

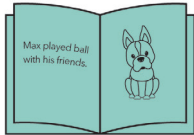


YAM TEEB MEEM KEV POM KEV TWG UAS KEEV POM MUAJ TSHWM SIM RAU COV ME NYUAM?



Kev pom kev ze, Kev pom kev deb, & Kev pom kev tsis tseeb yog co mob uas tuaj yeem kho tau yam yooj yim los ntawm kev kuaj xyuas qhov muag thiab kev siv tsom iav qhov muag los ntawm tus kws kho mob qhov muag.

Kev pom kev ze (Pom kev ze) ua rau ntsia tsis pom tej yam uas nyob deb, xws li cov ntawv nyob ntawm daim phiaj sau ntawv siv mem hmoov, uas yog ntsia pom plooj plooj, tab sis yam uas nyob ze, xws li phau ntawv, yuav ntsia pom tseeb.



Ntsia pom tseeb rau tej yam nyob ze-sab sauv

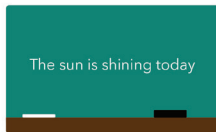


Ntsia pom tej plooj plooj rau tej yam nyob ncuab deb

Kev pom kev deb (Pom kev deb) yuav ua rau ntsia tsis pom ytej am uas nyob ze, xws li phau ntawv, yuav ntsia pom plooj plooj, tab sis yam uas nyob deb, xws li cov ntawv nyob ntawm daim phiaj sau ntawv siv mem hmoov, yuav ntsia pom tseeb.



Ntsia pom plooj plooj rau tej yam nyob ze-sab sauv



Deb pom tseeb rau tej yam nyob ncuab deb

Pom kev tsis tseeb yog ib qho sab nkhaus tshwm sim txawv txawv rau ntawm lub ntsiab muag. Yeem muaj sab nkhaus tshwm sim rau ntawm lub ntsiab muag loj npaum li cas, yeem ua rau muaj teeb meem rau tus me nyuam qhov kev pom kev loj npaum li ntawd. Qhov no yuav ua rau nws ntsia pom txhua yam plooj plooj, tsis hais nyob ncuab deb.



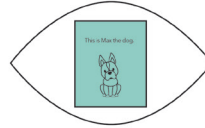
Tag nrho ob yam ncuab ze thiab ncuab deb los yeej pom plooj plooj



Kev pom pos huab niab & Kev pom laj muam yog cov teeb meem kev pom kev uas keev tshwm sim huam sai dua. Yog tsis tau txais kev kho los ntawm ib tus kws kho mob qhov muag, tej zaum kuj yuav ua rau tus me nyuam tsis pom kev mus ib txhis.

Kev pom pos huab niab qee zaum yog muab hu ua “qhov muag pom kev qeeb.” Yog tias mob qhov muag pom pos huab niab, kev pom kev ntawm ib sab qhov muag tsis zoo vim lub qhov muag thiab lub hlwb tsis ua hauj lwm ua ke zoo. Lub qhov muag nws yeej zoo li qub ib txwm, tab sis yuav tsis raug siv zoo li qub ib txwm vim lub hlwb mus txhawb lwm sab eye qhov muag lawm. Kev ntes kom tau tus mob thiab kev kho tus mob qhov muag pom pos huab niab thaum ntxov yog ib qho tseem ceeb heev thiab tuaj yeem cawm kho tau tus me nyuam qhov kev pom kev.

Lub Qhov Muag Sab Laug



Lub Qhov Muag Sab Xis



Kev pom kev uas pom tsis tseeb nyob rau lub qhov muag sab xis

Kev pom laj muam qee zaum yog muab hu ua “qhov muag pom txauv sab.” Yog tias mob qhov muag pom laj muam, ob lub qhov muag ntsia tsis sib ncaj los sis mus tsis tau ib seem ua ke lawm. Yog qhov teeb meem nod tsis tau txais kev kho kom zoo, nws tuaj yeem dhau mus ua mob qhov muag pom pos huab niab tau. Tuaj yeem kho tau kev pom laj muam uas yog siv tsom iav qhov muag, los sis qee yam teeb meem, kuj yuav tau phais. Yog koj ntsia pom tias koj tus me nyuam ob lub qhov muag ntsia tsis raws seem lawm, koj tus me nyuam yuav tau mus cuag ib tus kws kho mob qhov muag.



Kev pom kev zoo tseem ceeb heev rau koj tus me nyuam qhov kev tsim kho thiab lawv cov kev muaj yeej nyob rau sab hauv thiab sab nrhauv ntawm chav kawm ntawv. Yog hais tias koj muaj qee yam lus nug hais txog kev pom kev zoo, thov hu rau koj tus me nyuam tus neeg tu mob tom tsev kawm ntawv, tus kws qhia ntawv, los sis [Prevent Blindness Wisconsin](http://PreventBlindnessWisconsin.org) tau ntawm 414-765-0505 los sis sau email rau info@pbwi.org. Thov mus saib peb lub vas sab tau ntawm: wisconsin.preventblindness.org.