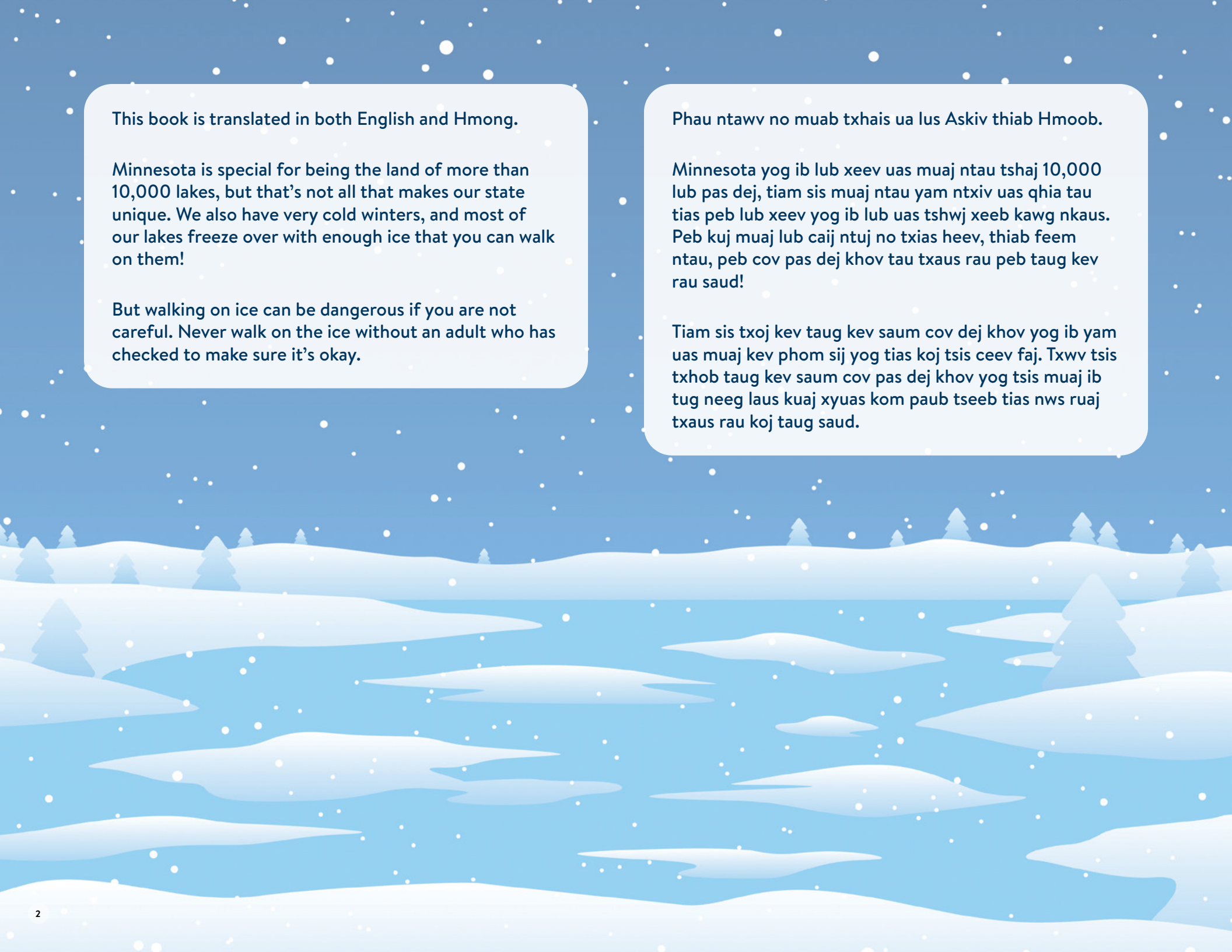


THINK TWICE BEFORE WALKING ON ICE

Xav zoo zoo ua ntej yuav taug kev saum cov pas dej khov





This book is translated in both English and Hmong.

Minnesota is special for being the land of more than 10,000 lakes, but that's not all that makes our state unique. We also have very cold winters, and most of our lakes freeze over with enough ice that you can walk on them!

But walking on ice can be dangerous if you are not careful. Never walk on the ice without an adult who has checked to make sure it's okay.

Phau ntawv no muab txhais ua lus Askiv thiab Hmoob.

Minnesota yog ib lub xeev uas muaj ntau tshaj 10,000 lub pas dej, tiam sis muaj ntau yam ntxiv uas qhia tau tias peb lub xeev yog ib lub uas tshwj xeeb kawg nkaus. Peb kuj muaj lub caij ntuj no txias heev, thiab feem ntau, peb cov pas dej khov tau txaus rau peb taug kev rau saud!

Tiam sis txoj kev taug kev saum cov dej khov yog ib yam uas muaj kev phom sij yog tias koj tsis ceev faj. Txwv tsis txhob taug kev saum cov pas dej khov yog tsis muaj ib tug neeg laus kuaj xyuas kom paub tseeb tias nws ruaj txaus rau koj taug saud.



One cold winter day, Jaime was playing with his friend Mariel at his house by the lake. Before going out to play, Jaime's mom reminded them not to go near the ice.

Muaj ib hnub thaum lub caij ntuj no, Jaime tab tom ua si nrog nws tus phooj ywg Mariel hauv nws lub tsev uas nyob ze lub pas dej. Ua ntej nkawv yuav mus ua si rau sab nraum zoov, Jaime niam ceeb toom nkawv kom tsis txhob mus ze ze ntawm lub pas dej khov.

Jaime and Mariel made snow angels.

Jaime thiab Mariel puab tau snow angels.



They built a snowman.

Nkawv puab tau ib tug snowman.



They made snow forts.

Nkawv puab tau snow forts.



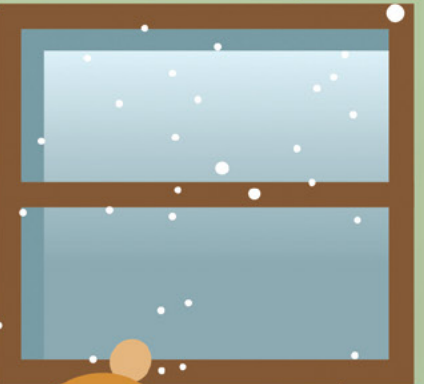
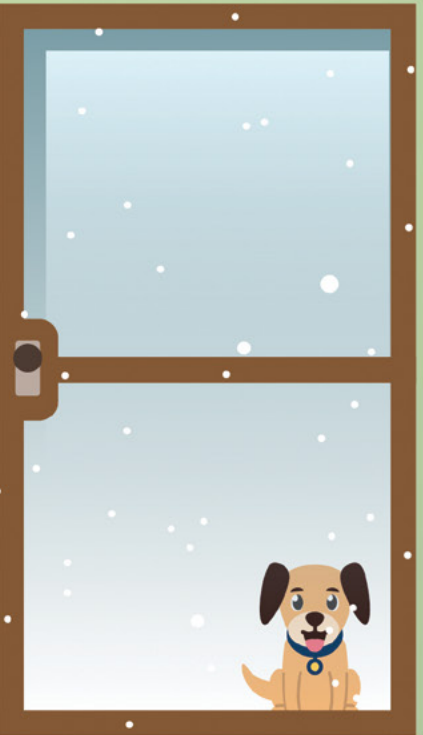
They inspected snowflakes.

Nkawv ntsia cov snowflakes.



As they were running out of things to do, Jaime noticed his new puppy, Rio, watching them from the back door.

Thaum nkawv tsis muaj dab tsi ua lawm, Jaime mam nco ntsoov pom nws tus me nyuam dev, Rio, uas tab tom ntsia nkawv ntawm nws lub tsev lub qhov rooj txuas nram qab.



Jaime and Mariel went to let Rio out to play in the snow. As soon as they opened the door, Rio ran past them and into the deep snow.

Jaime thiab Mariel thiaj li mus qhib qhov rooj tso Rio tawm mus ua si hauv cov daus. Thaum nkawv qhib kiag qhov rooj lawm, Rio thiaj li khiav dhau nkawv mus dhia rau hauv cov daus.

Mariel chased after Rio and without realizing, ran out onto the snow-covered ice. Before she could get off the ice, she fell through into freezing cold water!

Mariel caum Rio thiab cia li tsis nco qab ceev faj hais tias nws khiav mus rau saum lub pas dej khov uas npog daus lawm. Tos nco ces nws twb poob rau hauv lub pas dej khov, hauv cov dej uas txias heev!

When Jaime realized what happened, he remembered what his mom told him about never going on the ice—not even to help someone.

Thaum Jaime raj tias dab tsi tshwm sim lawm, nws mam li nco tias nws niam tau ceeb toom thiab txwv nkawv kom txhob mus ze lub pas dej khov – los sis tsis txhob mus pab lwm tug uas poob deg.

It was so cold that Mariel couldn't think straight. She was struggling to breathe, like when she played tag at recess. Rio ran to Mariel and started barking for help. Unlike Mariel, Rio did not break through the ice because he was so much lighter than her.

Thaum ntawd no tshaj plaws, thiaj li ua rau Mariel xav tsis tawm dab tsi li lawm. Nws pib ua pa nyuaj zuj zus, ib yam li thaum nws dhia ua si lub caij so. Rio dhia los mus nyob ze ntawm Mariel thiab pib tsem kom lwm tug pab. Thaum Rio dhia saum lub pas dej khov, nws kuj tsis tawg ib yam li thaum Mariel dhia mus rau saum, yeej vim hais tias nws tsis hnyav npaum nws.

Stay calm! Put your arms on the ice! I'll go get help!

Ua siab kom tus! Muab ob txhais tes tuav ntawm ntug dej khov. Kuv mam li mus nrhiav kev pab!

911

When Jaime told his mom, she called 911 right away. Then she went to the closet and grabbed a life jacket and a long rope.

Thaum Jaime nrhiv kev pab qhia nws niam lawm, nws niam kuj tau hu 911 tam sim ntawd. Tom qab ntawd, nws niam kuj tau mus tshawb lub txee rau khaub ncaws thiab muab lub tsho plab yas thiab ib txoj hlua siv uas ntev heev.

They ran back to the lake, but stayed on the shore where it was safe. Jaime's mom tossed the life jacket to Mariel and told her to put it on. Then she tossed the rope to her and told her to wrap it around her hands and kick her feet.

Nkawv thiaj li tau khiav ceev ceev rov qab rau ntawm lub pas dej khov, tiam sis nkawv kuj ho nyob ntawm ntug kom txhob phom sij rau nkawv. Jaime niam tau muab lub tsho plab yas cuam rau Mariel qhia kom nws muab hnab. Tom qab ntawd ces nws tau muab txoj hlua siv cuam kiag thiab qhia kom nws muab khi tuav nws ob sab tes thiab qhia kom nws tuam ko taw mus li.

While Mariel kicked, Jaime's mom pulled hard on the rope and dragged Mariel onto the ice.

Thaum Mariel tuam ko taw lawm, Jaime niam thiaj li tau rub txoj hlua siv kom Mariel tawm tau ntawm lub pas dej los mus nyob saum cov dej khov.

By the time Mariel got back to shore and in the house, the emergency response had arrived.

Thaum Mariel los txog pem ntug dej thiab mus rau hauv tsev lawm, lub tsheb kho mob mam li tuaj txog.

Do not stand up! Roll towards me and try to stay flat so you don't break the ice!

Tsis txhob sawv kias! Maj mam nkag los txog kuv thiab nyob tus yees, cov dej khov thiaj li tsis tawg!

They checked Mariel's body temperature to make sure that she was not at risk of **hypothermia**. Once they confirmed that she was okay, they advised her to stay inside and drink hot chocolate to warm up.

Hypothermia is when your body loses heat faster than it can make heat. If your body gets too cold, it can be deadly. That's why it is important to get checked by a medic if you fall through the ice.

Cov neeg kho mob thiaj li tau kuaj xyuas Mariel lub nrog cev kom nws txhob muaj feem mob **hypothermia**. Tom qab lawv kuaj xyuas tias nws nyab xeeb tsis muaj kev phom sij lawm, lawv thiaj li hais kom nws nyob twj ywm hauv tsev haus hot chocolate kom nws nyob sov so.

Hypothermia yog thaum yus lub nrog cev sov tsis taus thiab tsuas muaj qhov txias zias, ua rau yus ua npaws txias tshee hna. Yog thaum koj lub nrog cev zoo li no thiab koj lub cev sov tsis taus lawm, koj kuj muaj feem yuav tuag taus thiab. Yog vim li no koj thiaj li yuav tsum cia kws kho mob kuaj xyuas koj kom zoo tom qab koj poob rau cov dej txias hauv cov pas dej khov.

Jaime's mom shared some tips to stay safe on the ice.

1. Never go on the ice without an adult.
2. Always check the ice with a tape measure.
3. Wear a life jacket or float coat.
4. Remember that ice can be thick in one spot but thin just a few feet away.

Jaime niam tau qhia txog cov txheej txheem tso kev phom sij thaum poob rau cov dej txias hauv cov pas dej khov.

1. Txwv tsis txhob nyob saum cov dej khov yog hais tias tsis muaj ib tug neeg laus saib xyuas.
2. Kuaj xyuas kom meej hais tias cov dej khov tuab txaus nrog tus cwj ntsuas.
3. Hnav lub tsho plab yas los sis lub tsho looj kom ntab hauv dej.
4. Nco ntsoov tias cov dej khov muaj feem tuab rau ib thaj chaw, tab sis kuj muaj tej qho ua nws hnyias hnyias thiab tsis khov txaus.



ICE IS NEVER 100% SAFE

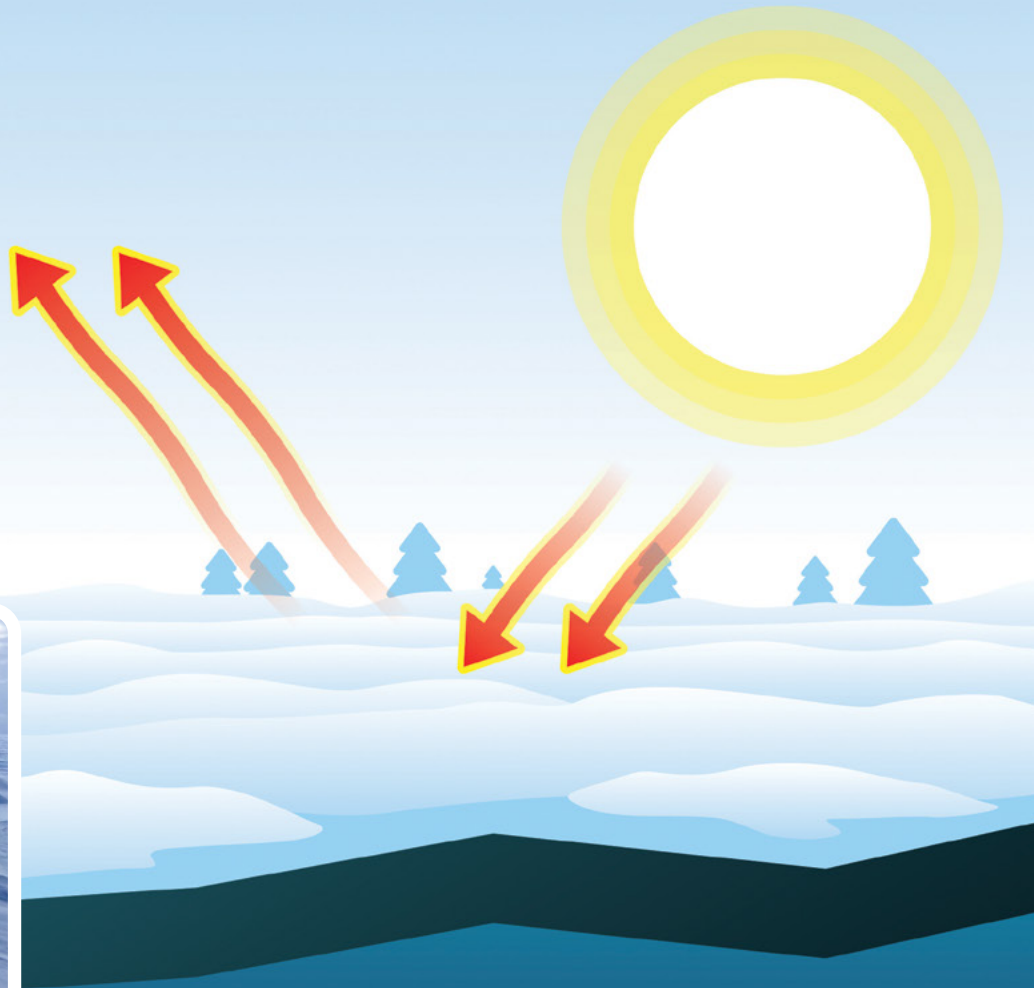
Recommended Minimum Ice Thickness

(Guidelines for New, Clear Ice Only)



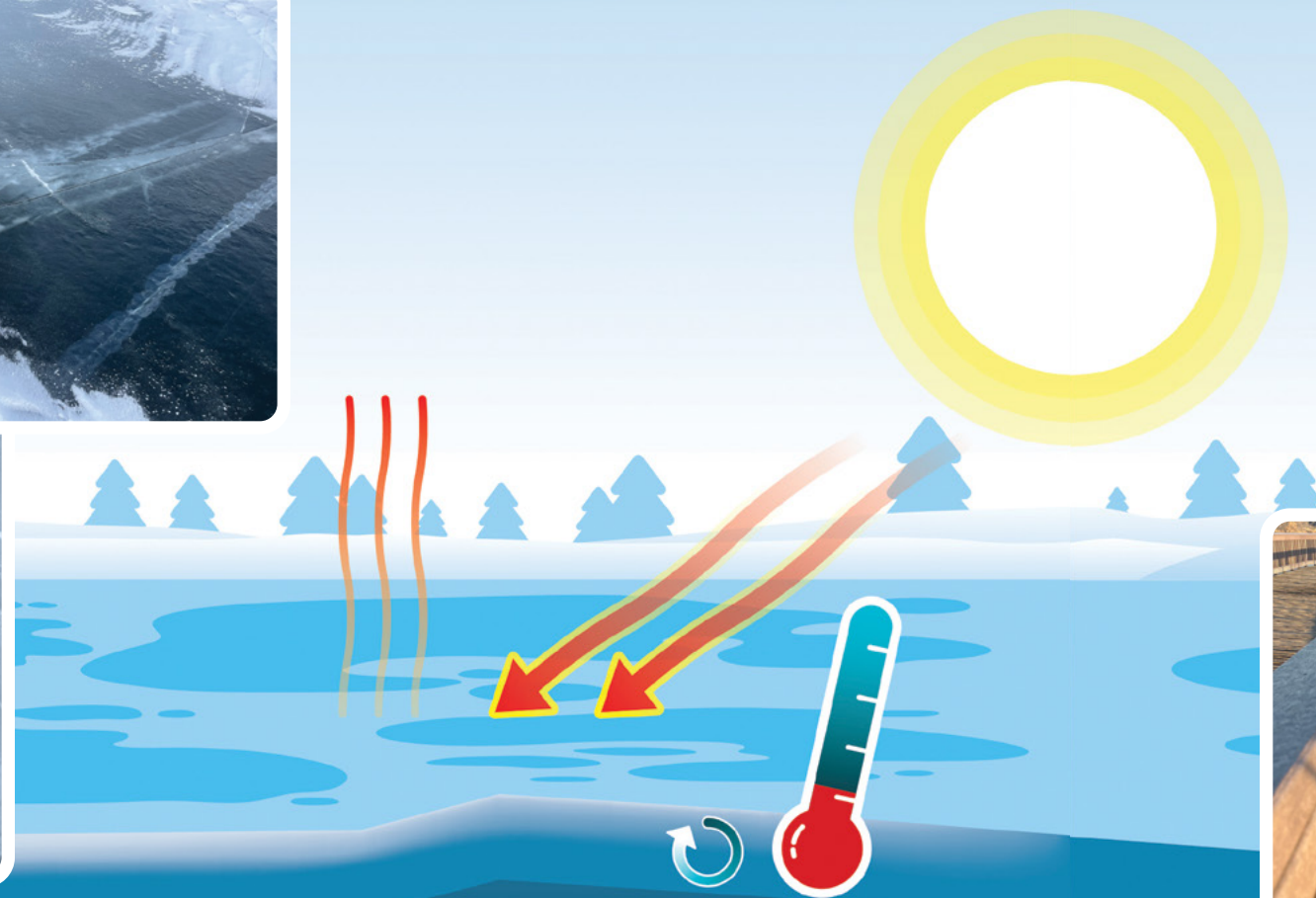
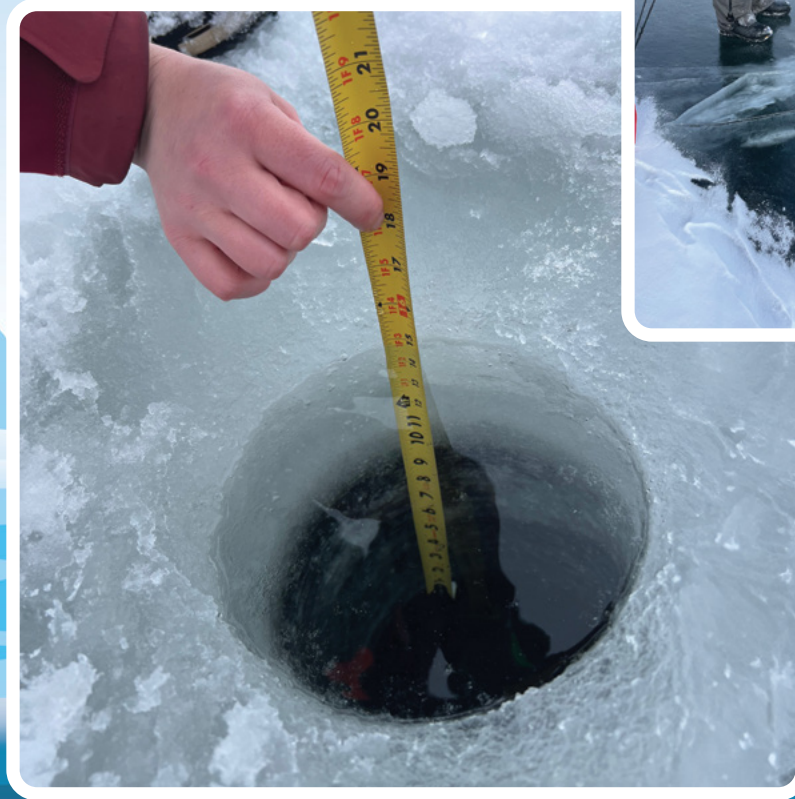
When ice forms on a lake in the beginning of winter, it is usually strong and clear. You should wait for at least 4 inches of new, clear ice before walking on ice with an adult. For a snowmobile, you need at least 5 to 7 inches, and for a truck, 13 inches or more.

Lub caij ntuj no, thaum cov pas dej pib khov lawm, nws yuav tsum khov heev thiab cov dej khov yuav tsum pom ntshiab si. Koj yuav tsum tau xyuas tias cov dej khov tuab li 4 inches thiab ntshiab si, ua ntej koj thiaj li yuav nyob tau taug kev rau saum nrog ib tug neeg laus. Rau cov snowmobile, cov dej khov yuav tsum tuab ntawm 5 mus rau 7 inches, thiab nws yuav tsum tuab li 13 inches los sis siab tshaj rau cov tsheb loj.



When snow covers a frozen lake, it acts like a fluffy blanket that insulates the ice. This blanket of snow slows the formation of new ice. Snow can also be really heavy which means the ice won't be able to support as much weight. If the lake in the story wasn't covered in snow, it might have been strong enough to support Mariel's weight.

Thaum cov daus los npog ib lub pas dej khov lawm, cov daus yuav ceev cia cov dej khov ntawd kom nws nyob txias zias. Vim muaj cov daus npog lub pas dej lawm, nws thiaj li yuav khov qeeb qeeb. Tiam sis tej zaug, cov daus ntawd kuj hnyav thiab cov dej khov yuav thev tsis taus txoj kev hnyav ib yam nkaus. Yog hais tias lub pas dej khov nyob zaj dab neeg no tsis muaj cov daus los npog, ces ntshe nws twb khov txaus los mus tuav Mariel qhov hnyav lawm.



When the sun shines brightly during the day, it can melt the snow. At night, when the temperature drops, this melted snow can refreeze and form “white ice”. White ice is not as strong as new, clear ice. Make sure you look carefully at the ice to see that it is new and clear—not old and white or gray. Four inches of new, clear ice might be enough to support one person walking, but that same person could fall through 10 inches of ice if it is old, white, or gray.

Thaum lub hnuab ci tuaj nruab hnuab, nws muaj feem ua kom cov daus yaj. Yav tsaus ntuj, thaum pib no lawm, cov daus uas yaj ntawd kuj yuav khov taus ib txheej saum thiab rhais mus ua “cov dej khov dawb”. Cov dej khov dawb yeej tsis ruaj khov npaum cov dej khov uas ntshiab si. Ua zoo saib cov dej khov kom pom tseeb tias yog cov dej khov tshiab thiab ntshiab si—tsis yog cov qub uas dawb los sis txho. Cov dej khov uas tuab txog plaub inches, uas ntshiab si yeej ruaj khov txaus los mus tuav ib tug tib neeg qhov hnyav thaum nws taug kev saum tob, tiam sis yog hais tias cov dej khov qub, dawb los sis txho, txawm nws tuab li 10 inches los yeej tsis ruaj khov txaus.

From the surface, ice might look the same all across the lake. However, lots of things can cause ice to be thick in one spot and thin in another spot nearby. Wind, sun, fish, and moving water can all cause thin ice.

Stay away from signs that say, “Danger thin ice.” You might see them in narrow spots or under bridges where water is moving faster.

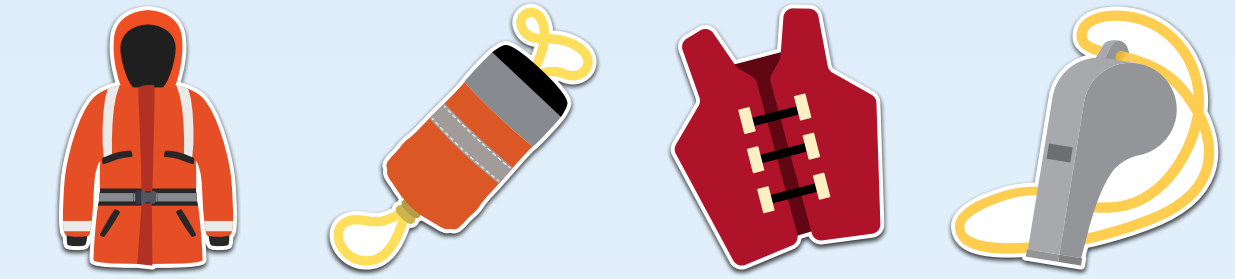
Nyob saum npoo, koj yuav pom tias cov dej khov zoo tib yam thoob plaws lub pas dej. Tiam sis, muaj ntau yam heev uas cuam tshuam cov dej khov, ua kom nws tuab zog rau tej qho chaw los sis hnyias zog rau tej qho. Cov dej khov uas tuab thiab hnyias ntawd, yuav nyob ntawm huab cua, lub hnuab, cov ntses nyob rau hauv thiab seb cov dej ua zog npaum li cas.

Txav deb deb yog pom daim paib sau hais tias, “Danger thin ice.” Tej thaum koj kuj yuav pom tej thaj khov me ntsis saum npoo ntawm cov dej khov nyob qab choj, tiam sis ntsia mus ntsia los koj yuav pom nws ua zog ceev heev.

MATCHING

If you go on the ice, make sure to have the proper safety gear. The most important is a foam life jacket or float coat because it will keep you from drowning if you fall into cold water. Even the best swimmers are more likely to drown in cold water because the cold shock causes you to gasp for air, and it causes your body to become weak very quickly.

Directions: Match the correct safety item from the word bank to its matching picture. You may only use each word once.



1. 2. 3. 4.



5. 6. 7.

COV LUS THIAB DUAB UAS SIB PHIM

Yog koj mus rau ntawm cov dej khov, koj yuav tau hnav khaub ncaws kom haum thiaj li nyab xeeb. Qhov tseem ceeb tshaj plaws yog muaj lub tsho plab yas los sis muaj lub tsho looj kom ntab vim nws yuav pab kom koj txhob pom deg yog koj poob rau cov dej txias. Tab txawm yog cov neeg ib txwm txawj ua luam dej los yeej tseem muaj feem poob deg vim txoj kev no ua rau yus nqus pa tsis taus, thiab yuav ua rau yus lub nrog cev txhav tsis muaj zog.

Cov lus qhia: Muab cov duab thiab npe los mus tso ua ke raws li qhov yog. Koj tsuas siv tau cov lus no tib zaug xwb.

Word Bank:

- chisel
- float coat
- ice cleats
- ice picks
- life jacket
- throw rope
- whistle

Cov Lus Siv:

- tus cwj kuam
- lub tsho looj kom ntab
- khaub cuab nplua saum cov dej khov
- cwj nkaug dej khov
- lub tsho plab yas
- txoj hlua
- cwj xuav kauv



Always let someone know where you are going and what time you plan to return. That way if you don't return on time, someone will know that you need help and where to look for you.

Nco ntsoov qhia lwm tug tias koj mus rau qhov twg thiab thaum twg koj mam rov los tsev. Yog muaj dab tsi tshwm sim rau koj los yog ua rau koj tsis rov txog tsev raws caij nyoog, thiaj li muaj neeg paub nrhiav kev pab los sis tuaj nrhiav koj rau qhov chaw koj mus ntawd.

MAZE

Find your way through the maze to safely get off the ice. Watch out for open water, bridges, deep snow, and thin ice signs!



NRHIAV TXOJ KEV TAWM

Nrhiav txoj hauv kev rau koj los mus tawm ntawm cov dej khov. Ua tib zoo saib xyuas txog cov pas dej me, cov choj, cov daus uas tob, thiab cov paib txog cov dej khov uas hnyias hnyias!

DRAW A PICTURE

- 1. Draw a picture of a winter activity that you want to do on the ice.
- 2. On the next page, answer the questions to create a safe plan for your day on the ice.

KOS DUAB

- 1. Kos duab txog ib yam dab tsi uas koj xav ua rau lub caij ntuj no rau ntawm cov pas dej khov.
- 2. Teb cov lus nug ntawm nplooj ntawv tom ntej, los mus tsim ib lub hom phiaj kom nyab xeeb rau koj rau hnuv uas koj yuav mus ua si ntawm ib lub pas dej khov.

QUESTIONS

Before you do the activity that you drew on the previous page, it’s important to create a safety plan and let someone know where you are going and how long you will be gone. That way they will know where to look for you if you do not return on time. Answer the following questions to create your safety plan.

1. What is your winter activity? / Yam kev lom zem koj xav ua rau lub caij ntuj no yog dab tsi?

2. Who will you go with? / Leej twg thiaj li yuav nrog koj mus?

3. What safety gear will you bring? / Yam cwj los sis khoom dab tsi koj thiaj li yuav tau nqa nrog koj?

4. Where will you go, and how long will you be gone? / Koj yuav mus rau qhov twg thiab ntev npaum li cas?

5. Who will you tell your plan to? / Koj yuav qhia txog koj lub hom phiaj ntawd rau leej twg?

6. What are three things that you should watch out for when you are on the ice? / Peb yam uas koj yuav tsum nco ntsoov xyuam xim txog lub sij hawm nyob saum lub pas dej khov yog dab tsi?

LUS NUG

Ua ntej koj yuav ua li daim duab uas koj tau kos dhau los, nws yog ib yam tseem ceeb kawg nkaus rau koj los mus qhia rau ib tug neeg hais tias koj mus dab tsi thiab koj yuav mus ntev npaum li cas. Yog muaj dab tsi tshwm sim rau koj, lawv thiaj li paub nrhiav koj yog koj tsis rov los txog tsev raws lub caij nyoog teem tseg. Teb cov lus nug nram qab no los mus tsim ib lub hom phiaj kom nyab xeeb rau koj.

CROSSWORD PUZZLE

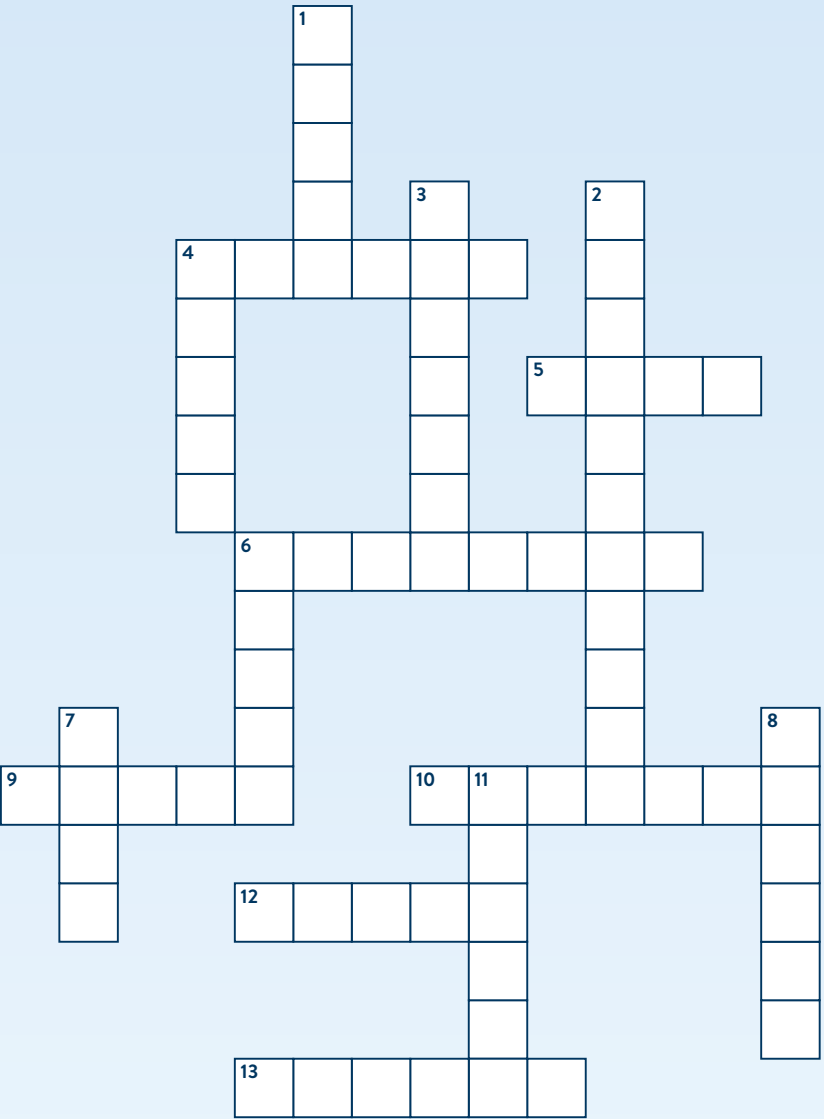
Use the word bank at the bottom to fill in the crossword. If you are stuck, look back in the story to find the answers.

Across

- 4. Watch out for thin ice in narrow spots and under bridges where the water might be moving _____.
- 5. New, clear ice should be at least _____ inches thick to walk on it.
- 6. Trucks need at least _____ inches of new, clear ice.
- 9. When snow melts and refreezes, it creates _____ ice, which is not as strong as new, clear ice.
- 10. It is hard to _____ when you fall into cold water.
- 12. Never walk on the ice without an _____.
- 13. Wind, sun, fish, and _____ water can cause thin ice.

Down

- 1. Minnesota is the land of more than 10,000 _____.
- 2. _____ is when your body loses heat faster than it can make it.
- 3. Always check the _____ before heading out on the ice.
- 4. Always wear a foam life jacket or _____ coat on the ice.
- 6. Always think _____ before walking on ice.
- 7. Stay away from the signs that say, “Danger _____ ice.”
- 8. Ice might be 4 inches thick in one spot, but only 1 inch thick _____.
- 11. Always let someone know where you are going and what time you plan to _____.



Word Bank:

- adult
 - breathe
- faster
 - float
- four
 - hypothermia
- lakes
 - moving
- nearby
 - return
- thin
 - thirteen
- twice
 - weather
- white

COS LUS SAU HAUV THAWV NTAWV

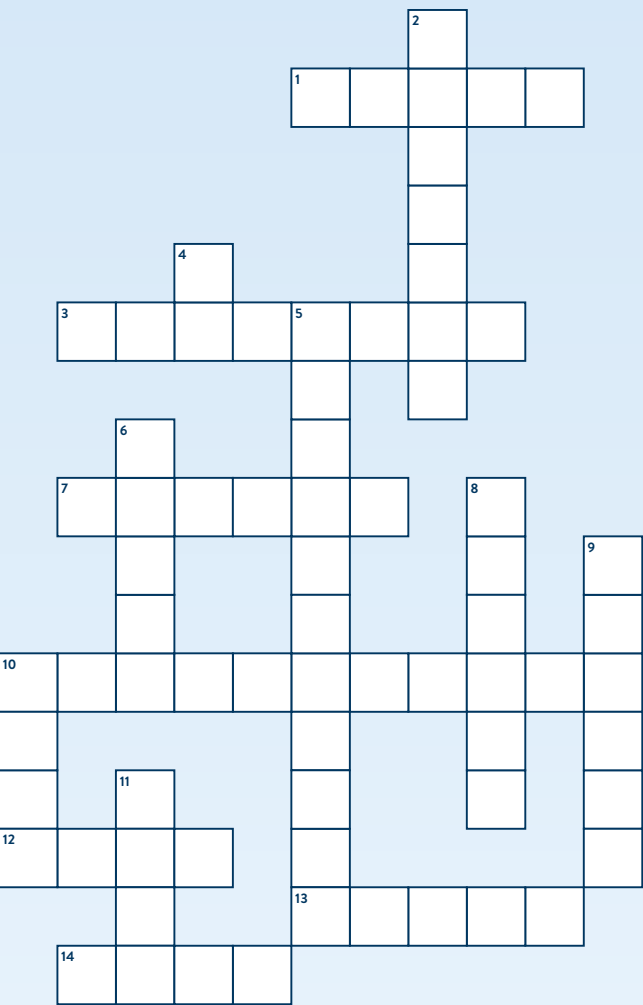
Siv cov lus nyob rau hauv qab daim nplooj no los mus tso rau cov thawv ntawv kom raug. Yog tias koj tsis paub mus txuas ntxiv lawm, rov qab los mus nyeem zaj dab neeg no koj thiaj li paub teb kom yog.

Cov lus sau tav toj

- 1. Cov dej khov tshiab thiab ntshiab si, yam tsawg kawg nkaus yuav tsum tuab li ntawm _____ inches thiaj li taug tau kev saum toj.
- 3. Ua tib zoo xyuam xim txog cov dej khov uas hnyias hnyias thiab hauv qab choj uas cov dej ua zog _____.
- 7. Yuav tsum qhia rau ib tug neeg paub hais tias koj mus rau qhov twg thiab thaum twg koj mam li _____ tsev.
- 10. Txwv tsis txhob taug kev saum cov dej khov yog tsis muaj ib _____ nrog yus.
- 12. Yuav tsum hnav lub tsho plab yas los sis lub tsho looj kom _____ thaum taug kev saum ib lub pas dej khov.
- 13. Yuav tsum saib xyuas _____ ua ntej taug kev saum toj ntawm ib lub pas dej khov.
- 14. Thaum cov daus yaj thiab rov qab khov dua, nws tsim tau cov dej khov uas _____, uas tsis ruaj khov npaum cov dej khov tshiab thiab ntshiab si.

Cov lus sau nqig hav

- 2. Cov dej khov tshiab thiab ntshiab si, yam tsawg kawg yuav tsum tuab li _____ inches, cov tsheb loj thiaj li tsav tau saum toj.
- 4. Cov dej khov muaj feem tuab li 4 inches rau tej qho chaw, tab sis _____ li 1 inch rau lwm qhov.
- 5. _____ yog thaum koj lub nrog cev sov tsis taus thiab txias zias ua rau yus ua npaws txias tshee na.
- 6. Nyob ntawm huab cua, lub hnuv, cov ntses nyob rau hauv thiab seb cov dej _____ npaum li cas.
- 8. Yuav tsum xav _____ ua ntej yuav taug kev saum ib lub pas dej khov.
- 9. Minnesota yog ib lub xeev uas muaj ntau tshaj 10,000 lub _____.
- 10. Txav kom deb deb yog pom daim paib sau hais tias, “Danger _____ ice.”
- 11. Thaum poob rau cov dej txias zias lawm, txoj kev _____ yog ib yam uas nyuaj kawg nkaus li.



Cov Lus Siv:

- tug neeg laus
 - ceev heev
 - plaub
 - pas dej
 - ze
 - thin
 - ob zaug
 - dawb
- ua pa
 - ntab
 - hypothermia
 - ua zog
 - rov los
 - kaum peb
 - as kaj

SPOT THE DIFFERENCE

Can you spot the SIX differences between the two pictures?
Circle the differences when you find them!



NRHIAV QHOV TXAWV

Koj puas pom RAU qhov kev txawv nyob rau ob daim duab no?
Thaum nrhiav tau qhov kev txawv lawm, muab nws khij ua lub
voj voog!

ANSWER KEY

MATCHING (page 20)

- 1. float coat
- 2. throw rope
- 3. life jacket
- 4. whistle
- 5. chisel
- 6. ice cleat
- 7. ice picks

CROSSWORD PUZZLE (page 24)

Across

- 8. faster
- 9. four
- 10. thirteen
- 9. white
- 10. breathe
- 12. adult
- 13. moving

Down

- 14. lakes
- 15. hypothermia
- 16. weather
- 17. float
- 6. twice
- 7. thin
- 8. nearby
- 11. return

COV LUS RAUG

COV LUS THIAB DUAB UAS SIB PHIM (nplooj 20)

- 1. lub tsho looj kom ntab
- 2. txoj hlua
- 3. lub tsho plab yas
- 4. cwj xuav kauv
- 5. tus cwj kuam
- 6. khau cuab nplua saum cov dej khov
- 7. cwj nkaug dej khov

COS LUS SAU HAUV THAWV NTAWV (nplooj 25)

Cov lus tav toj

- 1. plaub
- 3. ceev heev
- 7. rav los
- 10. tug neeg laus
- 12. ntab
- 13. as kaj
- 14. dawb

Cov lus nqig hav

- 2. kaum peb
- 4. ze
- 5. hypothermia
- 6. ua zog
- 8. ob zaub
- 9. pas dej
- 10. thin
- 11. ua pa



500 Lafayette Road
St. Paul, MN 55155-4040
888-MINNDNR (646-6367) or 651-296-6157
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