

**Kev qhia txog koj tus nyuam tom qab kho hniav tag.**

5% feem pua cov kua tshuaj uas siv txhuam pleev rau hniav kom ruaj khov uas tau muab los pleev tiv thaiv koj tus me nyuam cov hniav hnuv no. Siv cov tshuaj no yog ib qho zoo uas yuav pab tiv thaiv thiab ua rau cov hniav ruaj. Yuav kom ruaj khov zoo, thov ua raws hais nram qab no.

- Tsis txhob txhuam los siv hlua daws kis hniav mus li 4-6 teev tom qab ua tag lawm
- Yog ua tau, cia ib hnuv tom qab ntawm mam txhuam thiab siv hlua daws
- Hnuv ntawm noj tej yam zaub mov muag
- Tsis txhob haus dej kuj thiab yam dej haus uas muaj cawv tov rau los sis dej qab zib rau hnuv ntawm.

Koj tus me nyuam yuav hnov cov tshuaj uas muab pleev rau nws cov hniav. Thaum rov txhuam los siv hlua daws kis hniav ob peb hnuv tom qab ntawm, cov tshuaj mam li nti ntawm.