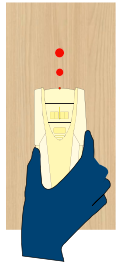
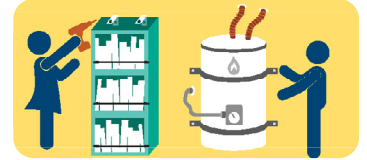


Khauj Ruam 1: Kom Koj Qhov Khi/Nyob Khov Kho

Xyha kauj ruam Tiv Thaiv Txhob Raug Mob los ntawm Av Qeeg



Qhov av qeeg co co kuj yuav ua tau ntau yam, loj los hnyav, txav tau. Xav tias yog koj lub tsev los yog chaw ua haujlwm tau raug av qeeg co zij ib sab rau ib sab los yog zij sauv rau hauv-dabtsi tej ntawd yuav raug ya mus ya los? **Koj yuav tiv thaiv qhov no li cas?**



PIB TAMSIM NO muab tej khoom loj xws li cov tub teeb ntawv txav kom deb ntawm tej txaj pw, xoos loos zaum, los yog lwm qhov chaw uas muaj tib neeg yuav zaum, pw, los yog nyob ntau rau. Muaj tej khoom hnyav hnyav los tso rau cov txee hauv qab thiab muab tej tub teeb ntawv khi/ntsia kom khov khov rau daim phob ntsa. Tag ces koj mam **mus nrhiav yam yuav raug mob** ntshiv mus xws li mus nrhiav thiab kho/khi khov kho tej yam xws tv, computers, rooj tog loj, lub taub rhaub dej kub rau lub tsev, etc. Siv daim ntawv hauv qab no mus yam khoom uas yuav tsum tau kho/khi kom khov thiab npaj lub tswv yim thaum twg yuav ua kom tiav. Kev qhia los mus pab kho/khi kom tej yam khoom khov kho muaj nyob rau ntawm EarthquakeCountry.org/step1.

**Yam Khoom
Yuav Tau Khi/Kho los
yog Txav**

**Nyob Qhov
Chaw Twg**

**Yuav Ua li
cas rau**

**Leej twg
yog tus ua**

Thaum twg

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