

# Kev Tshawb Fawb Txog Cov Laus Uas Nyob Tau Noj Qab Nyob Zoo ntawm CalFresh

Ua ntej

|                      |                      |                      |                      |
|----------------------|----------------------|----------------------|----------------------|
| A-Z                  | A-Z                  | 01-12                | 01-31                |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |

|                    |                    |                |             |
|--------------------|--------------------|----------------|-------------|
| Thawj tug<br>ntawv | Thawj tug<br>ntawv | Lub HLI<br>Yug | HNUB<br>Yug |
| ntawm <u>koj</u>   | ntawm <u>koj</u>   |                |             |
| <u>lub</u> NPE     | <u>lub</u> XEEM    |                |             |

Hnub Tim \_\_\_\_\_

**Tus ID Yam Ntxim Ua ntawm Kev Pab Cuam Txog Kev Txheeb Xyuas Thaum Muaj Xwm Txheej Ceev Rau Menyua Yaus, Kev Lees Paub, thiab Kev Ruaj Khov (PEARS, Pediatric Emergency Assessment, Recognition, and Stabilization)** \_\_\_\_\_

(Koj tus kws qhia ntawv yuav muab tus naj npawb ID no rau koj)

**Tej lus nug no hais txog tej yam uas koj ua kom npaj thiab tswj zaub mov. Xav txog tej uas ib txwm koj ua zoo li cas.**

Xaiv ib nqe lus teb rau ib nqe lus nug twg.

1.



Koj puas haus kua txiv xyooob txiv ntoo, dej txhawb zog los sis kua txiv qab zib?

- |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| tsis haus             | haus qee sij hawm     | haus feem ntau        | haus txhua hnub       |

2.



Koj puas haus dej qab zib (soda) uas tsis txawv heev?

- |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| tsis haus             | haus qee sij hawm     | haus feem ntau        | haus txhua hnub       |

3. Txiv ntoo: Koj noj npaum li cas nyob rau hauv ib hnuv?



tsis noj li

½ khob



1 khob

1 ½ khob



2 khob

2 ½ khob



3 khob los sis tshaj ntawd

4. Zaub: Koj noj ntau npaum li cas hauv ib hnuv?



tsis noj li

½ khob



1 khob

1 ½ khob



2 khob

2 ½ khob



3 khob los sis tshaj ntawd

5.



Koj puas noj tshaj ib hom txiv hlab txiv ntoo txhua hnuv?

tsis noj

noj qee sij hawm

noj feem ntau

noj txhua hnuv

6.



Koj puas noj tshaj ib hom zaub txhua hnuv?

tsis noj

noj qee sij hawm

noj feem ntau

noj txhua hnuv

7.



Koj puas siv daim ntawv lo no thaum koj mus yuav khoom noj?



tsis siv



siv qee sij  
hawm



siv  
feem  
ntau



siv  
txhua  
zaus

8.



Koj cov zaub mov puas tag ua ntej yuav txog thaum lub hli yuav tag?



tsis tag



tag qee sij  
hawm



tag  
feem  
ntau



tag  
txhua  
hli

**Cov lug nug txuas ntxiv mus yog hais txog tej dej num hom khaj uas koj ua. Thov cim rau nqe lus teb uas hais tau yog tshaj plaws txog qhov uas koj ib txwm ua.**

9. Nyob rau lub lim tiam dhau los, muaj pes tsawg hnuv uas koj tau ua ev xaws xais qhov tsawg tshaj yog 30 nas this?

*Qhov no xam muaj tej yam xws li khiav ua si, ncaaws pob, thiab ua ev xaws xais los sis cov chav qhia dhia nkauj ua si, los sis cov yeeb yaj kiab ua ev xaws xais. Qhov sij hawm 30 nas this no tuaj yeem yog txhua yam nyob rau ib zaug los sis 10 nas this los sis tshaj ntawd nyob rau ib zaug. Tsis txhob xam tej haujlwm hauv tsev, kev zov koj tej menyuam, los sis kev taug kev ib qho rau ib qho.*



- |                              |                              |
|------------------------------|------------------------------|
| <input type="radio"/> 0 hnuv | <input type="radio"/> 4 hnuv |
| <input type="radio"/> 1 hnuv | <input type="radio"/> 5 hnuv |
| <input type="radio"/> 2 hnuv | <input type="radio"/> 6 hnuv |
| <input type="radio"/> 3 hnuv | <input type="radio"/> 7 hnuv |

10. Nyob rau lub lim tiam dhau los, muaj pes tsawg hnuv uas koj tau tawm dag zog txhawm rau tsim thiab ua kom koj cov nqaij muaj zog?

*Qhov no xam muaj tej yam xws li kev nqa qhov hnyav thiab kev ua ev xaws xais push-ups, zaum-sawv los sis cov phiaj.*



- |                              |                              |
|------------------------------|------------------------------|
| <input type="radio"/> 0 hnuv | <input type="radio"/> 4 hnuv |
| <input type="radio"/> 1 hnuv | <input type="radio"/> 5 hnuv |
| <input type="radio"/> 2 hnuv | <input type="radio"/> 6 hnuv |
| <input type="radio"/> 3 hnuv | <input type="radio"/> 7 hnuv |

11. Koj tsim kev hloov pauv me ntsis heev npaum li cas rau lub hom phiaj kom ciao sia dua?

*Qhov no xam muaj tej yam xws li kev mus ko taw es tsis txhob tsav tsheb, nqis tsheb npav nyob rau ib qhov chaw nres ua ntej yuav txog chaw, kev ua ev xaws xais ob pib nas this, los sis txav mus los es tsis txhob zaum thaum saib TV.*



- Ib txwm tsis ua li
- Ua tsawg heev (li ntawm 20% ntawm lub sij hawm)
- Qee sij hawm (li ntawm 40% ntawm lub sij hawm)
- Feem ntau (li ntawm 60% ntawm lub sij hawm)
- Yuav luag txhua zaus (li ntawm 80% ntawm lub sijhawm)
- Txhua zaus

**Cov lus nug tom ntej no yog hais txog koj thiab koj lub neej.**

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12. Nyob hauv lub hli dhau los, koj tsev neeg mus yuav zaub mov nyob rau qhov twg?

Xaiv tag nrho tej chaw uas nej tau mus. Tag nrho tej kev xaiv no tsis yog hauv online yog hais txog hauv kiab khw.

- Online, khw muag khoom noj haus los sis lwm yam khw
  - Khw loj/khw muag khoom noj loj xws li Safeway los sis Vons
  - Khw muag khoom noj me (3 lub tshuab txais nyiaj los sis tsawg dua)
  - Lub tsev khaws khoom ntau los sis lub kiab khw muag khoom ntau xws li Costco los sis Sam's Club
  - Khw muag khoom txo nqi xws li Target los sis Walmart
  - Khw muag khoom yuav yooj yim los sis khw ces kaum tsev xws li 7-11 los sis MiniMart
  - Qhov chaw rau neeg ua liaj ua teb muag khoom
  - Lub khw muag zaub los sis qhov chaw muag zaub
  - Tsev cia zaub mov, tsev yuav zaub mov, los sis lwm lub koom haum uas pub dawb
- 

13. Nyob rau xyoo dhau los, puas muaj ib tug twg ntawm koj cov menyuam (hnuv nyoog 18 xyoo los sis qis dua) tau kawm ntawv nyob rau ib qho twg ntawm cov nram qab no?

Xaiv txhua yam uas yog.

- Kuv tsis muaj cov menyuam uas hnuv nyoog 18 xyoo los sis qis dua
  - Tsev kawm ntawv dawb (Qib Menyuam Me txog Qib12)
  - Qhov kev pab cuam ua ntej thiab/los sis tom qab mus kawm ntawv **nyob ntawm lawv lub tsev kawm ntawv**
  - Qhov kev pab cuam ua ntej thiab/los sis tom qab mus kawm ntawv **tsis nyob ntawm lawv lub tsev kawm ntawv**
  - Kev pab cuam txog kev saib xyuas thaum ntxov thiab kev kawm (Early care and education, ECE) hauv **ib tug twg lub tsev**
  - Kev pab cuam txog kev saib xyuas thaum ntxov thiab kev kawm (ECE) hauv **chaw zov menyuam**
  - Kev pab cuam txog kev saib xyuas thaum ntxov thiab kev kawm (ECE) ntawm **tsev kawm ntawv**
- 

14. Koj tus zip code ntawm tsev yog li cas?

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15. Xaiv nqe lus teb uas hais yog tshaj plaws txog koj lub hnuv nyoog:

- 18-59 xyoo
  - 60-75 xyoo
  - 76 xyoo los sis siab dua
  - Xum tsis teb
- 

16. Xaiv nqe lus teb uas hais tau yog tshaj plaws txog ntwam koj qhov kev yog poj niam txiv neej:

- Txiv Neej
  - Poj Niam
  - Tsis yog ob hom
  - Tsis muaj nyob rau kev teev poj niam txiv neej
  - Xum tsis teb
- 

17. Xaiv txhua nqe lus teb uas haum rau koj haiv neeg:

- Neeg Asmesliskas Khab los sis Neeg Xeeb Txawm Nyob Teb Chaws Alaska
- Neeg Esxias
- Neeg Dub los sis Neeg Amesliskas Dub
- Neeg Xeeb Txawm Nyob Hawaii los sis Lwm Cov Neeg Pov Txwv Sab Dej Hiav Txwv Pacific
- Sab Hnuv Tuaj Nruab Nrab Teb los sis Qaum Teb As Fiv Kas
- Neeg Mev/Latino
- Neeg Dawb
- Xum tsis teb