

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

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

Tom qab

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

Hnub Tim _____

Tus ID Yam Ntxim Ua ntawm Kev Pab Cuam Txog Kev Txheeb Xyuas Thaum Muaj Xwm Txheej Ceev Rau Menyuaam 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 hnuv |

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 hnuv |

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 ciaj 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 peb 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

12. X
13. X
14. X

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 ntawm 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 nqe lus uas hais yog tshaj plaws tias txog koj haiv neeg:

- Neeg Mev/Latino
 TSIS YOG Neeg Mev/Neeg Mev Latino
 Xum tsis teb
-

18. 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
 Neeg Dawb
 Xum tsis teb