

# Cov Cim Qhia Txog Thaum Menyuum Mos Raug Ua Phem Ntawm Lub Cev

Menyuum mos qhia tsis tau rau peb thaum muaj dab tsi tsis zoo tshwm sim, tiam sis yeej muaj cov cim qhia tau hais tias thaum twg tej zaum koj yuav tau koj koj tus menyuum mus txais kev kho mob.

## Kev ua phem rau lub cev yog dab tsi?

Kev ua phem rau menyuum mos lub cev txhais tau hais tias ib tug neeg uas saib xyuas tus menyuum txhob txwm ua rau tus menyuum raug mob. Cov menyuum mos uas muaj hnub nyoog yau dua 6 hli muaj feem raug kev ua phem rau lub cev ntau dua cov menyuum uas loj dua.

Kev ua phem tshwm sim tau los ntawm txhua tus neeg uas saib xyuas tus menyuum mos, xws li cov neeg zov menyuum, cov txheeb ze, cov neeg uas tsev neeg paub thiab ntseeg siab, lossis tus menyuum leej niam leej txi lossis tus neeg tu nws. Qee yam piv txwv ntawm kev ua phem rau menyuum mos muaj xws li ncaws, nchos, de tawv nqaij, tom, ntaus nrig, xuas tes npuaj, ntaus, zawm caj pas, thiab hlavv kub hnyiab.

Qee zaus muaj xwm txheej xav tsis txog ua tau rau menyuum mos raug mob tab txawm tus neeg saib xyuas yeej ceev faj lawm. Qhov tseem ceeb dua plaws ces yog nrhiav kev kho mob kom sai tam sid.

## Cov cim qhia tau tias tej zaum muaj kev ua phem rau lub cev

Qee yam kev raug mob ntawm menyuum mos tej zaum yuav yog ib qho cim qhia tias muaj teeb meem kev tsis noj qab haus huv lossis muaj kev ua phem rau lub cev. Cov kev raug mob no tsis tshua pom muaj rau cov menyuum mos uas hnub nyoog yau dua 6 hli vim lawv tseem txav tsis tau mus los ces tsis tshua ua rau lawv tus kheej raug mob. Yog koj pom ib yam ntawm cov cim hauv qab no, ces yeej meem nrhiav kev kho mob tam sid.

### Nqaij doog lossis raug mob ntawm txheej tawv

Kev raug mob txhua yam ntawm tus menyuum mos uas tseem txav mus los tsis tau yog ib yam uas yuav tsum tau ceev faj.

#### Saib xyuas cov cim no:

- Nqaij doog ntawm lub cev.
- Raug khawb, hnyav tom, lossis lwm yam cim txawv txav ntawm daim tawv nqaij.
- Kev raug mob ntawm lub qhov ncauj lossis ntsej muag, xws li los ntshav ntawm qhov ncauj, qhov ntswg, lossis qhov muag.

Cov kev raug mob no yuav tsum tau koj mus rau kws kho mob kuaj.



### Kev raug mob rau lub taub hau los ntawm kev ua phem

Kev raug mob rau lub taub hau vim kev ua phem (qee zaum hu ua Shaken Baby Syndrome) tshwm sim thaum ib tug menyuum mos raug nchos hnyav heev. Qhov no ua tau rau lub hlwb puas, raug mob loj, lossis tuag tau.

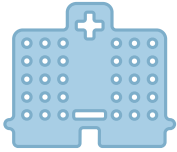
#### Cov cim uas yuav tsum tau ceev faj:

- Tus menyuum tsis teb thaum raug kov lossis thaum muaj suab nrov los yog suab neeg hu.
- Tsaug zog heev lossis sawv nyob tsis taus li.
- Ntuav (ntau thiab hnyav dua kev ua qais).
- Noj mov lossis haus mis tsawg dua qub.
- Daj ntseg lossis muaj xim nqaij txawv txawv.
- Qaug dab peg.
- Quaj ntau dua ib txwm thiab ntxias tsis tau li.

Yog koj tus menyuum muaj ib yam ntawm cov cim no, nrhiav kev pab kho mob kom sai tam sid.



## Yuav ua li cas yog koj muaj kev txhawj xeeb



### Nrhiav kev kho mob tam sid

Hu rau 9-1-1 yog tias yog xwm txheej kub ceev. Yog tsis yog xwm txheej ceev ces coj tus menyuam mus rau chaw kho mob ceev (urgent care) lossis chaw xwm txheej ceev (emergency room).



### Sau cia yam uas koj pom

Thaum koj pom qhov kev raug mob ntawd, leej twg yog tus tab tom saib xyuas koj tus menyuam? Puas muaj kev hloov pauv dab tsi ntawm tus menyuam tus cwj pwm? Yog koj ua tau, thov thajj duab khaws cia.

## Yuav ceeb toom li cas yog koj xav tias muaj kev ua phem rau lub cev

Yog koj xav tias koj tus menyuam tej zaum raug tsim txom, koj muaj cai ceeb toom qhia qhov xwm txheej ntawd.

- Hu rau lub chaw pab cuam zej zog (social services agency) ntawm lub nroog (county) lossis pawg neeg Qhab (Tribal) uas koj tus me nyuam nyob. Koj nrhiav tau daim ntawv teev npe cov chaw no ntawm [Minnesota Department of Children, Youth, and Families Directory of County and Tribal Child Protection Agencies](https://dcyf.mn.gov/directory-county-and-tribal-child-protection-agencies) (<https://dcyf.mn.gov/directory-county-and-tribal-child-protection-agencies>) qhov website.
- Yog xav ceeb toom qhia txog kev ua phem tsim txom uas xav tias tej zaum tshwm sim hauv cov chaw zov menyuam (childcare centers), hu rau Minnesota Department of Children, Youth, and Families Intake Line ntawm 651-539-8222 lossis xa email mus rau [dcyf.licensingintake@state.mn.us](mailto:dcyf.licensingintake@state.mn.us).

## Cov kev pab ntxiv

Muaj ntau yam kev pab rau cov niam txiv thiab cov neeg saib xyuas menyuam uas xav tau kev txhawb nqa ntxiv.

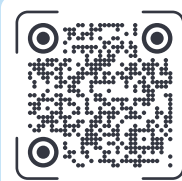
- [Community Resource Centers](https://dcyf.mn.gov/community-resource-centers) (<https://dcyf.mn.gov/community-resource-centers>) muab kev txhawb nqa uas hwm thiab nkag siab txog ntau haiv neeg kab lis kev cai, siv kev sib raug zoo ua lub hauv paus, thiab pab qhia kev nrhiav thiab txuas mus rau cov kev pab cuam rau tsev neeg uas tab tom xeeb tub, cov niam txiv uas tab tom tu menyuam, thiab cov hluas.
- [Help Me Connect](https://helpmeconnect.web.health.state.mn.us/HelpMeConnect) (<https://helpmeconnect.web.health.state.mn.us/HelpMeConnect>) yog qhov chaw teev cov kev pab cuam thiab ntau ntawv pab rau cov tsev neeg uas tab tom xeeb tub lossis tab tom tu menyuam yau, thiab rau cov neeg ua haujlwm pab txhawb lawv.
- [TEN-4-FACEs](https://www.house.mn.gov/comm/docs/I7V1cjt1Hkyhzs4KS1mysw.pdf) (<https://www.house.mn.gov/comm/docs/I7V1cjt1Hkyhzs4KS1mysw.pdf>) yog ib qho cuab yeej kuaj mob uas ntseeg siab tau. Cov kws kho mob siv qhov cuab yeej no los txheeb xyuas cov nqaij doog lossis qhov txhab uas ua rau muaj kev txhawj xeeb ntawm tus menyuam mos lub cev, ntsej muag, lossis hauv qhov ncauj, uas tej zaum yuav yog cov cim qhia tias tus menyuam raug ua phem rau lub cev.

### Kev tiv toj

Minnesota Department of Health  
Child and Family Health Division  
625 Robert Street N, St. Paul, MN 55164  
651-201-3650 | [health.mch@state.mn.us](mailto:health.mch@state.mn.us)

Yog xav tau cov ntau ntawv no ua lwm hom ntawv, hu rau 651-201-3650.

June 2026



**Ntaub  
ntawv ntxiv**

**Muab xov tooj tsoom tus QR code  
lossis mus saib:**

[www.health.state.mn.us/people/  
womeninfants/infantabuse.html](http://www.health.state.mn.us/people/womeninfants/infantabuse.html)