
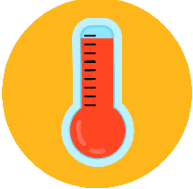




# Thaum Twg Koj Thiaj Li Yuav Tsum Tsis TXhob Cia Koj Tus Me Nyuam Mus Kawm Ntawv los sis Mus Rau Ntawm Lub Chaw Zov Me Nyuam

Hauv qab no yog ib lus qhia hais tias thaum twg koj thiaj li yuav tsum tau cia koj tus me nyob hauv tsev yog nws tsis xis neej Nug ib tus kws kho mob yog koj tus me nyuam yuav tsum tau mus ntsib kws kho mob. Koj tus me nyuam yeej tsis tag yuav muaj ib tsab ntawv los ntawm ib tus kws kho mob es nws thiaj li yuav rov qab tuaj kawm ntawv tau los sis nws thiaj li yuav rov qab mus tau rau ntawm lub chaw zov me nyuam. Yog xav paub ntxiv, thov mus xyuas ntawm [CDPH phab ntawv rau cov lus qhia](#).



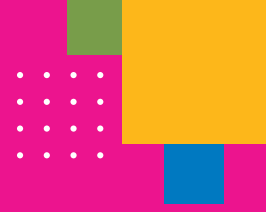
Cov Tsos Mob Ntawm Tus Mob	Thaum twg kuv tus me nyuam thiaj li yuav tsum tau nyob hauv tsev thiab thauj lwg nws thiaj li yuav rov qab mus kawm ntawv tau los sis rov qab mus tau rau ntawm lub chaw zov me nyuam?
 <b>Nws yeej tsis xis nyob</b>	<b>NYOB TWB YWM HAUV TSEV YOG</b> ib tus mob tshiab los sis ib qhov tsos mob tshiab yeej ua rau koj tus me nyuam mus ua tsis tau cov dej num uas nws niaj hnuv ua
 <b>Ua npaws</b>	<b>NYOB TWB YWM HAUV TSEV YOG</b> nws muaj ib tus npaws uas ua rau nws lub cev kub txog 100.4°F (38°C) los sis siab dua. <b>ROV QAQ MUS KAWM NTAWV YOG</b> nws tsis ua npaws thaum mo ntuj thiab thaum sawv ntxov tib si uas nws yeej tsis siv tshuaj Tylenol®, Advil®, los sis Motrin® (acetaminophen los sis ibuprofen).
 <b>Ntuav</b>	<b>NYOB TWB YWM HAUV TSEV YOG</b> nws ntuav li ntawm 2 zaug los sis ntau tshaj ntawd nyob hauv 24 teev. <b>ROV QAB MUS KAWM NTAWV YOG</b> nws tsis ntuav dhau ib mos, thiab koj tus me nyuam yeej tsis ntuav thaum nws haus dej los sis noj khoom. Peb yeej xav kom nquag ntxuav tes.
 <b>Raws plab</b>	<b>NYOB TWB YWM HAUV TSEV YOG</b> koj tus me nyuam cov quav yuav ntub thaws daim ntaub qvq pob tw, los sis yog nws ntxim yuav tsos quav ua ntej nws mus txog ntawm lub dab tso quav (yog nws yeej paub siv lub dab tso quav lawm). Yog tus me nyuam cov muaj ntshav los sis yog xim dub, coj nws mus ntsib kws kho mob. <b>ROV QAB MUS KAWM NTAWV YOG</b> nws tus mob yeej zoo zuj zus lawm. Peb yeej xav kom nquag ntxuav tes.



Xoo lub chim QR code mus nrhiav cov lub tshiab tshaj rau daim ntawv qhia ntawm no.



# Thaum Twg Koj Thiaj Li Yuav Tsum Tsis TXhob Cia Koj Tus Me Nyuam Mus Kawm Ntawv los sis Mus Rau Ntawm Lub Chaw Zov Me Nyuam



**Mob pob qa**

**Cov Tsos  
Mob Ntawm  
Tus Mob**

**Thaum twg kuv tus me nyuam thiaj li yuav tsum tau nyob twb ywm hauv tsev thiab thaum twg nws thiaj li yuav rov qab mus kawm ntawv tau los sis rov mus tau rau ntawm lub chaw zov me nyuam?**

**MUS KAWM NTAWV TAU YOG COV TSOS MOB YEEJ TSIS MOB LOJ.** Thov siv ib daim ntaub npog qhov ncauj qhov ntswg yog nws muaj hnuv nyoog 2 xyoo rov saum.

**NYOB TWB YAM HAUV TSEV THIAB MUS NTSIB KWS KHO MOB** yog tus me nyuam ua tau pa los sis nqos tau khoom nyuaj los sis pheej los qaub ncaug.

**ROV QAB MUS KAWM NTAWV TAU YOG THAUM TWG TUS MOB TWB ZOO ZUJ ZUS LAWM.** Yog tus kws kho mob muab cov tshuaj antibiotic rau tus me nyuam noj, nws yuav tsum tau noj thawj qhov tshuaj luv kawg los yeej yog li 12 teev ua ntej yuav rov qab mus kawm ntawv.

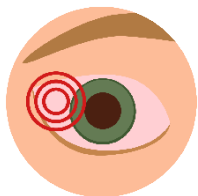


**Cov tsos ntawm  
ntawm kev  
tau khaub ntuas,  
zoo li hnoos,  
txhaws ntswg/  
los ntswg, txham**

**ROV QAB MUS KAWM NTAWV TAU YOG COV TSOS MOB YEEJ TSIS MOB LOJ.** Thov siv ib daim ntaub npog qhov ncauj qhov ntswg yog nws muaj hnuv nyoog 2 xyoo rov saum.

**NYOB TWB YWM HAUV TSEV THIAB MUS NTSIB KWS KHO MOB** yog tus me nyuam cov tsos mob yeej mob loj, suav nrog rau hnoos phem heev, ua tau pa nyuaj los sis muaj teeb meem ua pa, los sis hawb pob thaum tsis siv tshuaj (zoo li tshuaj albuterol)

**ROV QAB MUS KAWM NTAWV TAU YOG TUS MOB YEEJ ZOO ZUJ ZUS LAWM.** Yog koj tus me nyuam yuav tsum tau siv tshuaj tom qab rov qab mus kawm ntawv, hu xov tooj mus qhia rau lub tsev kawm ntawv paub.



**Khaus qhov  
ntsej los sis qhov  
muag, suav nrog  
rau mob qhov  
muag liab**

**ROV QAB MUS KAWM NTAWV TAU YOG COV TSOS MOB YEEJ TSIS MOB LOJ.** Peb xav kom nquag ntxuav tes.

**NYOB TWB YWM HAUV TSEV THIAB MUS NTSIB KWS KHO MOB** yog tus me nyuam pom kev los sis hnov tsis zoo, raug mob rau ntawm lub qhov muag, los sis muaj ib qhov mob uas ua rau nws uv tsis tau.



**Tawm Pob Cos**

**ROV QAB MUS KAWM NTAWV TAU YOG COV TSOS MOB YEEJ TSIS MOB LOJ.**

**NYOB TWB YWM HAUV TSEV THIAB MUS NTSIB KWS KHO MOB** cov pob cos mob loj tuaj, ua rau hnov mob, sawv hlwv, los sis pheej tsis zoo.

**ROV QAB MUS KAWM NTAWV TAU YOG THAUM TWG COV POB COS TWB ZOO ZUJ ZUS LAWM** los sis zoo li qhov uas ib tus kws kho mob qhia. Qhov tseem ceeb, rau cov teeb meem zoo li muaj ntshauv, mob cov kab mob hu ua ringworm, scabies, thiab pinworms, koj tus me nyuam yeej rov qab mus kawm ntawv tau zai li zai yog thaum twg nws pib nws qhov kev kho lawm.