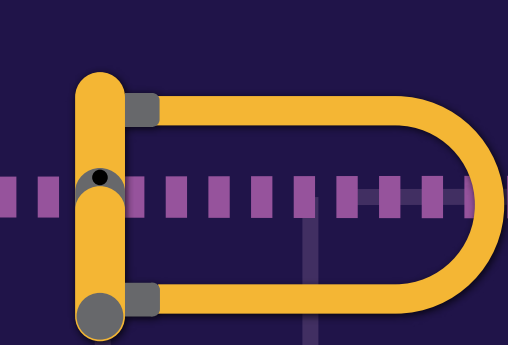


Muab Lub Nees Zab Xauv Cia

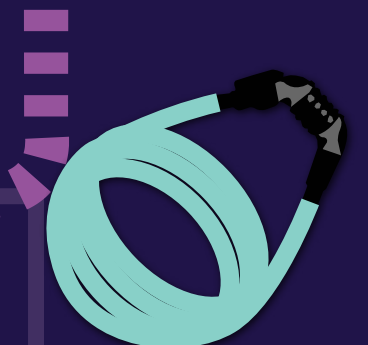
Muab xauv rau cov cuam rau nees zab lossis cov ncej paib. Txhob muab xauv rau cov ntoo, cov pas tuav lossis cov ncej teeb liab teeb ntsuab.



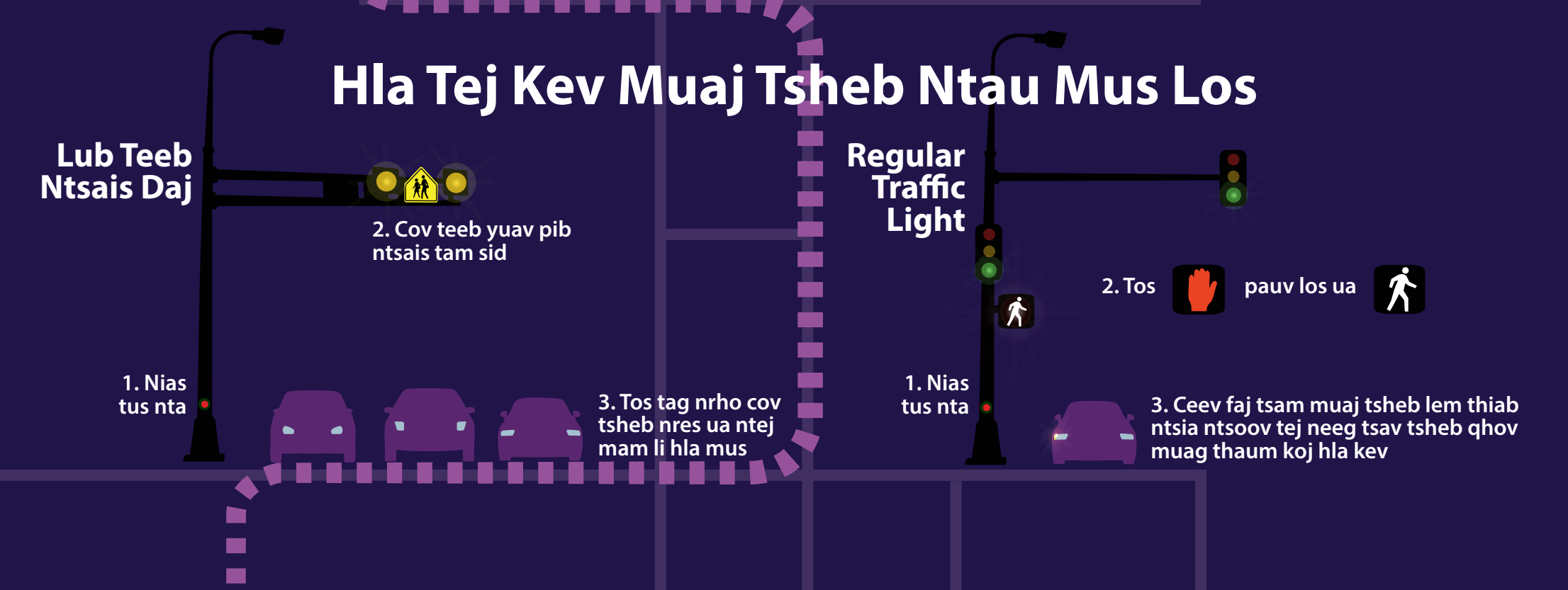
Yuav muab nees zab xauv licas thiaj li yog: Muab lub khaug khaum nees zab thiab ib lub log xauv rau tus cuam



Lub ntsuas phoo "U-lock": Yog lub zoo tshaj plaws tiv thiaiv tub sab



Cov ntsuas phoo muaj hlua: Zoo dua li tsis xauv, tabsis ib pliag xwb yeej yuav txiav tau



Hla Tej Kev Muaj Tshab Ntau Mus Los

Lub Teeb Ntsais Daj

1. Nias tus nta
2. Cov teeb yuav pib ntsais tam sid
3. Tos tag nrho cov tshab ntes ua ntej mam li hla mus

Regular Traffic Light

1. Nias tus nta
2. Tos pauv los ua
3. Ceev faj tsum muaj tshab lem thiab ntsia ntsuov tej neeg tsav tshab qhov muag thaum koj hla kev

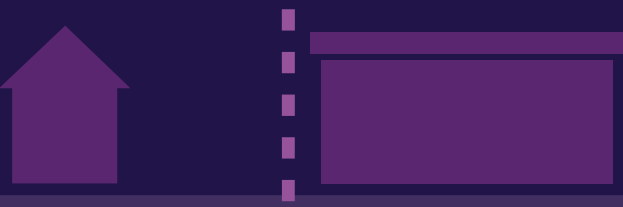


Lub Tsev Kawm Ntawv Loring School, Nqes Npav es Mus Kotaw, Minneapolis Sab Qaum Teb

Pib Ua ib lub Npav Taug Kev Mus Tsev Kawm Ntawv

Lub npav taug kev yog is pab meyuam mus kawm ntawv ua kev nrog ib tug los yog ob peb tug neeg laus. Nws zoo li ib pab neeg caij tsev ua kev - tabsis tsis muaj lub tsev - nws kuj ua rau lub cev muaj zog thaib muaj caij nyooq tham nrog teg phooj ywng thiaib neeg zej zog. Thaum yuav pib taug kev ua kev, xaiv txoj kev thiaib xub mus xyua txoj kev ua ntej. Tom qab ntawv, caws lwm cov neeg nrog koj taug kev ua kev. Txiaiv txim siab saib koj pab neeg yuav taug txoj kev ntawv heev npaum cas, thiaib hloov cov coj rau sawv daws sib xyuam. Nyob tom tsev kawm ntawv, cov neeg ua hauj lwm, cov xibfwb, cov pab rau menyuum thiaib niam txiv, thiaib cov ua hauj lwm rau lub nroog Minneapolis Safe Routes mus tom tsev kawm ntawv yog cov neeg yuav pab muaj tswv yim pub tua rau koj.

Yuav nrhiav tau xov xwm ntxiv rau ntawm walkingschoolbus.org thiaib sss.mpls.k12.mn.us/sr2s



Nyob Deb Dhau es Mus Kotaw Tsis Tau Lov?



Lub Tsev Kawm Ntawv Lyndale School, Lub Npav Taug Kev Mus Tsev Kawm Ntawv, Minneapolis Sab Qab Teb

Pib ua ib qho kev nqes npav los mus kotaw

Neov yog ib yam tswv yim pab rau cov menyuum xyuam taug kev mus kawm ntawv. Piv txwv txoj kev kawm, thaum lub npav nre lawm tom tsev kawm ntawv, nws nre deb zog kom cov menyuum tau xyuam taug kev nrog cov xibfwb thiaib lwm cov menyuum. Yog xav pab cov menyuum nqi npav thiaib coj lawv taug kev mus ntag lawv lub tsev, hu tau rau Minneapolis Public Schools Safe Routes.

Ua ib qho kev caij nees zab ua kev

Caij nees zab mus ob mile tsuas siv li kaum ob feeb xwb neiv! Ib qho kev caij nees zab ua kev yog ib pab menyuum thiaib neeg laus uas coj kev mus caij nees zab ua kev mus tsev kawm ntawv. Cov pab caij nees zab ua kev yuav tsum mus cov cov kev hauv lub zej zog uas tsis tshua muaj tshab ntau mus los, lossis mus cov kev caij nees zab uas tsis muaj tshab kiag li. Yuav tau xov xwm ntxiv txog cov kev caij nees zab ua kev, cia li mus saib "Bike Trains, Fire Up Your Feet," fireupyourfeet.org/resources/bike-trains.

Nres Tshab es Mus Kotaw

Yog tias tib txoj kev uas koj yuav thauj tau koj tus tub ntxhais kawm ntawv mus tsev kawm ntawv yog tsav tshab xwb ces, cia li xav seb puas zoo nres tshab ib nyuag deb ntawm lub tsev kawm ntawv es taug ntu kev kawg nkaus ua ke mus. Ua li no thiaj yuav pab kom cov kev txhob swb thiaib koj kuj yuav tau siv sijhawm nrog koj tus menyuum.

Taug kev mus lwm qhov chaw

Koj kuv siv daim qhia kev no los mus nrhiav txoj kev zoo tshaj plaws mus lub tshav ua si ua nyob ncaj ke, lub tsev cia ntawv lossis lub tsev rau neeg zej zog ua si. Tsis caug feem puas ntawm cov lwm peb mus lwm qhov mas tsuas deb li 3 miles lossis tsawg dua, ua li ces tej lub sijhawm ntawd yog lub caij zoo heev siv lub cev lub zog mus xwb.

Cov Tswv Yim Mus Kev

Taug Kev Ua Ke

Menyuam kawm txawj los ntawm kev xyuam. Taug kev nrog niam txiv los yog nrog cov neeg laus yog ib yuav pab tau menyuum kawm paub hla kev tshab thiaib xaiv kev taug kom tsi txog muaj teeb meem. Niam txiv yuav tsum xyua kom zoo thiaib txiav txim siab saib thaum twg koj tus menyuum thiaib paub tab txau yuav tso siab rau nws hla kev tsav tseb nws tu kheej.

Thaum menyuum paub tab txau taug kev nws tus kheej, taug kev nrog nws cov phoojywg mus kawm ntawv yogi b qho zoo rau lawv heev. The National Center for Safe Routes mus rau tsev kawm ntawv muaj tswv yim pab kom txhob muaj teeb meem rau cov neeg taug kev thiaib caij luv thij, thiaib ntau yam nyob hauv lub website: saferoutesinfo.org

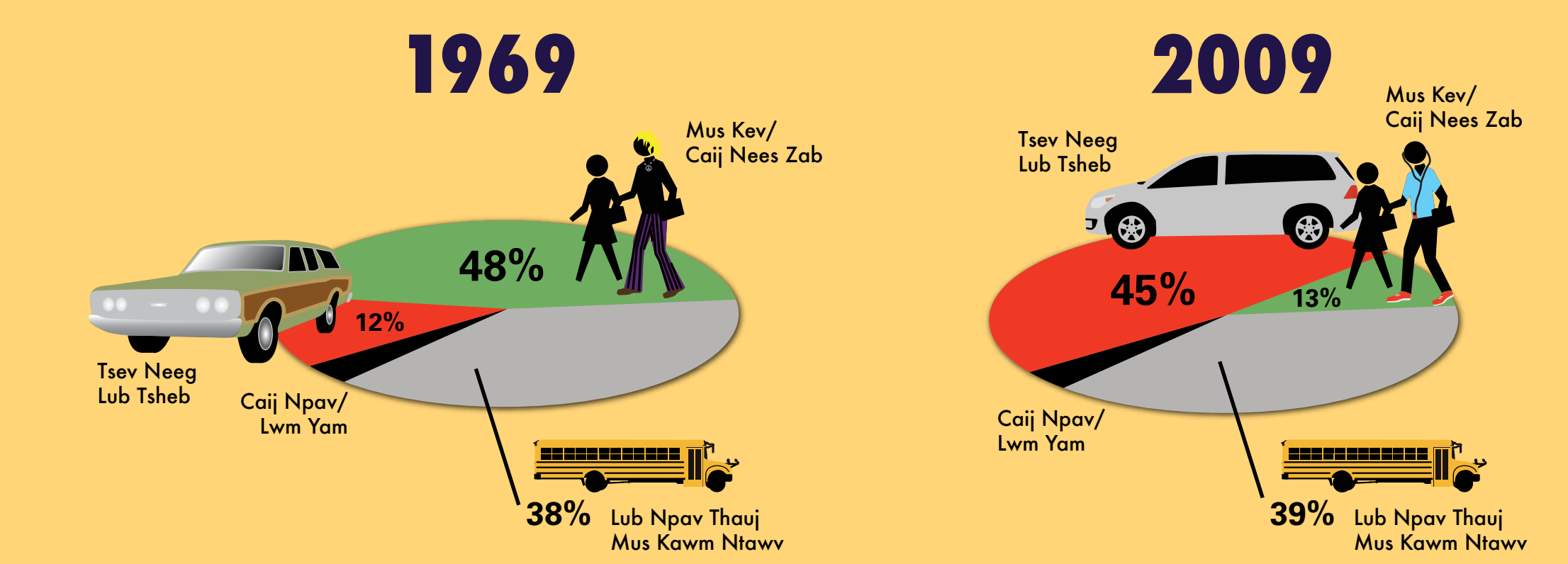
Kev Mus Kev Muaj Nqi Dabtsi

Muaj Lub Zej Zog Zoo Heev rau Txhua Leej Txhua Tus

Thaum menyuum taug kev lossis caij nees zab mus yeej muaj nqi rau txhua leej txhua tus. Yuav ua rau cov neeg zej zog sib paub sib swm thiaib sib pab saib xyuas. Cov neeg tsav tshab yuav paub tias muaj menyuum taug kev thiaib caij nees zab mus, es lawv haj yam yuav tsav tshab xyuam xim. Yuav tsis muaj tshab mus los ib ncig ntawm tsev kawm ntawv ntau npaum qhov qub, es ua li no yuav pab ua rau cov pa zoo dua thiaib cov kev yuav ntsiag zog. Cov menyuum thiaib tsev neeg taug kev thiaib caij nees zab ua ke mus tsev kawm ntawv mas yuav ua rau cov neeg zej zog nquag, sib paub, zoo siab, thiaib noj qab nyob zoo.

Cov Kev Taug Mus Tsev Kawm Ntawv uas Nyab Xeeb

Hauv 45 xyoo tas los no peb siv tshab thauj peb mus los heev zuij zus ntxiv, uas tau cuam tshuam heev rau txoj kev thauj menyuum mus los tom tsev kawm ntawv. Qhov no kuj muaj tseeb txog ntawm qhov uas tej menyuum hauv lub tebchaws US ua exawxais tsawg dua thiaib tsis noj qab nyob zoo heev zuij zus ntxiv mus thiaib. Qhov Khoos Kas Cov Kev Taug Mus Tsev Kawm Ntawv uas Nyab Xeeb yog ib qho uas muaj tshwmxim thooib plaws lub tebchaws thiaib lub ntiatseb no. Nws txhawb kom muaj caij zoo rau tej menyuum ua exawxais mus los tom tsev kawm ntawv uas nyab xeeb, ncaj ke, thiaib lom zem. Ua li no thiaj yuav pab rau qhov uas tej menyuum tsis taug kev thiaib caij nees zab mus tsev kawm ntawv zuij zus. Tej kev ua haujlwm no pab kom thiaj taug kev thiaib caij nees zab tau mus tsev kawm ntawv haj yam yooj yim dua qhov qub, thiaib qhov no haj yam muaj tseeb rau cov nroog muaj keebkwm zoo kawm ntau heev xws li lub nroog



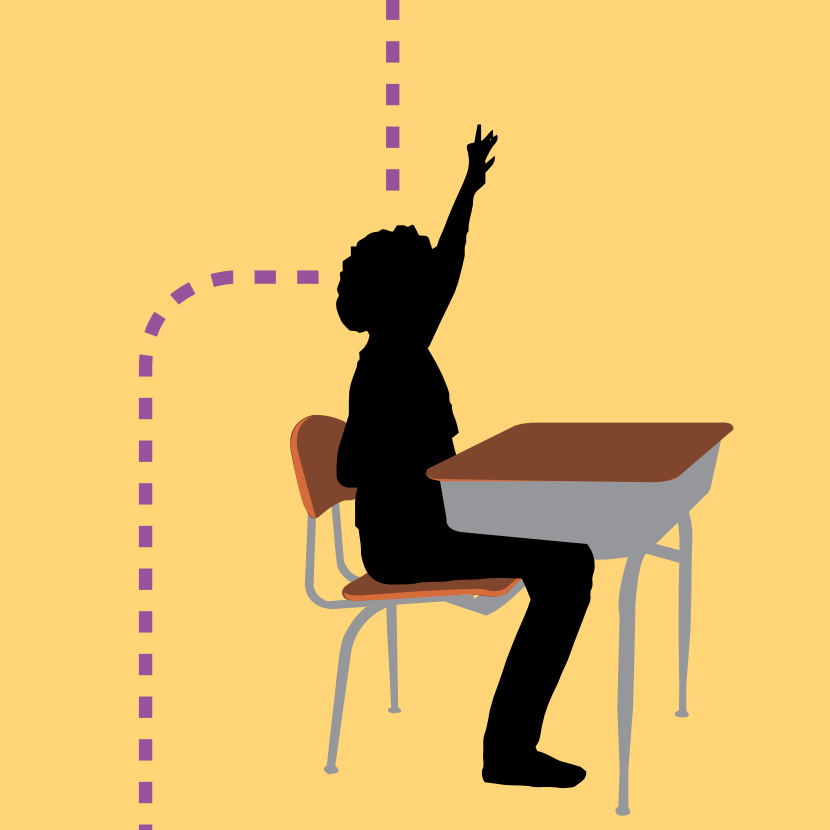
Tej Neeg Tsav Tshab: Quav Ntsej Daim Paib Nawj!

Tsav tshab xyuam xim thiaib cia cov menyuum hla kev mus

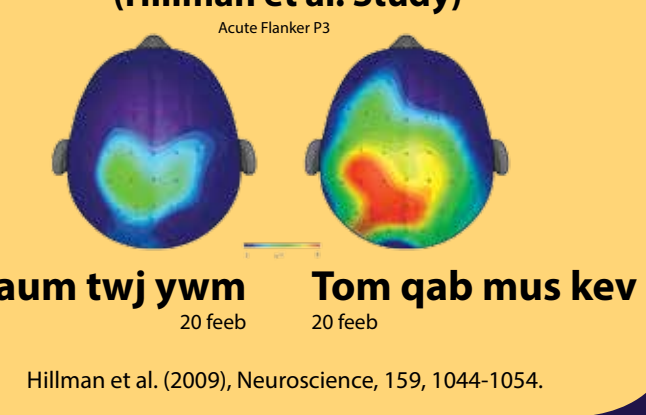


Vimlicas Thiaj Zoo Taug Kev lossis Caij Nees Zab Mus Tsev Kawm Ntawv?

- Kom thiaj li kawm ntawv tau zoo zuij zus mus:** Kev taug kev lossis caij nees zab mus tsev kawm ntawv ua rau yus thiaj li kawm tau ntawv zoo dua ntev tshaj ib nrab ntawm hnuab kawm ntawv (1).
- Kom thiaj li pab tau rau lub ntiatseb:** Ib tug menyuum taug kev lossis caij nees zab mus tsev kawm ntawv yuav pab txuag tau ib phaus ntawm cov pa CO2 uas tshab tso ntawm rau txhua mile uas tsis tsav tshab thauj nws mus (2).
- Kom thiaj li haj yam noj qab nyob zoo thiaib zoo siab:** The Center for Disease Control (Lub Koom Haum Tswj Txog Kev Mob Nkeeg) tau tawm tswyvim hais tias tej menyuum yuav tsum ua exawxais 60 feeb txhua txhua hnuab. Ntau yam kev tshawb fawb tau qhia tias kev ua exawxais pab ua rau yus zoo siab, noj qab haus huv, thiaib ua neej nyob zoo dua (3).
- Kom thaj tsum ib ncig ntawm tsev kawm ntawv nyab xeeb dua:** Kev taug kev thiaib caij nees zab mus tsev kawm ntawv pab kom txhob swb swb thaum lub sijhawm tuaj txog tsev kawm ntawv thiaib lawb ntawv, es us li no kuj pab kom cov neeg taug kev lossis caij nees zab tuaj tsev kawm ntawv mus tau nyab xeeb dua.
- Kom menyuum thiaj haj yam paub coj nws tus kheej mus:** Cov menyuum uas taug kev lossis caij nees zab mus tsev kawm ntawv haj yam yuav taug kev mus lwm qhov chaw hauv lawv lub zej zog (4).



Kev Mus Kev cuam tshuam rau Lub Hlwb Txoj Kev Ua Haujlwm licas:



Minneapolis Daim Qhia Cov Kev Taug rau Cov Hluas