Kev ua daim ntaub npog ntsej muag yam tsis tag yuav xaws

COV YUAV TAU NCO TXOG UAS PAB:

- Daim ntaub npog ntsej muag tsis yog ib txoj kev hloov tau qhov nyob sib nrug deb. Txoj kev tiv thaiv koj tus kheej thiab lwm cov neeg tau zoo tshaj plaws yog nyob twj ywm **#SaferAtHome**.
- Ceev faj tsis txhob chwv koj ob lub qhov muag, qhov ntswg, thiab qhov ncauj thaum tshem tawm koj daim ntaub npog ntsej muag.
- Ntxuav koj ob txhais tes tam sis tom qab tshem kiag.

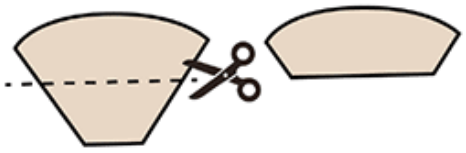
LUB TSWV YIM SIV DAIM NTAUB XWM FAB XWM MEEM BANDANA

Cov khoom:

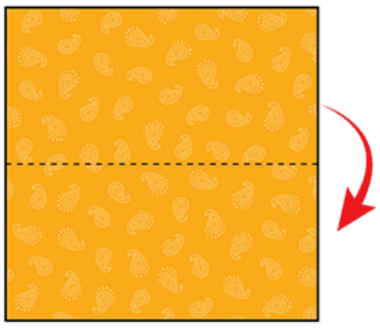
- Daim ntawv lim kav fes
- Daim ntaub xwm fab xwm meem bandana (los yog ntaub cotton 20" x 20")
- Cov roj hmab los yog hlua khi plaub hau
- Rab txiab

Cov kauj ruam

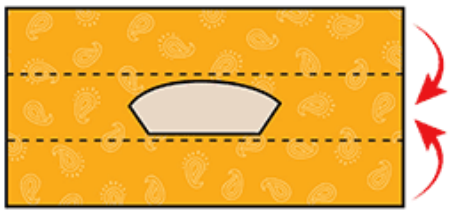
1 Muab lub qab ntawv lim kav fes txiav tawm



2 Muab daim ntaub xwm fab xwm meem bandana tais ua ib nrab.

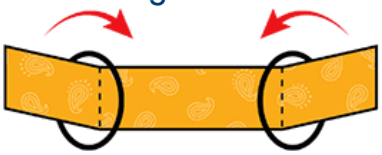


3 Muab daim ntawv lim kav fes pua rau hauv lub plawv ntaub. Tais tog saum toj ntawm daim ntaub bandana mus rau hauv lub plawv. Tais tog hauv qab ntawm daim ntaub bandanna mus rau hauv lub plawv.



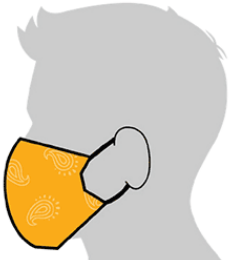
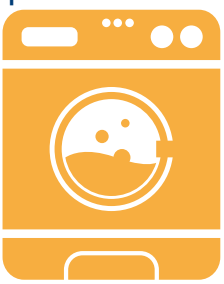
4 Muab daim ntaub ntxig rau cov roj hmab kom ncig rau ob tog, sib nrug deb li 6 yas ntiv tes.

5 Tais ib tog twg zus rov rau hauv lub plawv. Muab ib tog ntsaws mus rau ib tog.



6 Thaum tuav lub plawv ntaub uas tais tag nyob chaw, maj mam rub ib txoj roj hmab twg zus tawm kom ua tau voj voog ncig rau ob lub pob ntseg.

7 Muab khwb rau lub qhov ncauj thiab qhov ntswg thiab muab ob txoj yas rub mus khaub zig ncig ob lub pob ntseg.



8 Muab daim ntaub npog ntsej muag ntxuav thiab hloov daim ntawv lim kas fes tom qab txhua zaus siv tag.