

Ua Li Cas thiaj Cug tau ib co Quav Coj Mus Kuaj

Nyeem tag nrho cov lus qhia ua ntej koj pib cug cov quav. Tseem ceeb heev kom ua raws li cov lus qhia xwv kom koj cug tau cov quav sai li sai tau. Ua li no yuav pab kom tej kev kuaj yuav thwj.

Ua ntej koj pib, sau tej xov xwm rau ntawm lub hwj cug quav. Thaum koj npaj tau lawm, ua raws li tej theem:

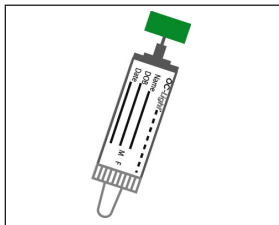
1. Sau koj cov khoom ua ke: daim ntawv cug quav, lub hwj cug quav thiab rab diav cug.
2. Tso daim ntawv cug quav sab hauv lub qhov viv sab saum cov dej.
3. Tso cov quav rau saum daim ntawv cug quav.
4. Muab cov quav los ntawm daim ntawv ua ntej daim ntawv tog mus hauv dej thiab cov quav ntub dej.
Ua raws li tej lus qhia rau daim ntawv sab nram qab.
5. Tso dej ntawm lub qhov viv mus. Daim ntawv cug quav yeej yuav yaj mus (tsis muaj xwm txheej li cas rau lub ntiaj teb) thiab yuav tsis kawj teeb meem rau cov kav dej liam sim.

Hnub uas cug tau cov quav:

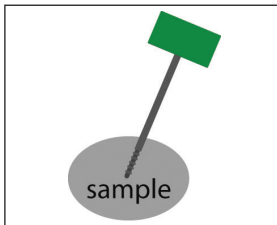
Xa cov quav uas cug tau rov qab los ua ntej ob lim piam:

Yog koj muaj lus nug dab tsi, hu qhov Chaw Kuaj Ntshav Kuaj Zis:

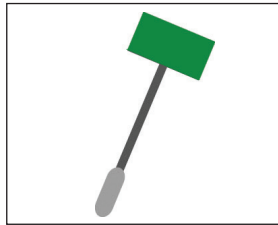
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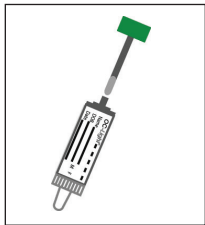
1. Tshem lub hau ntsuab thiab rub los.



2. Siv rab diav kuam ib co quav ntawm tawb quav.



3. Ua kom qhov chaw uas muaj tej qhov tawg pleb lo lo quav tas.



4. Muab rab diav ntxig rau hauv lub hwj cug quav thiab tig lub hau rau sab xis. Nov yuav ua rau hwj ntawd kaw tau zoo. Tsis txhob rov qab qhib hwj cug quav no.

5. Xa lub hwj cug quav mus rau qhov chaw kuaj ntshav kuaj zis. Koj muaj cai nqa mus rau qhov chaw kuaj ntshav kuaj zis los sis xa rov qab tuaj hauv hnab ntawv uas nyob nrog hwj no.