



BE HEALTHY. BE SAFE. BE READY.

**Yog Tswv Cuab Los Ntawm:**



**Nrog Sib Tham Pab Tswv Yim:**

CLUES

(Comunidades Latinas Unidas En Servicio)

MAAATEN

(Minnesota African American / African Tobacco Education Network)

STEEP

(Statewide Tobacco Education & Engagement Project)

Yog xav paub ntxiv txog rog dhau, mus xyuas [www.echominnesota.org](http://www.echominnesota.org)

Xav tau ib daim DVD ntawm txog kev cob qhia no, sau e-mail qhia koj lub npe thiab chaw nyob xa rau [centerinfo@bluecrossmn.com](mailto:centerinfo@bluecrossmn.com).

Yog koj yeej hu xov tooj no ces hu tau tus xov tooj no 1-800-760-0052 (hu dawb).

Xav paub tau ntxiv txog

ECHO cov hauj lwm, nug tau:

Lillian McDonald, *Executive Director*  
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[www.echominnesota.org](http://www.echominnesota.org)



# Rog Dhau thiab Kev Noj Qab Nyob Zoo

## Yog rog dhau yuav muaj mob thiab yuav ua li cas thiaj noj qab nyob zoo

Koj tsis xav kom muaj tej yam dab tsi ua rau koj txhob muaj kev kaj siab thiab noj qab nyob zoo. Tab sis koj puas paub hais tias yog rog dhau lawm kuj ua tau rau cov neeg laus thiab menyuum muaj mob?

ECHO (Emergency, Community and Health Outreach) zoo siab tshaj tawm hauv TV rau ib tsoom saib kom paub txog hais tias yog leej twg rog dhau yuav muaj mob, yuav tau xyaum ua kom txhob rog thiaj li muaj kev noj qab nyob zoo.

Qhov tshaj tawm no muaj hais ua 8 yam lus nyob hauv TV tsoom *tpt*'s Minnesota Channel.

### Hnub Vasthiv, May 1:

- Lus Mev - 7:00 p.m.
- Lus Hmoob - 7:20 p.m.
- Lus Somali - 7:40 p.m.

### Hnub Vasthiv, May 8:

- Lus Nyablaj - 7:00 p.m.
- Lus Nplog - 7:20 p.m.
- Lus Khmer - 7:40 p.m.

### Hnub Vasthiv, May 15:

Lus Askiv (Sau cov lus) - 7:00 p.m.

Cov neeg saib yuav paub hais tias yog leej twg rog dhau yuav muaj mob, yog li yuav tau xaiv tej zaub mov noj kom tus nqi phem yig, xyaum dhia ua si thiaj tsis rog, thiab yuav nrhiav kev pab li cas rau yus tus kheej thiab tsev neeg.

Txoj kev, "Rog Dhau thiab Noj Qab Nyob Zoo" kuj muaj ua ob peb yam lus thiab sau ua ntawv Askiv rau cov neeg lag ntseg nyob ntawm [www.echominnesota.org](http://www.echominnesota.org).

