

## Kauj Ruam 4: Ua Li Koj Tau Npaj Cia

Yuav tsum xyaum ua li tus qauv koj tau npaj no tsis tu ncuia thiab hloov tej yam tshiab ntxiv. Muab cov khoom noj ua yuav tas caij nyoog rho tawm ces txhab dua cov tshiab rau.

## Kauj Ruam 5: Mloog Xov Xwm

**Thaum muaj kev kub ntxhov, mloog xov xwm li nram no:**

- . WHBL 1330 AM
- . The Sheboygan Press
- . TV Channel 8 (Sheboygan) or 14 (Plymouth)
- . WHBZ 106.5 FM
- . WJUB 1420 AM
- . The Plymouth Review
- . WLKN 98.1 FM
- . WBFM 93.7
- . WXER 104.5

## Tej Chaw Qhia Txog Kev Pab Cuam

**Wisconsin Department of Health Services**  
[www.dhs.wisconsin.gov/preparedness](http://www.dhs.wisconsin.gov/preparedness)  
<http://pandemic.wisconsin.gov>

**Center for Disease Control & Prevention**  
<http://emergency.cdc.gov>  
[www.facebook.com/cdcemergency](http://www.facebook.com/cdcemergency)  
(888) 246-2675

**Wisconsin Emergency Management**  
<http://ready.wi.gov>  
[www.facebook.com/ReadyWisconsin](http://www.facebook.com/ReadyWisconsin)  
(608) 242-3232

**United Way 2-1-1**  
[www.unitedwayfoxcities.org/unitedway/2-1-1](http://www.unitedwayfoxcities.org/unitedway/2-1-1)  
[www.facebook.com/211UnitedWayFoxCities](http://www.facebook.com/211UnitedWayFoxCities)  
211 or (800) 924-5514

**Federal Emergency Management Agency**  
[www.ready.gov](http://www.ready.gov)  
[www.fema.gov](http://www.fema.gov)  
[www.facebook.com/FEMA](http://www.facebook.com/FEMA)  
1-800-BE-READY

**American Red Cross**  
[www.redcross.org](http://www.redcross.org)  
[www.facebook.com/redcross](http://www.facebook.com/redcross)  
Scenic Shores Chapter - Sheboygan  
457-7739

Xav paub ntxiv thov hu rau:  
Sheboygan County Division of Public Health  
1011 North 8th Street  
Sheboygan, WI 53081  
(920) 459-4382  
<http://www.sheboygancounty.com>

## Sheboygan County Division of Public Health



**Public Health**  
Prevent. Promote. Protect.

## Npaj Rau Thaum Muaj Kev Kub Ntxhov Disaster



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## Kauj Ruam 1: Npaj Lub Hom Phiaj

**Zaum tham nrog koj tsev neeg:** Saib cov kauj ruam nej yuav ua thaum muaj kev kub ntxhov

**Xaiv ib tug kwv tij phooj ywg tsis nyob koom zos:** Thov ib tug kwv tij los phooj ywg ua tus yuav tuav xam thaum muaj kev kub ntxhov rau nej tsev neeg mas sawv daws yuav tsum hu rau tus ntawd paub tias sawv daws nyob qhov twg.

**Npaj saib yuav tsum sib ntsib qhov twg:** Xais ib qho chaw uas nej yuav sib ntsib, yog nej sib cais lawm.

**Npaj txoj kev yuav sib txuas lus:** Yuav npaj kom muaj txoj hau kev rau tsev neeg sib txuas lus tau thaum muaj kev kub ntxhov, yam li ntaus sawv daws tej xov tooj cia rau hauv lub xov tooj ntawm tes.

**Kev yuav khiav tawm thiab qhov chaw sib ntsib:** Tej zaum twb ti tes ti taw lawm uas koj mam paub tias yuav tau khiav. Ua li mas txhua leej yuav tsum paub cov kev khiav tawm yooj yim tshaj ntawm qhov chaw ntawd.

**Npaj hau kev los pab cov neeg xiam oob khab:** Sau npe rau lawv cov khoom siv xws li lub kauj tog zaum, thiab lwm yam.

**Npaj hau kev los pab koj cov tsiaj hauv tsev.**

## Kauj Ruam 2: Npaj ib cov khoom rau thaum muaj kev kub ntxhov

Cov khoom no yog tej yam tseem ceeb yuav siv. Yuav tsum muab cov khoom no ntim rau tej lub thawv kom yoj lub qhov nrooj uas yuav khiav tawm tau. Tej yam yuav tau npaj kuj muaj li nram no, tab sis, kuj tsis yog tas li no xwb:

- Nyiaj & credit cards
- Lub tswb tshuab ntawm qhov ncauj, teeb nyem, roj teeb, lub tshuab mloog xov tooj cua rau roj teeb.
- Tshuaj noj, tsom iav qhov muag, roj teeb rau lub pob ntseg cuav
- Khoom noj tsis lwj kom kav 3 hnuv nrog tus qhib koom poom, thiab mis nyuj rau me nyuam mos.
- Npaj dej haus kom kav li 3 hnuv (ib taub dej rau ib tus neeg, ib hnuv)
- Cov ntaub ntawv tseem ceeb txog cov tib neeg
- Npaj tej khoom/twj uas siv rau tus neeg mob
- Cov khoom siv rau thaum raug mob (First Aid Kit)
- Pam los yog hnav pua pw
- Khaub ncaws hloov / khau rau

## Kauj Ruam 3: Cov koj yuav tsum muaj thi- ab ua

Yuav tsum paub tej yam li hais nram no ua ntej thaum yuav raug kev kub ntxhov:

**Utilities:** Paub kaw dej, kaw hluav taws (gas), thiab kaw hluav taws xob ntawm ncauj ciav los yog ntawm cov ntiv txais hluav taws.

**Lub taub tua hluav taws:** Qhia kom sawv daws paub siv lub taub tua hluav taws thiab nws nyob qhov twg.

**Tswb ntes pa taws thiab ntes pa Carbon Monoxide:** Yuav tsum nruab cov tswb no rau txhua txheej tsev thiab kuaj ntshis kom ua hauj lwm zoo/pauv cov roj teeb ib xyoos ob zaug.

**Insurance Coverage:** Saib tej ntaub ntawv pov hwm vaj tsev saib puas duav koj vaj tse, thiab khoom vaj khoom tsev.

**Lub cuab tam:** Teev koj cov khoom vaj khoom tsev khaws cia koj thiab paub tias koj lub cuab tam muaj li cas koj thiaj qhia tau rau qhov chaw pov hwm vaj tse paub.

**Cov ntaub ntawv tseem ceeb:** Tsev neeg cov taub ntawv tseem ceeb yuav tsum muab khaws cia kom zoo rau ib qho chaw.