

# Puas yo Khaub thusas (Mob khaub thusas),

## Ua npaw, los yog

## Hawb hnoos ?

Cov tsos mob

Mob khaub thusas

Ua npaw

Hawb hnoos

<b>Ua npaw</b>	Ceev kub xws yees thiab siab	Tsis nquag ntawm cov neeg	Tsis nquag. Yog tam sim nov, feem	
<b>Mob taub hau</b>	Nquag heev	Tsis nquag	Tsis nquag	
<b>Nkeeg thiab mob, mob nqaij, mob hauv siab</b>	Tsis ua cas, nquag xw yees	Mob me ntsis	Tsis nquag	
<b>Tsis muaj zog thiab qaug zog</b>	Nruab nrab mus raus qhov loj; Kav ntev txog 14-21 hnub	Me	Me mus rau ib nrab	
<b>Sab heev</b>	Tsis ua cas thaum pib mob	Tsis mob heev	Tsis tshua mob	
<b>Tsis hnov ntxhiab los yog lo ntswg</b>	Qee zaum	Nquag	Nquag, thaum xub pib mob	
<b>Txham</b>	Qee zaum	Nquag	Nquag, thaum xub pib mob	
<b>Mob caj pas</b>	Qee zaum	Nquag	Tsis nquag	
<b>Hnoos</b>	<b>Hom</b>	Tsis tsim khoom ("qhuav") Tsis hnoos heev; hnoos thuam sib hawm tsaus ntuj	Kev hnoos hawb pob, feem ntau tau tsim muaj, hnoos hmog ntuj yog tsawg, feem ntau yog tsim raus cov tsuaj zoo hnoos	Sib txawv; haum thaib tsis haum thiab hnoos hmog ntuj yog nquag; yog zoo li suab siab "ho", feem ntau tsis huam rau cov tshuaj zoo hnoos
	<b>Mob heev</b>	Mob tsis heev	Me mus rau ib nrab	Sib txawv; mob me ntawm cov neeg loj thiab mob ntau rau cov mos ab thiab me nyuam yaus
	<b>Sib hawm ntev</b>	Feem ntau yog 3-7 hnub; Qee zaus mus rau 14 hnub	Feem ntau yog 3-7 hnub	Hnoos tas li, yuav luag txhua sij hawm Ntau tshaj 1 lim tiام, yog 2-6 lim tiام, qee zaus ntau tshaj 10 lim tiام
	<b>Hnoos Tsis haum/haum</b>	Tsis nquag	Tsis tshua mob	Nquag
<b>Lub sij hawm mob</b>	1-2 hnub ua ntej tsos mob pib rau 5-10 hnub tom qab	Sib txawv: feem ntau yog 4-7 hnub tom qab pib tsos mob pib; yuav ua tau ntev dua	Pib ntawm kev muaj kua ntswg ntau (ua ntej hnoos pib) mus txog 21 hnub tom qab hnoos pib*	

\*los yog txog thaum noj tsib hnub ntawm cov tshuaj tua kab mob uas tsim nyog.

