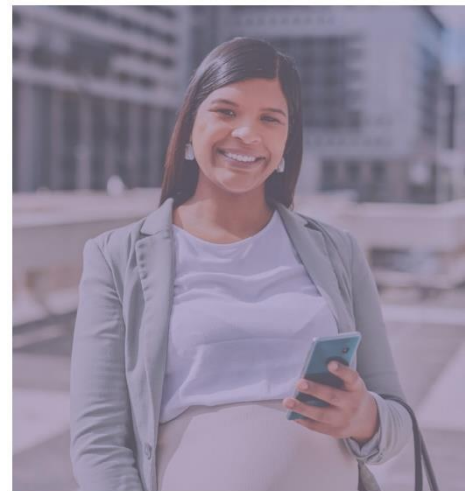


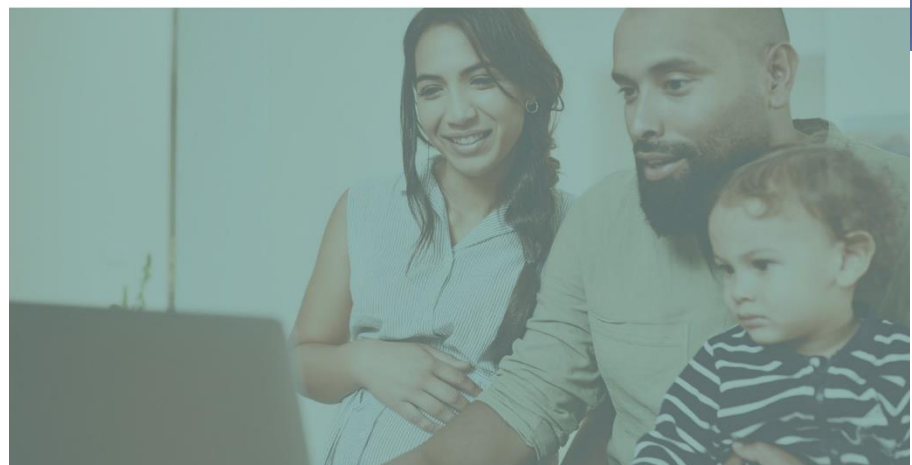
Phau Ntaww Qhia Txog Kev Kuaj Cov Poj Niam Cev Xeeb  
Tub Ntxhais thiab Cov Me Nyuam Nyob Hauv Plab

Lus Hmoob



# California Qhov Kev Pab Cuam Rau Kev Kuaj Cov Poj Niam Cev Xeeb Tub Ntxhais thiab Cov Me Nyuam Nyob Hauv Plab

## Dab Tsi Thiaj Li Yuav Yog Qhov Zoo Rau Koj?



[www.cdph.ca.gov/pns](http://www.cdph.ca.gov/pns)



# I. Cov Lus Piav Qhia Me Ntsis Ua Ntej

Thaum lub cev xeeb tub ntxhais, nws yeej ua tau rau tus neeg muaj kev zoo siab, nrog rau kev ntshai, kev ntxhov siab, thiab kev tsis paub meej hais tias lub neej tom ntej yuav zoo li cas. Ib txhia niam txiv uas tus poj niam lub cev xeeb tub ntxhais yeej xav paub kom ntau li ntau tau hais txog lawv tus me nyuam (tus me nyuam uas loj zuj zus) nyob rau lub sij hawm thaum tus me nyuam tseem nyob hauv plab.

Phau ntawv ntawm no yeej piav qhia txog qhov kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab uas qhov kev pab cuam California Prenatal Screening Program (Qhov Kev Pab Cuam Rau Kev Kuaj Cov Poj Niam Cev Xeeb Tub Ntxhais thiab Cov Me Nyuam Nyob Hauv Plab) muaj. Kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab yeej yog ib txoj kev coj lus kuaj saib koj tus me nyuam uas tseem nyob hauv plab puas muaj tej yam teeb meem rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los.



Koj yog tus txiv txim hais tias saib koj puas yuav xav mus siv qhov kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab. Tus kws kho mob uas saib xyuas koj thiab koj tus me nyuam nyob hauv plab yuav tau muab cov ntaub ntawv ntawm no thiab tej yam uas koj yuav xaiv tau coj los nrog koj sib tham thaum uas koj lub cev nyuam qhuav xeeb tub ntxhais tau tsis ntev.

Yog koj xav mus nyeem ib phau ntawv uas muaj lus ntau tshaj phau ntawm no los sis xav paub ntxiv hais tias qhov kev pab cuam California Prenatal Screening Program, cov kev kuaj saib tus me nyuam uas tseem nyob hauv plab puas muaj tej yam teeb meem dab tsi rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los [yog kuaj dab tsi, tej yam uas koj yuav ua tau tom qab kuaj tag, thiab ntau yam ntxiv, thov mus xyuas ntawm Prenatal Screening Patient Booklet lub vas sab](https://bit.ly/PNSPatientBooklet) (<https://bit.ly/PNSPatientBooklet>). Nyob ntawm lub vas sab ntawd, koj los kuj tseem yuav pom muaj ib zaj yeeb yaj kiab uas yuav qhia koj ntxiv txog kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab.



## Muaj Dab Tsi Nyob Hauv Phau Ntawv No

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## Qhov kev pab cuam California Prenatal Screening Program yog ib qhov kev pab cuam coj los ua dab tsi?

Qhov kev pab cuam California Prenatal Screening Program yog ib qhov kev pab cuam nyob thoob plaws hauv lub xeev uas cov kws kho mob muaj coj los saib xyuas cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab rau tag nrho cov poj niam nyob hauv California uas lawv lub cev xeeb tub ntxhais. Qhov kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab yog ib qhov kev kuaj uas muab ib tus poj niam cev xeeb tub ntxhais cov ntshav coj mus kuaj saib nws tus me nyuam nyob hauv plab puas muaj ib cov teeb meem rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los (birth defects). Qhov kev pab cuam yeej muaj kev muab tswv yim thiab lwm cov kev pab uas muaj ntiv tom qab ntawd los ntawm Cov Chaw Kuaj Cov Poj Niam Cev Xeeb Tub Ntxhais thiab Cov Me Nyuam Nyob Hauv Plab uas lawv muaj ntawv cog lus nrog lub xeev los pab cov poj niam uas qhov kev kuaj tau qhia tias lawv tus me nyuam nyob hauv plab ntxim yuav muaj ib yam ntawm cov teeb meem uas muaj rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los (birth defects).

## Cov teeb meem uas muaj rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los (birth defects) yog dab tsi?

Cov teeb meem uas muaj rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los yog ib cov teeb meem nyob ntawm ib tus me nyuam nyob hauv plab uas yeej ua tau rau tus me nyuam muaj qhov txawv nyob ntawm lub cev thiab muaj kev xiam oob qhab rau txoj kev txawj ntse. Cov teeb meem uas muaj rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los yeej yog ib cov teeb meem muaj ntau tshaj los ntawm txoj hmoo thiab feem ntau yeej tsis yog los ntawm tsev neeg caj ceg. Qhov teeb meem hu ua down syndrome thiab lwm cov teeb meem cuam tshuam rau “teeb meem caj ceg” uas qhov kev pab cuam PNS Program kuaj saib ib tus me nyuam nyob hauv plab puas muaj yeej yog tsim los ntawm qhov uas tus me nyuam muaj ib tus chromosome ntau tshaj qhov neeg ib txwm muaj. Chromosomes yog cov khoom uas pab tus me nyuam nyob hauv plab loj hlob thiab yeej yog ib cov khoom uas muaj nyob rau hauv txhua txhua lub keeb nqaj tawv (cell) nyob hauv lub cev.

## Kuaj saib tus me nyuam nyob hauv plab puas noj qab nyob zoo ua ntej yug los

Yog koj txiav txim mus siv qhov kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab, tus kws kho mob yuav nqus koj cov tshav ob raj coj mus kuaj. Nws yuav muab ob raj ntshav ntawd coj mus kuaj saib qhov uas koj tus me nyuam nyob hauv plab ntxim yuav muaj ib cov teeb meem rau ntawm lub cev thiab/los sis lub paj hlwb puas yog nws ntxim zoo li **yuav muaj ntau**. Yog nws ntxim zoo li yuav muaj ntau, tus kws kho mob yuav nrog koj tham hais tias saib cov kauj ruam txuas ntiv tom ntej yog dab tsi. Koj yog tus yuav tau txiav txim hais tias saib koj puas xav kom muaj kev mus nrog cov kws pab tswv yim rau teeb meem caj ceg sib tham ntiv thiab saib koj puas xav kom muaj lwm cov kev pab uas yuav muaj ntiv tom qab ntawd. Cov kev pab uas yuav muaj ntiv yog muaj ib qhov kev kuaj uas siv ultrasound (kev siv suab hluav taws xob coj los tsim duab) thiab ib qhov kev kuaj saib yog muaj yam teeb meem dab tsi tiag.

### COV LUS TXHAIS TSEEM CEEB

Kev tshawb fawb tau qhia hais tias **“cov teeb meem uas muaj rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los”** yeej yog lo lus neeg nquag siv thiab neeg tau taub zoo tshaj rau cov teeb meem cuam tshuam rau keeb caj ceg (genetic) thiab cov teeb meem nyob ntawm txoj hlab xa xov hauv lub cev (neural tube defects) uas qhov kev pab cuam PNS Program kuaj saib ib tus me nyuam nyob hauv plab puas muaj.

## Qhov kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab ho txawv qhov kev kuaj saib yog muaj yam teeb meem dab tsi tiag zoo li cas?

Qhov kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab yog ib qhov kev kuaj uas **kww yees** hais tias qhov uas ib tus me nyuam nyob hauv plab ntxim yuav muaj ib cov teeb meem rau ntawm lub cev thiab/los sis lub paj hlwb yog muaj ntau npaum li cas. Yog qhov kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab qhia hais tias qhov uas tus me nyuam ntxim yuav muaj ib cov teeb meem rau ntawm lub cev thiab/los sis lub paj hlwb yeej muaj ntau, tus kws kho mob yuav siv ib qhov kev kuaj coj los qhia saib yog muaj yam teeb meem dab tsi tiag.

## Qhov kev pab cuam PNS Program yeej kuaj pom plaub yam teeb meem uas muaj rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los ntawm no:

Qhov teeb meem uas muaj ua ntej yug los	Cov kev xiam oob qhab uas qhov teeb meem yog qhov ua rau tus me nyuam muaj
<b>Trisomy 21 (Muaj peb tus chromosome 21)</b> Teeb meem Down syndrome.	Qhov teeb meem caj ceg ntawm no yeej ua rau tus me nyuam muaj kev xiam oob qhab me mus txog kev xiam oob qhab loj rau ntawm kev txawj ntse thiab muaj teeb meem loj rau txoj kev noj qab nyob zoo zoo li cov teeb meem nyob ntawm lub plawv.
<b>Trisomy 18 (Muaj peb tus chromosome 18)</b> Teeb meem Edwards syndrome.	Qhov teeb meem caj ceg ntawm no yeej ua rau tus me nyuam muaj kev xiam oob qhab loj rau ntawm kev txawj ntse thiab muaj teeb meem loj rau txoj kev noj qab nyob zoo. Feem ntau ntawm cov me nyuam muaj trisomy 18 yeej cia li poob lawm xwb.
<b>Trisomy 13 (Muaj peb tus chromosome 13)</b> Teeb meem Patau syndrome	Qhov teeb meem caj ceg ntawm no yeej ua rau tus me nyuam muaj kev xiam oob qhab loj rau ntawm kev txawj ntse thiab muaj teeb meem loj rau txoj kev noj qab nyob zoo. Feem ntau ntawm cov me nyuam muaj trisomy 13 yeej cas li poob lawm xwb.
<b>Neural tube defects (Teeb meem rau ntawm cov hlab xa xov hauv lub cev)</b>	Qhov teeb meem uas muaj ua ntej yug los ntawm no yeej tsim tau teeb meem rau hauv txoj kev loj hlob ntawm lub paj hlwb los sis tus txhab nqaj qaum, zoo li tus mob hu ua spina bifida (tus txha nqaj qaum tsis kaw).

## II. Qhov kev pab cuam California Prenatal Screening Program yuav muaj dab tsi



**SIB THAM.** Tus kws kho mob uas saib xyuas koj thaum koj lub cev xeeb tub ntxhais yuav hais rau koj hais tias nws yeej muaj qhov kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab coj los rau koj siv uas yog tau los ntawm qhov kev pab cuam ntawm no. Nws yeej tsis yog ib qhov kev kuaj uas koj yuav tsum tau ua. Qhov kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab yuav pab ua kom koj paub hais tias saib qhov uas koj tus me nyuam nyob hauv plab ntxim yuav muaj ib cov teeb meem rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug puas muaj ntau.



Yog koj txiav txim mus siv qhov kev pab cuam California Prenatal Screening (PNS) Program thiab koj yeej muaj Medi-Cal los sis muaj kev faj seeb rau kev kho mob, lawv yuav them koj cov nqi ntawm qhov kev pab cuam ntawm no, nrog rau ob peb qhov uas lawv yuav tsis them.



**KEV TSO LUS.** Yog koj xav mus siv qhov kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab, koj tus kws kho mob yuav hais kom koj kos npe rau ob daim ntawv teev npe rau kev tso lus, ib daim rau ib qhov kev kuaj. Ob qhov kev kuaj yeej tseem ceeb tib si vim nyias yeej kuaj nyias ib cov teeb meem txawv. Yog koj tsis xav mus siv qhov kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab, koj yuav tsum tau kos npe rau cov ntawv teev npe hais tias koj tsis kam mus kuaj.



**KEV KUAJ.** Tus kws kho mob uas saib xyuas koj thaum koj lub cev xeeb tub ntxhais yuav qhia hais tias saib koj yuav mus tso koj cov ntshav nyob qhov twg rau ob qhov kev kuaj ntawm no. Tej zaum koj yuav tau mus tso nyob ntawm ib lub chaw kuaj kab mob los sis nyob ntawm tus kws kho mob uas saib xyuas koj thaum koj lub cev xeeb tub ntxhais lub chaw khiav hauj lwm. Rau ib qhov kev kuaj twg, ib tus neeg ua hauj lwm yuav nqus ib raj ntshav me me ntawm koj sab caj npab thiab yuav muab xa mus rau ib lub chaw kuaj kab mob.



**KEV SIB TXUAS LUS.** Tus kws kho mob uas saib xyuas koj thaum koj lub cev xeeb tub ntxhais lub chaw khiav hauj lwm yuav hu xov tooj ob zaug tuaj qhia rau koj paub hais tias saib qhov kev kuaj **cell-free DNA** thiab **maternal serum alpha-fetoprotein** kuaj pom dab tsi.



**COV KEV PAB UAS YUAV MUAJ NTXIV.** Yog ib qhov kev kuaj qhia hais tias qhov uas koj tus me nyuam nyob hauv plab ntxim yuav muaj ib qhov ntawm cov teeb meem uas muaj rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los yeej muaj ntau, qhov ntawm no yeej tsis yog txhais hais tias tus me nyuam yeej muaj ib qhov teeb meem rau ntawm lub cev los sis lub paj hlwb ua ntej yug los. Qhov kev pab cuam PNS Program yuav muaj ib cov kev pab ntxiv rau koj nyob ntawm ib Lub Chaw Kuaj Cov Poj Niam Cev Xeeb Tub Ntxhais thiab Cov Me Nyuam Nyob Hauv Plab uas tau txais lus pom zoo los ntawm lub xeev. Qhov ib, koj yuav muaj cib fim mus nrog ib tus kws pab tswv yim rau teeb meem caj ceg sib tham. Nws yuav muab cov duab uas yees thaum koj muaj qhov kev kuaj ultrasound rau koj tus me nyuam coj los rau koj saib. Tom qab ntawd, koj mam li txiav txim hais tias saib koj puas xav kom muaj ib qhov kev kuaj coj los qhia hais tias saib koj tus me nyuam nyob hauv plab puas muaj ib qhov teeb meem rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los tiag.

### Cov kev pab uas yuav muaj ntxiv yog muaj:

- Kev mus ntsib kws pab tswv yim hais txog teeb meem caj ceg
- Kev kuaj ultrasound
- Kev kuaj kom paub hais tias saib yog muaj dab tsi tiag: chorionic villus sampling (kev siv ib qhov nqaij me me nyob ntawm lub tsho me nyuam coj mus kuaj) los sis amniocentesis (kev nqus cov dej nyob hauv lub plab me nyuam coj mus kuaj)



Yog koj siv qhov kev pab cuam PNS Program rau qhov kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab, koj yeej mus siv tau cov kev pab uas muaj ntxiv thiab koj yuav tsis tau them nqi dab ntxiv li.



**Lus Qhia Ntxiv:** Tej zaum tus kws kho mob uas saib xyuas koj thaum koj lub cev xeeb tub ntxhais yeej nrog koj sib tham hais txog **kev mus kuaj kom paub hais tias saib tus me nyuam nyob hauv plab yog muaj yam teeb meem dab tsi tiag** es txhob mus ua qhov kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab. Yog tus kws kho mob tsis nrog koj tham, koj yeej nug tau nws hais tias saib nws puas pom zoo kom koj mus ua qhov kev kuaj kom paub hais tias saib koj tus me nyuam nyob hauv plab yog muaj yam teeb meem dab tsi tiag.

### III. Qhov Kev Kuaj Cov Poj Niam Cev Xeeb Tub Ntxhais thiab Cov Me Nyuam Nyob Hauv Plab thiab Txhua Yam Uas Kuaj Pom

#### Qhov kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab

Thaum koj lub cev xeeb tub ntxhais, koj tus kws kho mob yuav muaj ob qhov kev kuaj rau koj txiav txim coj los siv ua ib feem ntawm qhov kev pab cuam California Prenatal Screening (PNS) Program. Koj yeej yuav tsum tau tso ob raj tshaj rau ob qhov kev kuaj ntawm no. Ob qhov kev kuaj ntawm no yeej nyias ntsuas nyias ib qhov ntawm qhov uas koj tus me nyuam nyob hauv plab ntxim yuav muaj ib yam ntawm cov teeb meem muaj rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los uas qhov kev pab cuam PNS Program npaj coj los ntsuas. Hauv qab no yog cov lus qhia txhua hais txog ob qhov kev kuaj ntawm no.

Kev kuaj	Yog kuaj dab tsi	Mus kuaj thaum twg
Qhov kev kuaj hu ua cell-free DNA (cfDNA)	<b>Teeb meem caj ceg (Genetic conditions):</b> <ul style="list-style-type: none"> <li>Trisomy 21 (Muaj peb tus chromosome 21 (Teeb meem Down syndrome))</li> <li>Trisomy 18 (Muaj peb tus chromosome 18 (Teeb meem Edwards syndrome))</li> <li>Trisomy 13 (Muaj peb tus chromosome 13 (Teeb meem Patau syndrome))</li> </ul>	Thaum 10 lim piams mus rau thawj hnuv ntawm 21 lim piam ntawm lub sij hawm cev xeeb tub ntxhais. Cov poj niam yeej mus ua tau qhov kev kuaj cfDNA tom qab 20 lim piam tiam sis yuav tsis muaj cov kev pab ntxiv ntau. Cov kev kuaj yeej qhia tau hais tias kuaj pom muaj dab tsi nyob hauv 10-14 hnuv.
Qhov kev kuaj hu ua maternal serum alpha-fetoprotein (MSAFP)	<b>Teeb meem nyob ntawm cov hlaw xa xov hauv lub cev (Neural tube defects)</b> <ul style="list-style-type: none"> <li>Qhov teeb meem hu ua open spina bifida (tus txha nqaj qaum tsis kaw)</li> <li>Qhov teeb meem hu ua anencephaly (tsis muaj ib qhov paj hlwb los sis ib qhov txha taub hau)</li> </ul>	Thaum 15 lim piams mus rau thawj hnuv ntawm 21 lim piam ntawm lub sij hawm cev xeeb tub ntxhais. Cov kev kuaj yeej qhia tau hais tias kuaj pom muaj dab tsi nyob hauv 7-10 hnuv.

#### Nkag siab txhua yam uas qhov kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab kuaj pom

Txhua yam uas qhov kev kuaj tau kuaj pom yeej yog muaj rau koj thiab rau zaum uas koj lub cev xeeb tub ntxhais tam sim no xwb. Tus kws kho mob uas saib xyuas koj thaum koj lub cev xeeb tub ntxhais yuav nrog koj sib tham hais txog txhua yam uas koj qhov kev kuaj tau kuaj pom.

Yam uas qhov kev kuaj tau kuaj pom	Yog txhais li cas	Yuav muaj dab tsis tshwm sim tom ntej	Yuav tsum tau paub dab tsi ntxiv
Qhov uas ntxim yuav muaj teeb meem rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los <b>yeej tsis muaj ntau</b> (qhov uas nquag kuaj pom muaj ntau tshaj)	Qhov uas tus me nyuam nyob hauv plab ntxim yuav muaj cov teeb meem uas kuaj tsis pom ntawd yeej muaj tsawg lawm, <b>tiam sis yeej tsis yog txhais hais tias yuav tsis muaj kiag li</b>	Qhov kev pab cuam PNS Program yeej tsis muaj kev kuaj los sis kev pab ntxiv rau qhov uas kuaj pom ntawm no	Qhov uas kuaj pom ntawm no yeej tsis yog ib qhov uas yuav lav hais tias tus me nyuam yuav tsis muaj ib cov teeb meem rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los li. Peb yeej tsis muaj ib qhov kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab uas yuav qhia tau 100% hais tias ib tus me nyuam yeej muaj ib cov teeb meem rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los
Qhov uas ntxim yuav muaj ib cov teeb meem rau ntawm lub cev thiab/los sis lub paj hlwb uas <b>yeej muaj ntau</b>	Qhov uas tus me nyuam nyob hauv plab ntxim yuav muaj ib qhov ntawm cov teeb meem uas muaj rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los uas kuaj tsis pom ntawd yeej muaj ntau tshaj li qhov ib txwm muaj	Qhov kev pab cuam PNS Program <b>yeej muaj</b> kev kuaj thiab ib cov kev pab ntxiv rau qhov uas kuaj pom ntawm no	Qhov uas kuaj pom ntawm no yeej tsis yog txhais hais tias tus me nyuam nyob hauv plab yuav tsum muaj ib cov teeb meem rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los txhua zaus. Qhov kev kuaj kom paub mee hais tias yog muaj dab tsi tiag yeej pab qhia tau hais tias saib tus me nyuam puas muaj ib cov teeb meem rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los
<b>"Tsis hnov hu xov tooj tuaj"</b>	Muaj tej lub sij hawm, nws yeej tsis muaj cov khoom qhia caj ceg (genetic material) txaus nyob hauv koj cov ntshav, los sis lub chaw kuaj nqus koj ntshav ntxov dhau los sis lig dhau rau thaum koj lub cev xeeb tub ntxhais lawm, es thiaj li kuaj tsis pom meej	Koj tus kws kho mob yuav hais rau koj paub hais tias yog vim li cas koj thiaj li "tsis hnov hu xov tooj tuaj" qhia hais tias kuaj pom li cas thiab nws yuav qhia koj hais tias saib puas yuav rov qab ua tau qhov kev kuaj ib zaug ntxiv	Nws yeej muaj ob peb yam uas yuav ua kom kuaj tsis pom dab tsi, yog li ntawd, koj tus kws kho mob yuav yog tus qhia koj

## IV. Cov Lus Qhia Txog Kev Tso Lus thiab Kev Tsis Kam Tso Lus

Koj yog tus yuav tau txiav txim hais tias saib koj puas xav siv los sis tsis xav siv qhov kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab uas California Qhov Kev Kuaj Cov Poj Niam Cev Xeeb Tub Ntxhais thiab Cov Me Nyuam Nyob Hauv Plab (PNS) muaj. Tus kws kho mob uas saib xyuas koj thaum koj lub cev xeeb tub ntxhais yuav muab qhov kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab koj los nrog koj sib tham thiab yuav teb cov lus nug uas koj muaj sub koj thiaj yuav npaj tau los mus txiav txim hais tias saib koj yuav ua li cas. Koj tus kws kho mob yuav muab cov ntawv teev npe rau **kev tso lus los sis kev tsis kam tso lus** koj los rau koj kos npe rau.

Yog koj txiav txim hais tias koj yuav siv ib qhov los sis ob qhov kev kuaj uas PNS Program muaj tib si, koj yuav tau kos npe thiab sau hnub koj kos npe rau ib los sis ob daim ntawv teev npe tso lus rau ib los sis ob qhov kev kuaj tib si. Yog koj txiav txim hais tias koj yuav tsis siv ib qhov los sis ob qhov kev kuaj uas PNS Program muaj tib si, koj yuav tau kos npe thiab sau hnub koj kos npe rau ib los sis ob daim ntawv teev npe tsis kam tso lus rau ib los sis ob qhov kev kuaj tib si.

Yog koj txiav txim hais tias koj yuav tsis siv ib los sis ob qhov kev kuaj tib si, thiab koj tus kws kho mob yeej tsis muab cov ntawv teev npe tsis kam tso lus koj los rau koj kos npe rau, thov hais kom nws muab koj los rau koj kos npe rau. Peb yeej muaj cov ntawv teev npe nyob hauv PNS Program lub vas sab (website). Koj tus kws kho mob mam li muab diam ntawv teev npe los sis cov ntawv teev npe uas koj twb kos npe tag rau lawm koj mus tso rau hauv koj cov ntaub ntawv kho mob.

Ntawm no yog ib **cov ntsiab lus tseem ceeb** rau koj xav thaum yuav txiav txim hais tias saib koj yuav siv ib los sis ob qhov kev kuaj uas PNS Program muaj tib si.

1. PNS Program yeej npaj muaj qhov kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab koj los kuaj kom paub hais tias saib tus me nyuam puas ntxim yuav muaj ib cov teeb meem rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los ntawm no: trisomy 21 los sis Down syndrome, trisomy 18, thiab d trisomy 13 (los ntawm qhov kev kuaj hu ua cell-free DNA los sis cfDNA), thiab neural tube defects (los ntawm qhov kev kuaj hu ua maternal serum alpha-fetoprotein los sis MSAFP). PNS Program yeej tsis kuaj cov teeb meem uas muaj rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los uas tsib yog cov ntawm no. Tej zaum qhov kev kuaj ntawm no yuav kuaj ntau yam ntxiv yav tom ntej. Qhov kev kuaj yeej qhia tsis tau 100% txawm hais tias ib tus me nyuam yeej muaj los sis yeej tsis muaj ib cov teeb meem rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los.
2. Ob qhov kev kuaj ntawm no, cfDNA thiab MSAFP, yeej nyias muaj nyias ib qhov nqi. Medi-Cal thiab qhov kev faj seeb rau kev kho mob uas tus neeg muaj yuav tsum tau them tag nrho cov nqi ntawm qhov kev pab cuam, uas nws tsuas muaj ob peb qhov kev zam rau cov chaw hauj lwm uas lawv yog tus them lawv cov nqi kho mob thiab rau cov kev faj seeb rau kev kho mob uas muaj nyob txawv xeev xwb. Yog tsis muaj Medi-Cal los sis ib qhov kev faj seeb rau kev kho mob, los sis koj qhov kev faj seeb rau kev kho mob yeej tsis them cov nqi, koj yog tus yuav tau them cov nqi tag tib si.
3. Yog ib qhov uas tau kuaj pom yeej qhia hais tias qhov uas tus me nyuam ntxim yuav muaj ib cov teeb meem rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los yeej muaj ntau, koj yeej mus nrog koj tus kws kho mob sib tham tau thiab koj mam li txiav txim hais tias saib koj puas xav mus siv cov kev pab uas muaj ntxiv. Cov kev pab uas muaj ntxiv yog muaj kev pab tswv yim rau teeb meem caj ceg los mus kawm txog tej yam uas yuav ua tau ntxiv, ib qhov kev kuaj hu ua ultrasound, thiab ib qhov kev kuaj kom paub hais tias yog muaj yam teeb meem dab tsi tiag, uas yog siv qhov kev kuaj hu ua chorionic villus sampling los sis amniocentesis. Nws yeej muaj cov neeg uas qhov kev kuaj kom paub hais tias saib yog muaj yam teeb meem dab tsi tiag yeej kuaj tsis pom muaj dab tsi txawm hais tias qhov kev kuaj saib qhov uas tus me nyuam ntxim yuav muaj teeb meem rau ntawm lub cev thiab/los sis lub paj hlwb yeej qhia hais tias yuav muaj ntau.
4. Yog koj tus kws kho mob thov kom muaj kev kuaj teeb meem caj ceg ntxiv los sis muaj kev kuaj uas tsis yog siv PNS Program, nws yuav muaj nws ib cov ntawv teev npe thiab nqi txawv cov ntawm no. PNS Program yuav tsis yog tus los mus khiav txoj hauj lwm xa nqi mus rau neeg them. PNS Program yuav tsis muaj cov kev pab ntxiv rau ib qhov kev kuaj ntxiv koj los qhia hais tias saib yog ntxim muaj teeb meem dab tsi los sis ib qhov kev kuaj uas yuav tau muaj ntxiv koj los qhia hais yog muaj yam teeb meem dab tsi tiag.

## V. Kev Xa thiab Kev Them Nqi Kuaj

Pib thaum xyoo 2022 los mus, cov nqi ntawm California Prenatal Screening (PNS) Program ob qhov kev kuaj yog muaj zoo li nram qab no:



- \$232 rau qhov kev kuaj hu ua cell-free DNA (cfDNA)
- \$85 rau qhov kev kuaj hu ua maternal serum alpha-fetoprotein (MSAFP)

Cov nyiaj ntawm no yog cov uas peb yuav muab siv coj mus them 1) tus nqi ntawm qhov kev kuaj saib ntxim muaj teeb meem dab tsi, thiab 2) tus nqi ntawm cov kev pab uas yuav muaj ntxiv nyob ntawm ib Lub Chaw Kuaj Kom Paub Hais Tias Saib Yog Muaj Yam Teeb Meem Dab Tsi Tiag (Prenatal Diagnosis Center) uas lub xeev tau muab lus pom zoo rau yog hais tias ib qhov kev kuaj yeej qhia hais tias qhov uas tus me nyuam ntxim yuav muaj ib qhov teeb meem rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los yeej muaj ntau. Medi-Cal thiab qhov kev faj seeb rau kev kho mob uas tus neeg muaj yuav tsum tau them tag nrho cov nqi ntawm qhov kev pab cuam, uas nws tsuas muaj ob peb qhov kev zam rau cov chaw hauj lwm uas lawv yog tus them lawv cov nqi kho mob thiab rau cov kev faj seeb rau kev kho mob uas muaj nyob txawv xeev xwb.

Koj yuav tsum qhia tus naj npawb ntawm koj daim Medi-Cal los sis qhia qhov kev faj seeb rau kev kho mob rau lub chaw kuaj thaum koj mus siv qhov kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab. PNS Program yeej xa ib daim nqi thiab ib daim ntawv teev cov lus qhia txog koj qhov kev faj seeb rau kev kho mob tuaj rau koj; koj yuav tau muab sau kom tiav thiab yuav tau muab xa rov qab yog hais tias koj tsis qhia koj qhov Medi-Cal los sis koj qhov kev faj seeb rau peb thaum tus kws kho mob sau ntawv mus teem qhov kev kuaj. PNS Program yuav tsis muaj dab tsi cuam tshuam rau txoj kev xa cov nqi kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab los sis kev kuaj kom paub hais tias saib yog muaj yam teeb meem dab tsi tiag uas tsis yog koj siv PNS Program. **Nco ntsoov cov lus nyob hauv qab no:**

- PNS Program qhov nqi yeej tsis yog ib qhov uas yuav muab siv coj mus them nqi tso ntshav.
- PNS Program yuav them tus nqi ntawm cov kev pab uas muaj ntxiv nyob ntawm ib lub chaw Prenatal Diagnosis Center uas lub xeev tau muab lus pom zoo rau lawm, yog hais tias qhov kev kuaj cov poj niam cev xeeb tub ntxhais thiab cov me nyuam nyob hauv plab uas koj siv los ntawm PNS Program yeej kuaj pom hais tias qhov uas koj tus me nyuam nyob hauv plab ntxim yuav muaj ib qhov teeb meem rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los yeej muaj ntau.
- PNS Program yeej tsis them tus nqi ntawm lwm cov kev kho los sis kev pab uas muaj tom qab qhov kev kuaj kom paub hais tias saib yog muaj yam teeb meem dab tsi tiag.

## VI. Cov Lus Qhia Uas Muaj Ntxiv

### Qhov uas koj yuav siv thiab tsis siv qhov kev tshawb fawb yeej yog ib qhov uas koj yuav yog tus txiav txim

Yog koj yeej nyob rau ib cov nroog uas muaj kev koom tes nyob hauv kev soj ntsuam hauv kev muaj teeb meem rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los, tom qab lub chaw kuaj nqus tau koj cov ntshav coj mus siv rau qhov kev kuaj MSAFP lawm, lawv yuav muab cov ntshav coj mus khaws tseg thiab tej zaum lawv kuj muab coj mus siv rau kev tshawb fawb hais txog cov teeb meem uas muaj rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los. Cov ntshav yuav tsis muaj ib tus neeg lub npe nyob rau ntawd kom neeg paub hais tias yog tus neeg twg cov ntshav thiab lawv yeej muab cov ntshav tso tau mus pab cov kws tshawb fawb uas tau kev tso lus los mus kawm hais tias saib yog vim li cas es thiaj li muaj cov teeb meem uas muaj rau ntawm lub cev thiab/los sis lub paj hlwb ua ntej yug los thiab lwm cov teeb meem ntawm kev noj qab nyob zoo uas cov me nyuam yaus muaj.

Koj yeej thov tau kom lawv **tsis** txhob muab koj cov ntshav coj mus siv rau kev tshawb fawb thaum tus kws kho mob uas saib xyuas koj nyob rau lub sij hawm cev xeeb tub ntxhais yuav xa ntawv mus thov qhov kev kuaj MSAFP rau koj. Koj yeej thov tau kom lawv tsis txhob muab koj cov ntshav coj mus siv rau kev tshawb fawb yog koj hais kom koj tus kws kho mob khij lub kem plaub fab uas hais tias tsis pub muab coj mus siv rau kev tshawb fawb thaum nws xa ntawv thov mus rau lub chaw kuaj. Yog koj txiav txim hais tsis "tsis pub" muab koj cov ntshav siv rau kev tshawb fawb, lub chaw kuaj yuav muab koj cov ntshav pov tseg tom qab lawv ua tag qhov kev kuaj thiab lawv muab qhov uas lawv kuaj pom xa tag mus rau koj tus kws kho mob lawm. Qhov koj hais tias tsis pub muab koj cov ntshav siv rau kev tshawb fawb yeej yuav tsis muaj ib yam dab tsi tsis zoo los mus cuam tshuam rau koj txoj kev noj qab nyob zoo los sis txhua yam uas kuaj pom li. Yog xav paub ntau tshaj qhov no ntxiv, mus xyuas ntawm [PNS Program phab ntawv vas sab rau Kev Pab Txoj Kev Tshawb Fawb](https://bit.ly/PNSResearch) (<https://bit.ly/PNSResearch>).





## California Newborn Screening Program (California Qhov Kev Pab Cuam Rau Kev Kuaj Cov Mos Ab Uas Nyuam Qhuav Yug Tau Los)

California Qhov Kev Pab Cuam Rau Kev Kuaj Cov Mos Ab Uas Nyuam Qhuav Yug Tau Los (NBS) yeej ib txwm kuaj cov mos ab uas nyuam qhuav yug tau los txhua tus saib lawv puas muaj 80 yam mob loj uas cuam tshuam rau caj ceg tiam sis yeej kho tau. Ib tus kws kho mob yuav tsum tau tso txhua tus mos ab uas nyuam qhuav yug tau los cov ntshav li ntawv 12 mus rau 48 teev tom qab txhua tus mos ab yug los uas yog tso nyob ntawm tus mos ab lub luj taws. Yog xav paub ntxiv hais txog qhov kev kuaj cov mos ab uas nyuam qhuav yug tau los, nug koj tus kws kho mob los sis mus xyuas ntawm California <http://www.cdph.ca.gov/NBS> (www.cdph.ca.gov/NBS).



## Huab cua txhua yam nyob ib ncig puag (environment) yeej tsim tau teeb meem rau koj txoj kev noj qab nyob zoo

Nws yeej muaj cov tshuaj thiab khoom siv uas peb kov los sis nyob ze peb txhua hnuv uas yuav tsim tau teeb meem rau koj tus me nyuam nyob hauv plab. Qhov zoo, nws yeej muaj ib cov kev tiv thaiv uas koj yuav ua tau coj los ua kom koj tsis txhob mus kov tau los sis mus nyob tau ze cov khoom ntawm no nyob hauv koj lub tsev, koj lub chaw hauj lwm, thiab nyob ib ncig ntawm thaj chaw koj nyob uas ntxim yuav tsim rau teeb meem tau koj tus me nyuam nyob hauv plab. Coob tus pej xeeem California yeej tsis paub hais tias ntau yam khoom uas peb niaj hnuv siv yeej ntxim yuav tsim tau teeb meem rau peb. Cov niam txiv uas npaj hais tias lawv yuav xav muaj me nyuam yuav tsum tau mus nrog lawv tus kws kho mob sib tham thiab peb yeej xav kom lawv mus nyeem ntawv ntxiv hais txog qhov ntawm no kom lawv paub txog tej yam uas lawv yuav ua tau yooj yim coj los ua kom tsis txhob muaj teeb meem nyob rau lub sij hawm thaum lawv lub cev xeeb tub ntxhais.



Nyob ntawm University of California, San Francisco, Lub Chaw Muaj Kev Kawm Txog Kev Noj Qab Nyob Zoo Ntawm Txoj Kev Muaj Me Tub Me Nyuam thiab Huab Cua Txhua Yam Ib Puag Ncig (Program on Reproductive Health and the Environment) npaj tau ib cov ntawv hu ua [All That Matters brochures \(Txhua Yam Uas Tseem Ceeb\)](https://prhe.ucsf.edu/info) (https://prhe.ucsf.edu/info). Cov ntawv ntawm no yeej yog ib cov ntawv qhia uas muab sau kom nyeem tau yooj yim, kom cov neeg mob nkag siab thiab yuav muaj ib cov tswv yim pab thiab ib cov tswv yim xav kom neeg ua coj los tiv thaiv kom tsis txhob kov tau los sis mus nyob tau ze cov khoom siv los sis tshuaj uas yuav muaj qhov tsis zoo nyob tom tsev, nyob hauv chawm hauj lwm, thiab nyob hauv lub zej zos. Yog xav paub ntau tshaj qhov no ntxiv, mus xyuas ntawm [PNS Program phab ntawv vas sab rau Kev Noj Qab Nyob Zoo Ntawm Txoj Kev Muaj Me Nyuam](https://bit.ly/R-Health) (https://bit.ly/R-Health).

## Qhov uas koj yuav pub thiab tsis pub muab cov ntshav nyob ntawm txoj hlab ntaws coj mus khaws tseg yeej yog ib qhov uas koj yuav yog tus txiav txim

Thaum lub caij yug tus me nyuam los ze zuj zus lawm, cov niam txiv yeej yuav tau xav hais tias saib lawv puas yuav pub muab cov ntshav nyob ntawm txoj hlab ntaws coj mus khaws tseg. Kev muab cov ntshav nyob ntawm txoj hlab ntaws coj mus khaws tseg yog ntxhais hais tias yuav muab cov keeb nqaj tawv (stem cells) nyob ntawm txoj hlab ntaws sau thiab muab coj mus khaws tseg cia tau siv yav tom ntej coj los cawm neeg txoj sia.



Nws yeej muaj cov chaw khaws cov ntshav nyob ntawm txoj hlab ntaws nyob hauv California uas yog cov ntiav thiab yog cov uas muaj rau pej xeeem txhua tus siv dawb. Cov niam txiv uas xav kom muab cov ntshav nyob ntawm lawv tus me nyuam txoj hlab ntaws coj mus khaws tseg yuav tsum tau nrog tus kws kho mob uas saib xyuas lawv txoj kev noj qab nyob zoo thaum cev xeeb tub ntxhais sib tham tsis txhob pub dhau lub lim piam 34, los sis ntxov tshaj ntawd. Yog xav paub ntau tshaj qhov no ntxiv, mus xyuas ntawm California [PNS Program phab ntawv vas sab rau Kev Muab Cov Ntshav Nyob Ntawm Txoj Hlab Ntaws Coj Mus Khaws Tseg](https://bit.ly/Cord-B) (https://bit.ly/Cord-B). Yog xav paub ntxiv txog cov chaw ntiav thiab cov chaw muaj rau pej xeeem siv dawb, mus xyuas ntawm los sis hu:

- [Qhov Kev Pab Cuam Rau Kev Muab Cov Ntshav Nyob Ntawm Txoj Hlab Ntaws Coj Mus Khaws Tseg Hauv Teb Chaws Meskas \(National Cord Blood Program\)](https://www.nmdd.org): 866-767-6227
- [Qhov Kev Pab Cuam Rau Kev Muab Hlwb Pob Txha Coj Mus Pab Lwm Cov Neeg Nyob Hauv Teb Chaws Meskas \(National Marrow Donor Program\)](https://www.nmdd.org): 800-627-7692

## Kev nug saib ib tus neeg yog neeg nyiam deev poj niam los sis nyiam deev txiv neej thiab xav hais tias yog poj niam los sis yog txiv neej

Vim lub xeev yuav tsum kom sau, PNS Program yuav tsum tau nug cov neeg uas lawv mus siv qhov kev pab cuam ntawm no kom peb paub cov lus qhia txog qhov hais tias saib tus neeg nyiam deev poj niam los sis nyiam deev txiv neej thiab tus neeg xav hais tias nws yog poj niam los sis yog txiv neej.

[Ntawm no yog cov lus sau tau hais txog ib Qhov Kev Nug Saib Ib Tus Neeg Nyiam Deev Poj Niam Los Sis Nyiam Deev Txiv Neej thiab Tus Neeg Xav Hais Tias Nws Yog Poj Niam Los Sis Yog Txiv Neej \(SOGI\)](https://forms.office.com/g/LRUWGV7Xx) (https://forms.office.com/g/LRUWGV7Xx). Daim ntawv teev npe rau qhov kev nug SOGI yeej yog ib daim ntawv uas koj tsis tag teb los yeej tau. Yog koj txiav txim hais tias koj tsis kam qhia cov lus ntawm no, nws yeej tsis muaj ib yam dab tsi phem uas yuav cuam tshuam rau koj qhov kev mus siv qhov kev pab cuam PNS Program li. Yog koj ho txiav txim hais tias koj kam qhia cov lus ntawm no rau peb, qhov kev nug no yeej tsis muaj ib yam dab tsi uas yuav taug koj qab los sis yuav cuam tshuam rau txhua yam uas qhov kev kuaj tau kuaj pom li. Cov poj niam uas lawv lub cev xeeb tub ntxhais yeej mus teb tau ib qhov kev nug tshiab rau txhua zaus thaum lawv lub cev xeeb tub ntxhais.



## VII. Lus Ceeb Toom Txog Kev Ceev Ntaub Ntawv Kom Lwm Tus Neeg Tsis Txhob Paub Txog Ib Tus Neeg

Qhov kev pab cuam Genetic Disease Screening Program (Kev Pab Cuam Rau Kab Mob Cuam Tshuam Rau Caj Ceg (GDSP)) yeej yog txhais hais tias nws yog ib tus kws kho mob los sis ib lub chaw kho mob uas yuav tau ua raws nraim li tsab cai Health Insurance Portability and Accountability Act (HIPAA). HIPAA yog tsoom fww ib tsab cai uas tsim ib cov lus tswj koj los tiv thaiv kom tsis txhob muab neeg mob ib cov ntaub ntawv qhia txog txoj kev noj qab nyob zoo uas tsis xav kom neeg paub tso tawm yog tus neeg mob tsis tau tso lus los sis tsis tau paub txog. GDSP yeej yog ib qhov kev pab cuam uas yuav tsum tau ua raws nraim HIPAA cov lus tswj thiab yeej yuav tsum tau muab Cov Lus Ceeb Toom Txog Kev Ceev Ntaub Ntawv Kom Lwm Tus Neeg Tsis Txhob Paub Txog Ib Tus Neeg (NPP, pib siv thaum Lub Xya Hli xyoo 2015) rau tus neeg.

California Prenatal Screening (PNS) Program yeej yog ib qhov kev pab cuam nyob hauv GDSP uas yog ib qhov kev pab cuam ntawm California Lub Chaw Tuav Dej Num Saib Xyuas Pej Xeem Txoj Kev Noj Qab Nyob Zoo (California Department of Public Health). Txoj kev sau thiab sib pauv ntaub ntawv kho mob hais txog ib tus neeg nyob ntawm cov kws kho mob rau lub hom phiaj ntawm kev kho, kev them nqi, los sis kev khiav hauj lwm kho mob nrog GDSP thiab nws cov neeg sawv cev uas cuam tshuam rau PNS Program yeej yog ib yam uas HIPAA pub muaj thiab lub xeev txoj cai yuav tsum kom muaj uas yeej tsis tag yuav tau kev tso cai tshwj xeeb los sis tsis tag yuav muaj ib cov kev cog lus rau kev ua lag luam li. Cov lus ceeb toom ntawm no yeej piav qhia hais tias saib peb yuav muab koj cov ntaub ntawv kho mob koj mus siv thiab tso tawm zoo li cas thiab saib koj yuav ua li cas koj thiab li yuav mus saib tau cov ntaub ntawv ntawm no. Thov muab xyuas kom meej meej.

### Lub Chaw Tuav Dej Num Cov Hauj Lwm Raws Txoj Cai

Txoj cai yeej hais tias GDSP yuav tsum tau ceev cov ntaub ntawv hais txog txoj kev noj qhov nyob zoo ntawm cov neeg mob kom lwm tus neeg tsis txhob paub txog ib tus neeg. Tsoom fww thiab lub xeev cov cai yeej txwv txoj kev siv, txoj kev tuav, thiab txoj kev yuav muab cov ntaub ntawv qhia txog ib tus neeg uas muaj nyob ntawm lub xeev ib lub chaw tuav dej num tso tawm thiab yuav tsum kom muaj ntawv ceeb toom rau cov tib neeg uas lawv muaj ntaub ntawv hais txog cov neeg ntawd paub. Txoj cai los kuj hais tias peb yuav tsum tau hais rau koj paub sai sai yog muaj ib qhov kev ua tsis raws txoj cai uas yuav ua rau ceev tsis tau koj cov ntaub ntawv kom lwm tus neeg tsis txhob paub txog koj los sis yuav ua tau kom tsis muaj kev ceev tau koj cov ntaub ntawv zoo.

Lub xeev cov cai yog muaj California Information Practices Act (Civil Code 1798 et seq.), Government Code Section 11015.5, thiab Health and Safety Code Section 124980. Tsoom fww txoj cai yog muaj Health Insurance Portability and Accountability Act of 1996 (HIPAA), 42 USC 1320d-2(a)(2), thiab nws cov lus tswj nyob hauv tshooj cai Title 45 of the Code of Federal Regulations Section 160.100, et seq.

Yuav ua kom tau raws nraim li cov kev cai lij choj ntawm no, koj thiab cov chaw uas muaj ntaub ntawv yuav tsum paub txog cov lus nyob nram qab no: California Lub Chaw Tuav Dejnum Saib Xyuas Pej Xeem Txoj Kev Noj Qab Nyob Zoo (CDPH) yeej sau thiab yeej siv cov ntaub ntawv qhia txog tus neeg thiab tus neeg txoj kev kho mob zoo li qhov uas tsab cai Health and Safety Code Sections 124977, 124980, 125000, 125002, 125050, 125055, thiab 123055 pub sau thiab pub siv, thiab raws nraim li cov kev khiav dej num nyob hauv lub Xeev cov lus tswj (17 CCR §§ 6527, 6529, 6531 thiab 6532). Cov lus los sis ntaub ntawv uas CDPH sau koj mus khaws tseg los sis koj mus siv yog ib cov uas yeej muab siv koj los kww yees hais tias saib qhov uas ib tus me nyuam nyob hauv plab ntxim yuav muaj ib cov teeb meem loj rau ntawm lub cev thiab/los sis lub paj hlwb yog muaj ntau npaum li cas thiab muab siv koj los kuaj saib cov poj niam cev xeeb tub ntxhais yog muaj teeb meem dab tsi tiag. Yog tus poj niam tsis kam muab cov lus los sis ntaub ntawv qhia txog nws rau peb, qhov no yeej ua tau kom muaj cov teeb meem zoo li kev kuaj tsis pom hais tias tus me nyuam muaj teeb meem, kev qhia tau yuam kev hais tias qhov uas ib tus me nyuam ntxim yuav muaj teeb meem yeej muaj ntau los ua kom muaj cov kev kuaj uas tsis tag yuav muaj, los sis ua rau xa tsis tau nqi raws li cov kev pab los sis kev kuaj tus neeg uas tus neeg tau siv. Cov lus los sis ntaub ntawv ntawm no yog ib cov uas sau hauv khoom hluav tawv xob los thiab yog muaj koj lub npe, qhov chaw nyob, cov teeb meem uas kuaj pom, thiab cov kev kho mob uas koj tau siv.

### Kev Siv thiab Kev Muab Cov Ntaub Ntawv Qhia Txog Txoj Kev Noj Qab Nyob Zoo Tso Tawm

CDPH yeej muab cov ntaub ntawv qhia txog koj txoj kev noj qab nyob zoo ntawm qhov kev kuaj koj mus siv, koj mus npaj cov kev pab rau kev noj qab nyob zoo, koj mus sau kom tau qhov nqi ntawm qhov kev kuaj thiab rau cov hom phiaj ntawm kev khiav ntaub ntawv, thiab koj mus soj ntsuam hais tias saib qhov kev pab los sis qhov kev kho mob uas koj tau siv yog muaj zoo npaum li cas. Txoj cai los kuj tseem pub CDPH los mus siv los sis los mus muab cov ntaub ntawv uas peb muaj hais txog koj tso tawm rau lwm tus neeg rau cov hom phiaj nram qab no thiab:

- Rau cov kev tshawb fawb uas tau txais lus pom zoo los ntawm ib cov txwj laus thiab yeej muaj txhua yam raws li qhov uas tsoom fww thiab lub xeev txoj cai yuav tsum kom muaj hais txog kev tsis pub kom lwm tus neeg paub txog ib tus neeg, zoo li kev tshawb fawb cuam tshuam rau kev tiv thaiv kab mob.
- Rau cov kev tshawb fawb txog mob neeg uas tsis muaj lus qhia hais tias tus neeg yog leej twg, tshwj hais tias koj yeej sau ntawv mus rau qhov chaw nyob hauv qab no mus thov kom tsis txhob muab cov lus los sis ntaub ntawv qhia txog koj siv.
- Tso mus rau cov koom haum uas pab peb kev khiav hauj lwm, zoo li kev sau cov nqi. Yog hais tias peb muab cov lus los sis ntaub ntawv ntawm no rau lawv, peb yuav hais kom lawv tiv thaiv cov lus los sis ntaub ntawv ntawm no zoo ib yam li qhov uas tsoom fww thiab lub xeev txoj cai yuav tsum kom tiv thaiv.

### GDSP Tsab Ntawv Tso Lus

GDSP yuav tsum muaj koj tsab ntawv tso lus es lawv thiab yuav siv tau los sis yuav muab tau cov lus los sis ntaub ntawv qhia txog koj thiab koj txoj kev noj qab nyob zoo rau lwm tus neeg los sis lwm lub koom haum rau ib yam teeb meem uas tsis yog cov teeb meem peb tau muab piav qhia rau hauv cov lus ceeb toom ntawm no. Koj yeej muab koj tsab ntawv tso lus thim tau rov qab txhua lus sij hawm, tshwj hais tias GDSP twb muab siv los sis muab tso tawm tag lawm vim koj tsab ntawv tso cai, yog koj sau ntawv mus rau Division Chief, Genetic Disease Screening Program, 850 Marina Bay Parkway, F175, Richmond, CA 94804.

# Lus Ceeb Toom Txog Kev Ceev Ntaub Ntawv Kom Lwm Tus Neeg Paub Txog Ib Tus Neeg (txuas ntxiv)

CDPH yeej muaj cai los mus muab cov lus tswj ntawm tsab ntawv ceeb toom ntawm no pauv thiab los mus muab tsab ntawv ceeb toom tshiab tso hais tias yuav siv tau rau lub sij hawm twg rau tag nrho cov lus los sis cov ntaub ntawv uas tau txais kev tiv thaiv hais txog ib tus neeg txoj kev noj qab nyob zoo uas lawv muaj. Koj yeej thov tau cov lus tswj uas siv tham sim no los sis mus nrhiav tau lus qhia ntxiv hais txog peb cov tswj kev ceev ntaub ntawv kom lwm tus neeg tsis txhob pob txog ib tus neeg, yog koj hu xov tooj mus rau cov xov tooj uas muaj nyob ntawm phab ntawv txuas ntxiv ntawm no los sis yog koj mus saib hauv [PNS Program lub vas sab](https://www.cdph.ca.gov/PNS) (<https://www.cdph.ca.gov/PNS>). Koj los yeej thov tau kom peb muab Tsab Ntawv Ceeb Toom ntawm no xa ua ntaub ntawv tuaj rau koj.

## [Cov Cai Uas Ib Tus Tib Neeg Muaj thiab Kev Mus Saib Tau Cov Ntaub Ntawv](#)

Koj yeej muaj cai mus saib cov koj ntaub ntawv hais txog koj txoj kev noj qab nyob zoo los sis mus thov kom peb muab koj cov ntaub ntawv luam ib tsab rau koj. Yog koj thov kom peb muab koj cov ntaub ntawv luam ib tsab rau koj, peb yuav kom koj them \$0.10 (10 xees) rau ib phab ntawv. Koj los yeej muaj cai thov kom peb muab txhua txhua zaus uas peb tau muab cov ntaub ntawv qhia txog koj txoj kev noj qab nyob zoo tso tawm rau cov hom phiaj uas tsis yog kev kuaj, kev them nqi, los sis cuam tshuam rau cov hom phiaj ntawm kev khiav ntaub ntawv teev rau ib phab ntawv coj los muab rau koj.

Yog koj ntseeg hais tias cov lus nyob hauv koj cov ntaub ntawv hais tau tsis yog lawm los sis yog koj cov ntaub ntawv tsis muaj ib cov lus tseem ceeb nyob hauv, koj yeej muaj cai mus hais kom peb muab cov lus uas peb muaj tam sim no kho kom hais tau yog los sis kom peb muab cov lus uas peb tsis muaj nyob hauv sau ntxiv rau. Koj yeej muaj cai los mus hais kom peb siv ib qhov chaw nyob txawv, ib lub chaw txais ntawv tom tsev xa ntawv txawv (post office box), los sis ib tus xov tooj txawv coj los nrog koj sib txuas lus. Peb yeej yuav ua raws li cov lus thov uas yeej tsis yog ib yam txawv dhau lawm. Koj yeej sau tau ntawv mus hais kom peb txwv txoj kev muab koj cov ntaub ntawv tso tawm rau kev kho mob, kev them nqi, thiab rau cov hom phiaj ntawv kev khiav ntaub ntawm; tiam sis, peb yuav ua tsis tau raws li tag nrho koj cov lus thov.

## [Cov Lus Tsis Txuas Siab](#)

Yog koj ntseeg hais tias peb tsis tiv thaiv koj cov ntaub ntawv kom lwm tus neeg tsis txhob paub txog koj los sis peb tau ua txhaum ib yam cai uas koj muaj thiab koj xav mus zwm ib cov lus tsis txaus siab, thov hu xov tooj los sis sau ntawv mus rau: Privacy Officer, CDPH, 1415 L Street, Suite 500, Sacramento, CA 95814, (877) 421-9634. CDPH yeej muab cov kev pab rau kev kho mob uas koj muaj tam sim no los sis lwm cov cai uas muaj kev tiv tshem tsis tau tawm yog koj txiav txim mus zwm ib cov lus tsis txaus siab los sis koj ho muab ib txoj cai ntawm cov cai hais txog kev ceev ntaub ntawv kom lwm tus neeg tsis txhob paub txog ib tus neeg uas muaj nyob hauv Tsab Ntawv Ceeb Toom ntawm no coj los hais.

Koj los yeej nug tau mus rau United States Department of Health and Human Services, Attention: Regional Manager, Office for Civil Rights ntawm 90 7th Street, Suite 4-100, San Francisco, CA 94103, hauv xov tooj (800) 368-1019, los sis (800) 537-7697 tus xov tooj TDD uas hu tau dawb, los sis U.S. Office of Civil Rights ntawm 866-OCR-PRIV (866-627-7748) los sis 866-788-4989 TTY.

## [Lub Chaw Tuav Dej Num Tus Neeg Uas Tib Neeg Yuav Nug Tau Mus Rau](#)

GDSP yog lub chaw uas tuav cov lus los sis cov ntaub ntawv nyob hauv cov Tsab Ntawv Toom ntawm no. Neeg yeej nug tau mus rau tus Division Chief of Genetic Disease Screening Program ntawm: 850 Marina Bay Parkway, F175, Richmond, California, 94804, (866) 718-7915. Tus Division Chief yog tus muaj feem cuam rau txoj kev ceev ntaub ntawv thiab yuav, thaum koj thov, qhia rau koj paub hais tias saib koj cov ntaub ntawv yog nyob rau lub chaw twg thiab yuav teb cov lus thov uas koj muaj hais txog cov lus nyob hauv cov ntaub ntawv ntawd.

## [Tsab Cai Americans with Disabilities Act \(Tsab Cai Rau Cov Pej Xeeb Meskas Uas Xiam Oob Qhab\)](#)

Lus Ceeb Toom Txog Ntaub Ntawv thiab Nqis Lus Hais Txog Kev Mus Saib Tau Cov Ntaub Ntawv  
Cov Lus Txwv Tsis Pub Muab Ib Tus Neeg Twg Cais Saib Ntaus Nqis Txawv Lwm Cov Neeg raws li Nqis Lus Hais Txog Kev Xiam Oob Qhab thiab Kev Muaj Cib Fim Ua Hauj Lwm Sib Npau Zos Rau Txhua Tus Neeg (Basis of Disability and Equal Employment Opportunity Statement). CDPH yeej ua raws nraim li lub xeev thiab tsoom fww cov kev cai lij choj, uas txwv tsis pub kom muab ib tus neeg twg cais saib ntaus nqi txawv lwm cov neeg hauv kev ua hauj lwm thiab kev txais mus koom thiab kev mus siv lawv cov kev pab cuam los sis kev mus koom tau lawv cov dej num.

Tus Deputy Director, Office of Civil Rights (OCR), yog tus uas CDPH tau muab tso coj los ua tus neeg saib xyuas thiab khiav hauj lwm kom lub chaw tuav dej num khiav tau hauj lwm raws nraim li txhua yam uas yuav tsum tau ua coj los tiv thaiv kom tsis txhob muab ib tus neeg twg cais saib ntaus nqi txawv lwm cov neeg. Tshooj cai Title II of the Americans with Disabilities Act (ADA) yog ib tshooj cai uas npaj coj los daws txoj kev tsis pub kom muab ib tus neeg twg cais saib ntaus nqi txawv lwm cov neeg thiab cov teeb meem ntawm kev mus siv tau kev pab hais txog cov neeg xiam oob qhab. Yog xav tau ntaub ntawv hais txog CDPH Cov Lus Tswj Kev Muaj Cib Fim Ua Hauj Lwm Sib Npau Zos Rau Txhua Tus Neeg tshooj cai ADA thiab cov cai uas tshooj cai ntawm no muaj, koj yeej nug tau mus rau CDPH Office of Compliance, Civil Rights Unit, at P.O. Box 997377, MS 0504, Sacramento, CA 95899-7377 los sis (916) 445-0938.

Yog thaum twg koj thov, peb yeej muab tsab ntawv no pauv mus ua tau cov ntawm siv tes plhw (braille), tso kom pom tseeb, luam kom pom loj, los sis ua cov ntawv saib tau nyob hauv khoom hluav taws xob (electronic format). Yog xav tau daim ntawv ntawm no uas muab pauv mus ua ib hom ntawm cov hom ntaub ntawv ntawm no, thov hu xov tooj los sis sau ntawv mus rau: Chief, California Prenatal Screening Program, 850 Marina Bay Pkwy, F 175, Mail Stop 8200, Richmond, CA 94804; Xov tooj: (866) 718-7915. [Peb yeej muaj tsab ntawv ceeb toom ntawm no nyob hauv online](https://bit.ly/PNSPrivacy) (<https://bit.ly/PNSPrivacy>).



**California Lub Chaw Tuav Dej Nuam Saib Xyuas**  
**Pej Xeem Txoj Kev Noj Qab Nyob Zoo**  
**(California Department of Public Health)**

[www.cdph.ca.gov/PNS](http://www.cdph.ca.gov/PNS)

California Department of Public Health  
Genetic Disease Screening Program  
Prenatal Screening Program  
850 Marina Bay Parkway, F175  
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[pns@cdph.ca.gov](mailto:pns@cdph.ca.gov)  
866-718-7915 tus xov tooj hu dawb

**2022**