei hmuangv doic hoqc seix njoux douz ziec, tengx langz zangc mienh biaux cuotv aqv fai siev maengc juangc zoux gong jiepv sih nyei ziangh

hoc, meih zoux nyei mouz nyungc gong maaiah ninh nyei ja'zinh, liuz mbuo laamz mbieqc faatv deix baengh orn nyei yiem deic-bung.



# Homeland Security

## Porv mengh gorn taux ceux lunc guoqv zangc (NTAS)

Yiem 2011, Dangv Yiem Gu'nyuoz Guoqv Zangc Guen-baeng Nyei Gorn (Department of Homeland Security) (DHS) duqv div mbuox jiepv sih gorn gorngv njaaux gu'nyuoz nyei buonc (HSAS) zoux National Terrorism Advisory System (NTAS) duqv zoux cuotv daaih weic bun maaih biouv gitv taux gorngv haeqv ceux lunc nyei javv haih hingh, box fiex mengh nyei bun Meiv Guoqv nyei baeqc fingx.

Yietc zungv Meih Guoqv mienh duqv dauh dauh maaih buonc gong taux guogv zangc nyei baengh orn caux zieqv duqv ceux lunc cuotv daaih nyei sic yiem Meiv Guoqv yietc hnoi yietc hnoi camv jiev daaih caux ninh mbuo horpc zuqc zoux nyei gong.

### NTAS nyei box mbuox

Dongh maaih hiuv zien nyei fiex, sinx duqv nyei fiex taux haeqv ceux lunc yiem Meiv Guoqv, DHS se taan box mbuox NTAS caux Meiv Guoqv nyei baeqc fingx dongh meih nyei ziangh hoc bun leiz. Box mbuox oix zuqc liemh zien nyei deic zepv, taux haeqv nyei javv hniev ndongc haaix, liemh yiem haaix normx, mode tor ga'naaiv mingh daaih caux ziox nyungc yiem hlang taux aiv haih zuqc haeqv, hngv naaic meih ganh caux langz zangc dauh dauh mienh oix zuqc maaih ndaam dorg mbungh caux dangv, bun naaiv javv zoqc njiec. Box mbuox haih maaih yiem i nyungc: Bouh hlang, se gorngv yie mbuo duqv zipv fiex gorngv maaih haeqv zien mv baac haiz fiex maiv mengh cauc forng-mbaeqc bun ninh longc zuqc weic kuinx lomh nzoih maaih buonc juangc jienv dangv aqv fai bun zoqc njiec yiem ceux lunc; Fai aqv lamh cuotv sic, se gorngv mbuo sienx gorngv ceux lunc nyei javv gengh maaih nor, mangc gaax haaix zanc caux haaix norm ziangh hoc.

Box mbuox NTAS maaih dingc leiz hlietv jienv haaix zanc box nyei fiex liuz henx. Ndangc liuz henx naaiv, se gorngv fiex fai zuqc haeqv nyei javv goiv yienc, gunv gu'nyuoz nyei gorn haih aengx mbuox gorngv goiv yienc miaqv, aengx bun mingh fai guangc. Yietc zungv goiv yienc nyei javv, liemh box mbuox tuix nyei fiex njaaux NTAS, oix duqv bun hngv zingh ndangc aqv fai hngv nzengc ndangc nyei fiex.

### Box mbuox haeqv nyei javv oix cuotv

Box mbuox gorngv haeqv nyei javv zien nyei, huv dingc yiem haaix caux aqv lamh cuotv yiem Meiv Guoqv.

### Haeqv nyei javv camv faux

Box mbuox gorngv ceux lunc nyei javv zien nyei

### Bun nziemx-yangh

Box mbuox haeqv nyei javv lengc jeiv duqv zorqv cuotv yiem dingc ziangx ziangh hoc liuz gangh liuz henx.

Box mbuox haih duqv maaih henx se gorngv maaih siangx fiex aqv fai haeqv nyei javv gauh camv.

### Se gorngv meih buatc haaix nyungc oix zuqc gorngv wuov nyungc™

Mbuox yietc zungv maiv dongh nyungc nyei bun hung haa fai heuc 911.

# NTAS Aqv loc buangh nyei waac naaic

## Q1: Haaix nyungc haih cuotv caux njaux nyei gorn maaih setv?

**A:** Yiem 2011, Dangv Yiem Gu'nyuoz Guoqv Zangc Guen-baeng Nyei Gorn (Department of Homeland Security) (DHS) duqv div mbuox jiepv sih gorn gorngv njaaux gu'nyuoz nyei buonc (HSAS) zoux National Terrorism Advisory System (NTAS) duqv zoux cuotv daaih weic bun maaih biouv gitv taux gorngv haeqv ceux lunc nyei jauv haih hingh, box fieng mengh nyei bun Meiv Guoqv nyei baeqc fingx.

## Q2: NTAS Zoux gong hngangv haaix nor?

**A:** NTAS ih zanc maaih i nyungc njaux nyei: Fienc caux box mbuox. DHS duqv zah mangc taux bieqc njaux nyei gorn bun haih taan yietc zungv ih znac cuotv nyei sic aqv fai yietc zungv haeqv mienh ceux lunc nyei jauv. NTAS nyei fieng bun leiz bungx fieng cuotv, se gorngv taux longc jienv ceux lunc nyei fieng, maiv gunv oix zuqc nuqv cing nyei taux haeqv ndongc haaix yiem Meiv Guoqv, mv baac haih siepv nyei daaih taux dangv waic sic nyei guanh fai baeqc fingx, yiem naaic bun leiz mienh zoux ei dingc daaih longc jienv nyei leiz. Weic DHS bun fieng cuotv NTAS yiem maiv duqv beu bun yietv nyeic nyei fieng, hngangv naaic NTAS dorh mingh bun gorn wuov dauh wec bun ninh haih box fieng hingh cuotv bun juangc gong zoux nyei mienh fai baeqc fingx.

Hngangv ndangc wuov, dongh maaih hiuv zien nyei fieng, zien hiuv dingc maaih ceix lunc ngaengc Meih Guoqv, DHS ziouc taan fieng bun box NTAS caux yietc zungv yiem Meiv Guoqv nyei baeqc fingx dongh maaih ziangh hoc mbuox duqv taux. Box jiepv sih nyei fieng se liemh zeiz nyei fieng, se gorngv duqv, gorngv taux haeqv nyei jauv hngangv haaix, yiem haaix norm dorngxcaux longc haaix nyungc ja'sic pienh caux haaix nyungc haih waac dongh maaih haeqv nyei jauv cuotv caux yietv nyeic meih ganh caux baeqc fingx zuqc zoux nyei weic goux bun ganh caux tengx dangv, bun haeqv nyei jauv haih zoqc njiec. Box mbuox haih maaih yiem i nyungc: Bouh hlang, se gorngv yie mbuo duqv zipv fieng gorngv maaih haeqv zien mv baac haiz fieng maiv mengh cauc forng-mbaeqc bun ninh longc zuqc weic kuinx lomh nzoih maaih buonc juangc jienv dangv aqv fai bun zoqc njiec yiem ceux lunc; Fai aqv lamh cuotv sic,

## Q3: Weic mbuo se baeqc fingx, hngangv haaix nor yie haih zipv duqv box jiepv sih nyei jauv aqv fai fieng NTAS duqv dingc maaih?

**A:** DHS ninh oix dorng zuangx nyei mbuox. Yietc zungv fieng duqv bungx faux yiem **DHS.gov**, caux duqv yiem gorn bungz cuotv yiem nyungc-nyungc ja'sic nzanx norm-norm. DHS yaac bun waac kuinx zungv duqv bungx faux yietc zungv social media channels, se liemh Twitter caux Facebook.

## Q4: Americans nyei mienh horpc zuqc hngangv haaix zoux dorng zipv duqv jiepv sih nyei fieng aqv fai NTAS nyei fieng duqv bungx cuotv?

**A:** Njaux nyei NTAS maiv gunv box jiepv sih nyei jauv fai fieng – yietc zungv bun mbuo dauh dauh baeqc fingx zuqc zoux yiem nitv fatv nyei guen-baeng fungx bun nyei caux mbuox nyeiv nyei fieng. Dongh haih duqv caux horpc nyei, NTAS njaux nyei yietc zungv maaih yietv nyeic bun meih caux baeqc fingx haih hung hanc zoux ei weic mbungh yiem meih nyei sin taux haeqv nyei jauv fai dangv jienv maiv bun maaih ceux lunc. Yietc zungv dauh dauh ganh oix zuqc mangc box jiepv sih nyei fieng aqv fai yiem nyungc-nyungc sic nyei fieng, zoux ei hung hanc jaa dingc daaih nyei leiz weic dangv, mbenc jienv mbuox mienh caux meih nyei hmuangv doic

## Q5: NTAS nyei fieng fungx haaix nyungc jauv louc caux ninh maaih haaix nyungc maiv fih hngangv?

**A:** NTAS fungx gauh nzutv zunv nyei fieng gorngv taux ih zanc ceux lunc nyei jauv caux haeqv nyei jauv ndongc haaix mangc gaax qiex zuqc tim haaix nyungc za'eix bieqc, mv baac naaic deix jauv maiv maaih haeqv taux guoqv zangc aqv funx mangc gaax ndongc haaix liuz aengx box jiepv sih nyei fieng. NTAS nzutv zunv bun baeqc fingx ndongc haaix nyei longc jienv, bun za'eix hngangv haaix dangv ceux lunc nyei sic yiem Meiv Guoqv nyei deic bung, liuz aengx maaih waac kuinx bun baeqc fingx hngangv haaix nor gapv qaqv dangv ceux lunc nyei jauv.

## Q6: Yie horpc zuqc hngangv haaix zoux yiem maiv dongh nyungc nyei sic?

**A:** Yietc zungv dauh dauh horpv zuqc mbuox maiv dongh nyungc nyei sic yiem nitv meih nyei guen-baeng. Nzengc camv, yietc zungv guen-baeng caux dangv waic nyei baeng-guanh se mbuo haih bungx duqv hnyouv nyei guanh yaac mbuox dongh meih buatc maiv dongh nyungc nyei ninh mbuo. Yietc nyungc gong “Mangc haaix nyungc, gorngv haaix nyungc” yiem buangv Meiv Guoqv kuinx baeqc fingx caux gunv goux nyei mienh ging hnyouv taux ceux lunc nyei jauv caux zoux ei hung hanc jaa bun nyei za'eix aqv fai yiem nitv meih fatv nyei guen-baeng weic bun hiuv haeqv mienh nyei fieng ndongc haaix.

## Q7: Yie zipv duqv fieng yiem online. Yie hngangv haaix nor zaah mangc NTAS nyei fieng njaux nyei?

**A:** Meiv Guoqv mienh haih bieqc **DHS.gov/alerts** mangc kuinx longx nyei waac. Cih cuotv naaic, yietc zungv kuinx nyei waac duqv fungx cuotv jangv yiem zungv mainstream media.

## Q8: Box jiepv sih nyei NTAS oix guangc fai hngangv haaix nor bieqc?

**A:** NTAS bun siang leiz caux dingc ziangh hoc zoux gong zah maangc haeqv baeqc fingx nyei jauv ndongc haaix liuz bungx cuotv yiem fieng. Weic ei zien nyei fieng hngangv naaic box mbuox jiepv sih nyei sic NTAS se maaih "nziemx yangh nyei leiz" jangx hoc bun hiuv liuz jiepv sih nyei jauv. Ndangc liuz henx naaiv, se gorngv fieng fai zuqc haeqv nyei jauv goiv yienc, gunv gu'nyuoz nyei gorn haih aengx mbuox gorngv goiv yienc miaqv, aengx bun mingh fai guangc. Yietc zungv goiv yienc nyei jauv, liemh box mbuox tuix nyei fieng njaaux NTAS, oix duqv bun hngangv zingh ndangc aqv fai hngangv nzengc ndangc nyei fieng.

Yiem norm gorn: <http://www.dhs.gov/national-terrorism-advisory-system>

## Fugc luqc A: Meih nyei mbuoqc

Longc ei yietc zungv naaiv deix mbuoqc weic goux longx douc waac finx yiem nyungc-nyungc jiepv sih nyei jauv yiem meih nyei maengc caux buonh deic dorngx. Meih haih ceu naaiv pin cuotv. Bieqc yiem meih nyei buonh deic dorngx kungx nyei wuov (duqv mbuox yiem 49 pin), zorqv meih nyei mbuoqc taan bun dauh dauh.

meih nyei hmuangv doic. An ceu daaih wuov pin yiem meih nyei mbuoqc aengx an yietc kuaav meih nyei phone.



### Meih ganh nyei phone namc bev

Domh mienh ndie-sai \_\_\_\_\_  
 ndie-sai fu'jueiv \_\_\_\_\_  
 Saeng-kuv nyei ndie-sai \_\_\_\_\_  
 Hoqc dorngx \_\_\_\_\_  
 Cell phone \_\_\_\_\_  
 Cell phone \_\_\_\_\_  
 Dae maa nyei gong phone \_\_\_\_\_  
 Dae maa phone \_\_\_\_\_  
 Goux fu'jueiv mienh \_\_\_\_\_  
 Juangc langz \_\_\_\_\_  
 Maiv juangc \_\_\_\_\_

### Meih ganh nyei phone namc bev

Domh mienh Ndie-sai \_\_\_\_\_  
 Ndie-sai fu'jueiv \_\_\_\_\_  
 Saeng-kuv nyei ndie-sai \_\_\_\_\_  
 Horqc dorngx \_\_\_\_\_  
 Cell phone \_\_\_\_\_  
 Cell phone \_\_\_\_\_  
 Dae maa nyei gong phone \_\_\_\_\_  
 Dae maa nyei gong phone \_\_\_\_\_  
 Goux fu'jueiv mienh \_\_\_\_\_  
 Juangc langz \_\_\_\_\_  
 Maiv juangc \_\_\_\_\_

### Meih ganh nyei phone namc bev

Domh mienh Ndie-sai \_\_\_\_\_  
 Ndie-sai fu'jueiv \_\_\_\_\_  
 Saeng-kuv nyei ndie-sai \_\_\_\_\_  
 Horqc dorngx \_\_\_\_\_  
 Cell phone \_\_\_\_\_  
 Cell phone \_\_\_\_\_  
 Dae maa nyei gong phone \_\_\_\_\_  
 Dae maa nyei gong phone \_\_\_\_\_  
 Goux fu'jueiv mienh \_\_\_\_\_  
 Juangc langz \_\_\_\_\_  
 Maiv juangc \_\_\_\_\_

### Meih ganh nyei phone namc bev

Domh mienh Ndie-sai \_\_\_\_\_  
 Ndie-sai fu'jueiv \_\_\_\_\_  
 Saeng-kuv nyei ndie-sai \_\_\_\_\_  
 Horqc dorngx \_\_\_\_\_  
 Cell phone \_\_\_\_\_  
 Cell phone \_\_\_\_\_  
 Dae maa nyei gong phone \_\_\_\_\_  
 Dae maa nyei gong phone \_\_\_\_\_  
 Goux fu'jueiv mienh \_\_\_\_\_  
 Juangc langz \_\_\_\_\_  
 Maiv juangc \_\_\_\_\_

## Fugc luqc B: Buonh deic dorngx jiepv sih nyei number mbuoqc

Ceu bun meih ganh caux meih nyei hmuangv doic. An yietc kuaav meih nyei phone caux yietc kuaiv an meih nyei hmuangv doic nyei mbuoqc.



### Buonh deic dorngx phone namc bev Sacramento (916)

#### Jiepv sih nyei namc bev

Janx-baeng/Njoux douz/Njoux tengx .....911

TTY (Sacramento saengv) .....732-0110

#### Yiem heuc nyei phones

Sacramento saengv .....264-5151

Ganh norm dorngx nyei Sacramento mungv  
 874-5111

Zaah mangc yiem ga'naaiv laengc 800-222-1222

#### Jiepv sih nyei namc bev

Janx-baeng .....808-5471

Sheri .....874-5115

SMUD .....888-742-7683

PG&E 24 norm ziangh hoc zoux nyei gong .....  
 .....800-743-5000

### Buonh deic dorngx phone namc bev Sacramento (916)

#### Jiepv sih nyei namc bev

Janx-baeng/Njoux douz/Njoux tengx .....911

TTY (Sacramento saengv) .....732-0110

#### Yiem heuc nyei phones

Sacramento saengv .....264-5151

yiem ganh norm dorngx nyei Sacramento mungv  
 874-5111

Zaah mangc yiem ga'naaiv laengc 800-222-1222

#### Jiepv sih nyei namc bev

Janx-baeng .....808-5471

Sheri .....874-5115

SMUD .....888-742-7683

PG&E 24-norm ziangh hoc zoux nyei gong .....  
 .....800-743-5000

### Buonh deic dorngx phone namc bev Sacramento (916)

#### Jiepv sih nyei namc bev

Janx-baeng/Njoux douz/Njoux tengx .....911

TTY (Sacramento saengv) .....732-0110

#### Yiem heuc nyei phones

Sacramento saengv .....264-5151

yiem ganh norm dorngx nyei Sacramento mungv  
 874-5111

Zaah mangc yiem ga'naaiv laengc 800-222-1222

#### Jiepv sih nyei namc bev

Janx-baeng .....808-5471

Sheri .....874-5115

SMUD .....888-742-7683

PG&E 24-norm ziangh hoc zoux nyei gong .....  
 .....800-743-5000

### Buonh deic dorngx phone namc bev Sacramento (916)

#### Jiepv sih nyei namc bev

Janx-baeng/Njoux douz/Njoux tengx .....911

TTY (Sacramento saengv) .....732-0110

#### Yiem heuc nyei phones

Sacramento saengv .....264-5151

yiem ganh norm dorngx nyei Sacramento mungv  
 874-5111

Zaah mangc yiem ga'naaiv laengc 800-222-1222

#### Jiepv sih nyei namc bev

Janx-baeng .....808-5471

Sheri .....874-5115

SMUD .....888-742-7683

PG&E 24-norm ziangh hoc zoux nyei gong .....  
 .....800-743-5000

# Fugc luqc C: Jiepv sih nyei phone namc bev buonh deic dorngx

Yietc zungv douc wac fin maaih ninh nyei buonc deic-dung (916) cih cuotv maaih ganh nyungc dingc daaih nyei leiz.

### Jiepv sih nyei namc bev

- Canh sat/ Njoux douz/ Njoux tengx ..... **911**
- TTY (Sacramento zingh) ..... **732-0110**
- Yiem heuc nyei phones
- Sacramento nyei douc wac finx ..... **264-5151**
- Yiem ganh norm nyei Sacramento nyei ..... **874-5111**

### Maiv jiepv sih nyei namc bev

- 2-1-1 Sacramento zinh caux mungv (maaih mbuox finx nyei biau 24-norm ziangh hoc) ..... **211**
- TTY ..... **446-1434**
- 3-1-1 Sacramento zinh caux mungv (maaih mbuox finx nyei biau 24-norm ziangh hoc) ..... **311**
- TTY ..... **808-8563**
- Yiem Sacramento mungv nyei zoux gorn biau ..... **875-5000**
- Sacramento zingh Sheri ..... **874-5115**
- TTY ..... **874-7128**
- Yiem Citrus Heights nyei Janx-baeng ..... **727-5500**
- Elk Grove nyei Janx-baeng ..... **714-5115**
- Folsom nyei Janx-baeng ..... **355-7231**
- Galt nyei Janx-baeng ..... **209-366-7000**
- Rancho Cordova nyei Janx-baeng ..... **362-5115**
- Sacramento mungv nyei guen-baeng ..... **264-5471**

### Caux ganh norm namc bev

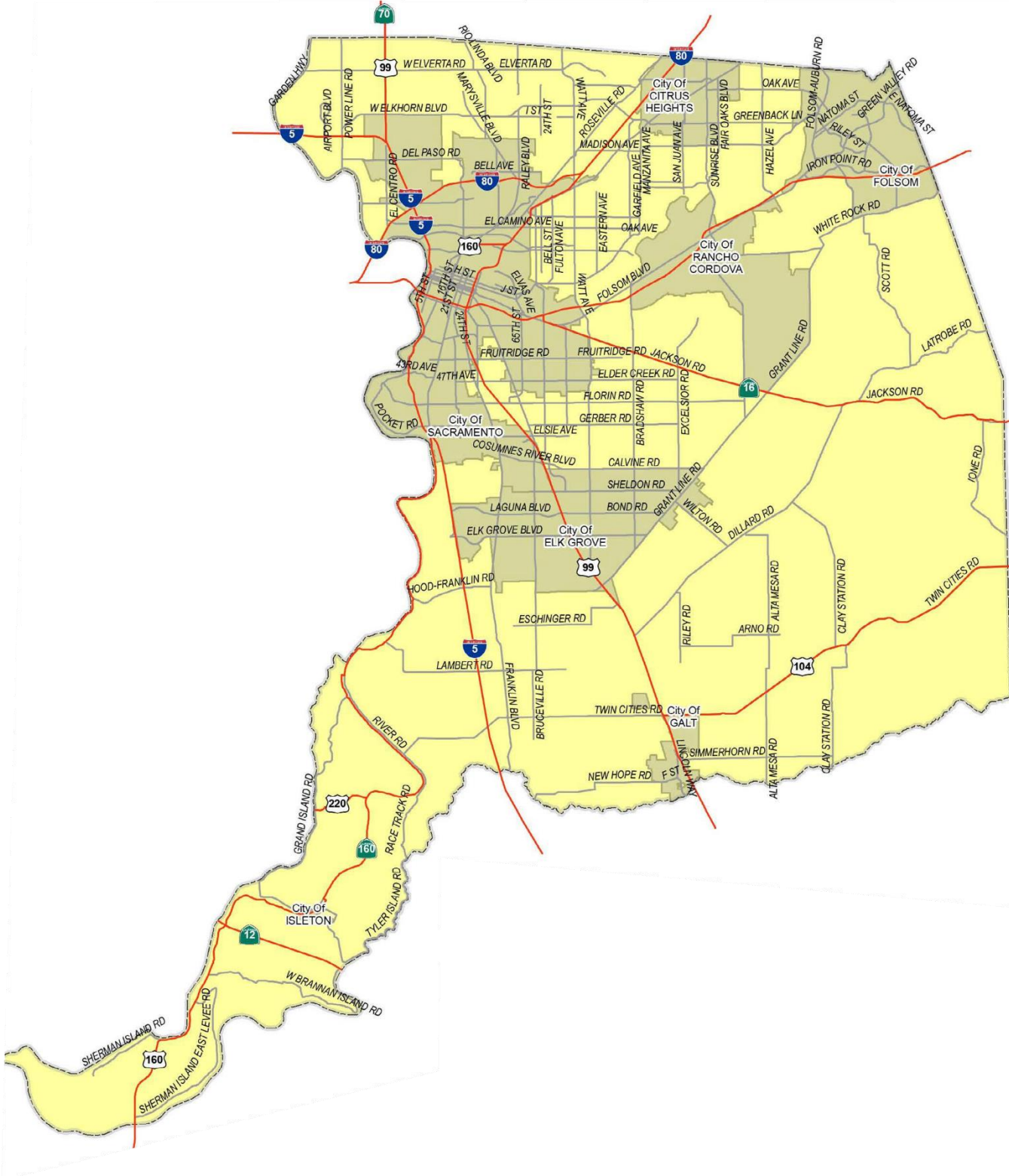
- Lorz maiv buatc nyei mienh ..... **800-222-FIND (3463)**
- Tengx mienh kouv guanh yiem Meih Guoqv ..... **800-733-2767**
- Box mbuox zaqc baeng ..... **443-HELP (4357)**
- Zaah mangc yiem ga'naaiv laengc ..... **800-222-1222**
- Sacramento nyei zoux gong dorngx (heuc mbuox dongh buatc wuom-guaengv baeng fai wuom yiemx langz-horngz) ..... **875-7246**
- SMUD nyei zipv khaeqv mienh dorngx Monday-Friday 7 dauh-anx.-7 da'nyeic anx. **888-742-7683**
- SMUD fiex mbuox dinc daic 24- norm ziangh hoc ..... **888-456-7683**
- PG&E 24-norm ziangh hoc service ..... **800-743-5000**

### Meih ganh nyei phone namc bev

Tim meih nyei mbuox caux hnyangx eiv bieqc kungx nyei dorngx.

<b>Buonh deic ndie</b>	<b>Jaix nyei ga'naaiv caux caux buangh doic</b>
Hoqc ziangx nyei ndie-sai _____	Home _____
Ndie- sai fujueiv _____	Horqc dorngh _____
gong dea maa _____	Nyei gong phone _____
<b>Goux nyei mienh deic zepv</b>	Nyei gong phone _____
Ga nyeic nyei qyanh _____	Fu jueiv _____
Hmuangv doic _____	Ganh nyungc _____
Neighbor _____	

# Fugc luqc D: Sacramento deic bung douh





## Sacramento mungv nyei ndie-sai biau v caux jiepv sih guanh nyei biau v

Naaiv deix sou duqv zorn g-mbenc yiem gun gorn wuov dauh bun cuovt daaih nyei leiz-zingh FEMAS, dangv waic nyei gorn U.S. Yietc zungv hnamv nyei jauv duqv yiem naaiv buonv sou se dongh yietc zungv fiev sou nyei mienh caux maiv zuqc za'gengh ei nzengc ninh mbuo nyei hnamv aqv fai gunv gorn wuov dauh bun daaih nyei leiz FEMA' aqv fai dangv waic nyei gorn U.S.

SACRAMENTO mungv nyei gunv gorn ciangv,  
SACRAMENTO mungv nyei gunv gorn mienh  
SACRAMENTO mungv nyei gunv gorn yiem ndie-sai  
SACRAMENTO mungv nyei zoux gong ndie-sai mienh  
UC DAVIS HEALTH

Meih haih mangc fai zorqv njiec yiem online  
[sacramentoready.saccounty.net/prepare/pages/are-you-prepared-guide.aspx](https://sacramentoready.saccounty.net/prepare/pages/are-you-prepared-guide.aspx).  
Meih aengx tim bieqc nyei waac yiem Sacramento mungv nyei dangv jiepv sih guanh  
Team (CERT) yiem [sfdcert.com](https://sfdcert.com).

Naaiv buonv faix nyei soux duqv Sacramento mungv dangv jiepv sih guang fiev daaih, UC Davis Health caux ganh norm zoux gog guanh caux Sacramento horngz dangv jiepv sih guanh.

# Buonh deic longc jienv nyeinamc bev

Yietc zungv douc wac fin maaih ninh nyei buonc deic-dung (916) cih cuotv maaih ganh nyungc dingc daaih nyei leiz.

## Jiepv sih nyei namc bev

Janx-baeng/Njoux douz/Njoux tengx .....911  
 TTY (Sacramento saengv) ..... 732-0110

## Yiem heuc nyei phones

Yiem Sacramento nyei saengv .....264-5151  
 Yiem ganh norm dorngx Sacramento mungv .....874-5111

## Jiepv sih nyei namc bev

**2-1-1** Sacramento saengv caux mungv (24 norm ziangh hoc zoux gong box mengh ... 211  
 TTY ..... 446-1434

**3-1-1** Sacramento saengv caux mungv (24 norm ziangh hoc zoux gong box mengh ...311  
 TTY ..... 808-8563

Dorh gorn nyei myei mienh Sacramento mungv .....875-5000  
 Sacramento mungv Sheri .....874-5115  
 TTY .....874-7128

Citrus Heights Janx-baeng .....727-5500  
 Elk Grove Janx-baen ..... 714-5115  
 Folsom Janx-baeng .....355-7231  
 Galt Janx-baeng .....209-366-7000  
 Rancho Cordova Janx-baeng .....362-5115  
 Sacramento mungv nyei Janx-baeng .....264-5471

## Caux ganh norm namc bev

Lorz maiv buac nyei mienh ..... 800-222-FIND  
 (3463) Tengx mienh kouv nyei Meiv Guoqv guanv ..... 800-733-2767  
 Box mbuox zaqc baeng ..... 443-HELP (4357)  
 Goux Poison ..... 800-222-1222  
 Sacramento nyei zoux gong  
 (heuc weic buac wuom-guaeng tong fai zuqc wuom yiemx .....875-7246  
 Tengx kaeqv mienh Monday-Friday 7 dauh anx .-7 da'nyeic anx 888-742-7683  
 SMUD Fienx mbuox dinc daic 24 norm ziangh hoc ..... 888-456-7683  
 PG&E Fu-sux 24/24 ..... 800-743-5000

Meih haih mangc fai zorqv njiec naaiv buonv njaaux nyei sou yiem online [sacramento.saccounty.net/prepare/pages/are-you-prepared-guide.aspx](https://sacramento.saccounty.net/prepare/pages/are-you-prepared-guide.aspx)

