

Learn Hmong Words

- *Hello:* Nyob Zoo (nyahl-zhong)
- *Thank you:* Uatsuag (oah-chao)
- *Goodbye, see you again:* Sib ntsiab dlua (she-gee-dloo-ah)

Learn the 18 Hmong Clan Names

Cha, Chang	Kue	Thao, Thor, Tao
Cheng	Lao, Lor, Lo	Van, Wang
Hang	Lee, Ly	Vue
Her, Heu, Hurr	Moua, Mua	Song, Xiong
Khang, Tsom	Pa, Pang	Yang
Kong, Som	Pha	



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Created by Mao Thao, Hmong Health Coordinator, Ramsey County Department of Public Health, St. Paul, MN - 651-266-2400

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Tips for working with Hmong adults and children

- Greet people with a smile.
- Be aware of your body language—kindness is seen in how you carry yourself.
- Avoid stereotypes and generalizations about Hmong people.
- Use a trained interpreter, not a family member.
- Spend time listening and assessing an individual's needs and views.
- Be sensitive, flexible, nonjudgmental, and respectful.
- Acknowledge frustrations and fears; tell patients and families you will do what you can to help.
- Be understanding and remain calm.
- Sharing a personal experience often helps.
- Rather than tell a patient he or she is dying, say “There is little you can do.”
- Learn about Hmong history, health practices, and how culture influences attitudes, beliefs, and values.
- Recruit and retain staff from the Hmong community.
- Establish partnerships and relationships with key community stakeholders.



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