

Nyob Zoo Cov Tub Ntxhais Kawm Ntawv:

Tsab ntawv no yog txhawm rau ceeb toom rau koj tias qee tus neeg nyob hauv peb lub chaw kawm tau kuaj pom kis tusk ab mob hnoos qaib.

Tus kab mob ntoos uas hu ua pertussis yog ib tug kab mob bacteria sib kis tau uas tuaj yeej sib kis los ntawm qhov nyob sib ze nrog tus neeg muaj tus kab mob hnoos. Tus qauv mob tuaj yeem tshwm sim hauv 5 txog 21 hnuv tom qab kis tus kab mob. Nws xub pib zoo li no (xws li txham, los kua ntswg thiab lwm yam) dhau ntawd ces hnoos ntau zuj zus tomab dhau ib mus txog ob asthiv. Cov neeg uas muaj tus kab mob hnoos tej zaum yuav ua rau lawv ua pa tsis tau thaum lawv hnoos. Tej zaum ua pa hawb pob nrov loj loj (“hnoos”) thiab ntuav lossis zoo li ua pa tsis nto. Tus kab mob hnoos ib txwm yeej tsis ua rau ua npaws.

Ib txwm, cov tshuaj tiv thaiv kab mob hnoos yeej ntxim heev rau feem tiv thaiv kab mob lossis txo kom txhob mob loj tom qab tau txhaj hom tshuaj. Txawm lics losxij, qhov tiv thaiv hauv lub cev rau tus kab mob hnoos yuav maj mam ploj mus zuj zus thaum lub sijhawm dhau mus, yog li ntawd tseem tias cov menyuam yaus yeej tau txhaj tshuaj tiv thaiv kab mob lawm losxij, lawv tuaj yeem tau tus kab mob hnoos no tau.

Yuav tau txhaj ib koob tshuaj tiv thaiv kab mob (Tdap) rau txhua tus muaj hnuv nyoog 11 xyos thiab hnuv nyoog tshaj saud, tshwj xeeb mas cov poj niam cev xeeb tub (txhua tus cev xeeb tub) thiab cov zov menyuam mos. Yog koj lossis koj cov menyuam yaus yeej tsis txhaj tshuaj Tdap, koj yuav tsum tau txhaj hom tshuaj no rau lawv. Hom tshuaj Tdap yeej muaj nyob rau tom tus kws kho mob lub chaw hauj lwm, cov chaw muag tshuaj, thiab cov chaw hauj lwm saib xyuas kev kho mob hauv cheeb tsam thiab feem ntau raug duav roos los ntawm yuav luag txhua txoj phiaj xwm tuav pov hwm nqi kho mob.

Yog koj tus menyuam muaj tus qauv hnoos thiab pib hnoo, thov hu rau koj tus kws khomob. Qhia rau tus kws khomob tias yeej muaj kev lees paub txog tus kab mob hnoos tshwm sim rau tom koj lub tsev kawm ntawv lawm. Kev kuaj mob thiab txheeb xyuas mob hnoos feem ntau yeej kuaj tau raug zoo los ntawm kuaj xyuas cov kua ntswg. **Yog tus kws khomob tau kuaj xyuas koj tus menyuam thiab pom tias nws muaj tus kab mob hnoos, saib xyuas koj tus menyuam rau tom tsev thiab muaj tshuaj kho kom puv 5 hnuv.**

Lub chaw hauj lwm saib xyuas kev kho mob hauv cheeb tsam yuav txuas ntxiv tshawb nrhiav qhov tseeb qhov xwm txheej. Yog tias koj los sis koj tus kws kho mob muaj lus nug dab tsi, thov siv cov ntaub ntawv tiv tauj hauv qab no.

Sau npe,