

Yuav kom koj noj qab nyob zoo thaum xeeb tub koj yuav tau noj tej yam li no txhua hnuab:

- tej yam xuas nplej ua (mov, qhaubcij, couscous, lossis hmoov pobkws),
- zaub,
- txiv ntoo,
- misnyuj, yogurt, lossis cheese, thiab
- nqaij thiab noob taum.

Tej yam uas koj ua lossis kov yuav ua mob rau koj tus menyuum. Thov txav deb ntawm tej yam li no:

- cov tshuaj tua kab, tshuaj ntxuav khoom, thiab xim tha ub no,
- pa luam yeeb,
- haus cawv (beer, wine thiab cawv ntsim), thiab
- tsis txhob haus ksfes, tshuaj yej, lossis pesxij ntau ntau. Haus cawv yuav ua rau koj tus menyuum xeeb tsis zoo, yuav ua rau lub hlwb puas, lossis yuav txo tau koj tus menyuum txojsia. Pa luam yeeb ua rau koj tus menyuum yug tau los me me lossis yug ntxov uas tsis tau txog caij.

**KUV YUAV MUS QHOV TWG THIAJ LI
TAU KEV PAB DAWB LOSSIS TSIJ TAU
THEM NYIAJ NTAU THAUM LUB SIJHAWM
XEEB TUB?**

Koj muaj peev xwm tau txais kev pab koj them tej nuj nqi uas kws kho mob tau pab koj thaum lub sijhawm koj xeeb tub. Qhov kev pab no yuav pab tau kom koj noj qab nyob zoo tu tub tu kiv. Txhua lub xeev yeej muaj ib qho kev pab. Yog xav paub ntxiv txog qhov kev pab nyob rau hauv koj lub xeev thov hu: 1-800-311-2229, lossis nug koj tus caseworker txog qhov no.

**Yog xav paub ntxiv txog kev
xeeb tub kom koj qab nyob zoo hauv
Internet, thov xyuas:**

www.nlm.nih.gov/medlineplus/prnatalcare
www.4women.gov/faq/prenatal
www.cdc.gov/ncbddd/bd/abc
www.kidshealth.org/parent/

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*Cov lus qhia ntawm no yog muab los ntawm
cov ntaub ntauv sau nyob rau hauv:*

*U.S. Department of Health and
Human Services*

*Qhov Chaw Ceev Kab Mob
(Centers for Disease Control)*

International Food Information

Council Foundation

March of Dimes

State Family Planning Administrators

Center for Health Training, WA

*Daim ntauv qhia no tsim thiab tshwm nyiaj pab
los ntawm Department of Health and Human
Services Office of Refugee Resettlement.*

KEV TIVTAUJ:

riht@uscridc.org

**U.S. Committee for Refugees and
Immigrants**

1717 Massachusetts Ave., NW

Suite 200

Washington, DC 20036

Xovtooj: 202 • 347 • 3507

Fax: 202 • 347 • 7177

www.refugees.org



**KeV Xeeb Tub Kom
Noj Qab Nyob Zoo
Healthy Pregnancy
(Hmong)**



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

Kev xeeb tub mas yog ib lub sijhawm tseem ceeb heev nyob rau ib tug pojniam lub neej. Daim ntawv no yuav qhia txog kev xeeb tub kom noj qab nyob zoo thaum lub sijhawm “nyuam qhuav paub” (“early detection”), kev “pab thaum lub sijhawm xeeb” (“prenatal care”), thiab noj tej zaub mov kom zoo.

LUB SIJHAWM NYUAM QHUAV PAUB YOG DABTSI?

Lub sijhawm nyuam qhuav paub yog thaum koj pib paub hais tias koj xeeb tub lawm. Thaum no nws yuav pab kom koj paub ceev koj tus kheej thiab koj tus menyuam.

YUAV UA LI CAS YOG KOJ XAV HAIS TIAS KOJ XEEB TUB LAWV?

Yog muaj tej yam qhia rau koj paub hais tias koj xeeb tub lawm, koj mus yuav tau cov khoom kuaj (testing kit) nyob tom tej khw muag tshuaj uas tsis tas yuav nqa daim ntawv yuav tshuaj mus yuav. Yog qhov khoom kuaj ntawd qhia hais tias koj xeeb tub tiag no ces yuav tsum tau mus ntsib kws kho mob. Koj tus kws kho mob mam kuaj dua thiab rov qhia rau koj paub ntixiv. Nws yog ib qho zoo uas koj yuav tau mus ntsib kws kho mob ntawm thawj ob lub hlis uas koj xeeb tub. Tus kws kho mob mam teb koj cov lus nug thiab kev xav paub txog xeeb tub. Nws yog ib qho tseem ceeb heev uas koj yuav tsum mus cuag kws kho mob kom sai li sai tau es thiaj pab tau koj kev xeeb tub.

KEV PAB THAUM LUB SIJHAWM XEEB TUB YOG DABTSI?

Kev pab thaum lub sijhawm xeeb tub yog tej kev uas koj mus ntsib kws kho mob kom lawv pab thiab soj ntsuam koj kev xeeb tub.

Ceev koj tus kheej thiab koj tus menyuam kom zoo xws li:

- yuav tsum mus ntsib kws kho mob pab kev xeeb tub thaum ntxov.
- yuav tsum mus kuaj koj tus kheej thiab koj tus menyuam kom raws sijhawm. Koj tus kws kho mob mam teem cov sijhawm rau koj mus ntsib nws nyob rau lub sijhawm thaum koj xeeb tub. Yuav tsum mus tsis txhob tu ncu!
- Ua raws li kws kho mob qhia.

Kev pab thaum lub sijhawm xeeb tub kuj yog tej kev tso ntshav mus kuaj, mus tsum tus menyuam, thiab lwm yam kev kuaj. Tej uas lawv ua no yog ua kom qhia tau hais tias koj thiab koj tus menyuam tsis muaj teebmeem dabtsi.

VIM LI CAS KUV THIAJ LI YUAV TSUM TAU KEV PAB?

Kev pab thaum lub sijhawm xeeb tub yog pab kom koj thiab koj tus menyuam noj qab nyob zoo. Cov menyuam uas lawv leejniam nrhiav kev pab thaum lub sijhawm xeeb tub feem ntau lawv yug tau lawv tus menyuam loj zoo, thiab menyuam tsis tuab. Kws kho mob yuav paub txog teeb meem ua ntej yog leej niam mus ntsib kws kho mob txhua txhua ib lossis ob lub hlis. Yog lawv pab tau thaum tseem ntxov yuav zoo dua li qhov teeb meem ntawd loj tuaj lawm. Mus ntsib kws kho mob kom

raws sijhawm yuav zoo rau koj thiab koj tus menyuam. Nug koj tus caseworker pab tswv yim seb koj yuav mus ntsib tus kws kho mob twg, lossis kev pab txhais lus.

YUAV UA LI CAS KUV THIAJ LI NTSIB KEV NOJ QAB NYOB ZOO THAUM XEEB TUB?

Yuav tsum ceev koj thiab koj tus menyuam kom noj qab nyob zoo thaum lub sijhawm xeeb tub es ua tej yam li no:

- haus rau khob mus rau yim khob dej, cov kua txiv hmab tseem, thiab misnyuj txhua hnub,
- noj tshuaj qab los uas muaj “Folic Acid”, “Iron”, thiab “Calcium”,
- taug kev ua evxawsxais,
- pw kom txaus,
- nug koj tus kws kho mob seb cov tshuaj uas koj noj puas zoo rau koj thiab koj tus menyuam,
- yuav tau mus txhaj tshuaj pab kom txhob raug khaub thuas, thiab
- tsis txhob pub kom koj nyuaj siab.

