

# KHEES XAWS TAWV



nrog Masonic Cancer Center



MASONIC CANCER CENTER

UNIVERSITY OF MINNESOTA

## COV KEV PHEEJ HMOO

- Neeg txhua xim nqaij thiab txhua phaum hnuv nyooq tuaj yeem mob khees xaws tawv nqaij tau
- Keeb kwm tsev neeg txog ntawm khees xaws tawv nqaij
- Cov tawv nqaij uas kub hnyiab, hiav, liab yooj yim, los sis mob thaum raug tshav ziab
- Raug hluav taws duab ci (ultraviolet, UV) ntawm lub hnuv ntev ntev

## YAM QHIA THIAB COV TSOS MOB



Khov ua thaj nyias daj, tawv raws tawv nqaij



Su, liab tsheej thaj



Muaj tej chaw mob uas pheej tsis txawj zoo



Muaj tej pob los sis kev hloov pauv txawv txawv raws tawv nqaij



Muaj pob xim liab, xim paj yeeb, los sis xim liab ntshav uas loj hlob ceev



Muaj qhov txhab tuab, nyias, los sis me raws tej tawv nqaij



Muaj cov tee liab, daj, los sis liab ntshav



Muaj tee dub nyob rau xib taw los sis xib teg



Muaj tee dub hauv cov rau tes rau taw uas hloov pauv raws sijhawm

## COV LUS QHIA TXOG KEV KUAJ XYUAS

- Yog tias koj pom ib tee lossis ib qho chaw ntawm koj daim tawv nqaij uas loj tuaj, los ntshav, lossis hloov pauv rau txhua txoj kev, mus ntsib tus kws kho mob tawv nqaij los sis koj tus thawj kws kho mob yog tias koj tsis tuaj yeem mus ntsib tau tus kws kho mob tawv nqaij.

## KEV POV THAIV

- Hnav khaub ncaws tiv thaiv thiab looj tsum iav tiv tshav uas tiv thaiv koj ntawm lub hnub
- Nrhiav duab ntxoo nkaum txhua zaus thaum ua tau
- Siv tshuaj plevv thaiv hnub ci txhua 2 teev, tshwj xeeb tshaj yog thaum koj ua luam dej los sis ua kom tawm hws
- Zam kev siv cov txaj tiv tshav hauv tsev Kuaj tawv nqaij ntawm tus kheej kom xwm yeem

## PEB TUAJ YEEM PAB TAU KOJ:

- Nrhiav ib tug kws kho mob khees xaws
- Nkag mus rau cov kev xaiv txog kev sim kuaj mob los sis kev tso npe nkag
- Ua kom tau txuas nrog cov kev pab cuam uas muaj nyob hauv cov tsev kho mob thiab chaw kho mob ntawm UMN
- Tau txais cov kev pab txhawb rau cov neeg mob, cov tsev neeg, thiab cov neeg saib xyuas

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*Tshawb nrhiav Kev Tshaj Tawm Hauv Zej  
Zog thiab Cov Kev Pab Txhawb Txog Kev  
Sib Koom Tes*



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