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Cov Khoom Hlawv Ncho Pa

Ib yam ntxiv uas ua tau hluavtaws kub nyiab yog haus npawslis, luam yeeb, thiab yeeb nkab.

- Yog leej twg hauv koj lub tsev haus luam yeeb, yuav tsum muab ib lub tais uas muaj lub qab dav coj los cug cov tshauv.
- Tsis txhob muab lub tais cug tshauv laub rau hauv lub thooob khibnyawb yog koj tsis paub tseeb xyov puas tseem kub lawm. Muab ob peb ncos dej hliv rau kom tuag meej.
- Kuaj rooj tog kom zoo kom tsis txhob muaj tshauv.



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Saib Xyuas Menyuum

Txhua xyoo, muaj ntau nrooj kub nyiab hauv tsev thiab sab nraum zoov yog tshwm sim los ntawm qhov menyuum yaus ua si nrog ntais ntawv thiab teeb ntais. Menyuum yaus mas lawv xav xav paub txog hluavtaws heev. Qhov no ua tau kev kasdaas heev.

- Hauv tsev kawm ntawv, peb qhia menyuum yaus kom tsis txhob ua si nrog ntais ntawv thiab teeb ntais.
- Menyuum raug qhia kom lawv paub mus hais qhia cov laus yog lawv pom ntais ntawv thiab teeb ntais es hais kom cov laus muab coj mus cia.
- Yuav tsum muab ntais ntawv thiab teeb ntais cia hauv ib qhov chaw zoo kom menyuum ncav txhob cuag.