# Daim Ua Quav A: Tsab Ntawv Ua Qauv Rau Ib Tus Me Nyuam Uas Muaj Cov Tsos Mob

Hawm Niam Txiv/Tus Neeg Saib Xyuas Me Nyuam

**Peb muab koj tus me nyuam xa los tsev** vim qhov (cov) tsos mob nram qab:

|  |  |  |
| --- | --- | --- |
| * Hnoos los sis cov tsos ntawm khaub thuas
* Ua tau pa nyuaj
* Mob pob qa
* Tawm pob hauv qhov ncauj
* Ua npaws
 | * Mob qhov ntsej
* Teeb ntawm qhov muag
* Mob taub hau los sis mob caj dab
* Tawm pob cos
 | * Mob plab
* Raws plab
* Nthuav
 |
| * Lwm yam:
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Lub qhia meej ntxiv, suav nrog rau cov lus qhia hais tias twb ua dab tsi coj los pab tus me nyuam nyob hauv lub tsev kawm ntawv lawm:

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Yog koj tus me nyuam cov tsos mob uas rau koj txhawj, mob ntxiv tuaj, los sis tsis txawj zoo, thov nug mus rau koj tus me nyuam tus kws kho mob, thiab/los sis coj koj tus me nyuam mus rau ntawm lub chaw kuaj mob sai los sis chav kho mob thaum yuav tsum tau kho tam sim ntawd.

Koj tus me nyuam **yuav rov qab tuaj** tau rau lub tsev kawm ntawv yog thaum twg:

þ Cov tsos mob yeej zoo ntau lawm, thiab koj tus me nyuam yeej hnov nws tus mob zoo ntau lawm thiab nws yeej mus ua tau cov dej num niam hnub ua nyob hauv chav qhia ntawv.

þ YOG koj tus me nyuam muaj ib tus npaws uas ua rau nws lub cev kub txog100.4°F, los sis 38°C), nws yeej rov qab mus kawm ntawv tau yog thaum twb nws tsis
ua npaws yav hmo ntuj lawm thaib yeej tsis ua npaws thaum sawv ntxov (nws
yeej tsis tshuaj Tylenol®, Motrin®, ibuprofen, acetaminophen, los sis lwm cov tshuaj npaws).

¨ Lwm yam:

**Koj tus me nyuam yeej tsis tag yuav muab ntawv los ntawm ib tus kws kho mob los sis chaw kho mob es nws thiaj li yuav rov qab mus kawm ntawv tau.**

Tiam sis, yog koj tus me nyuam yeej mus ntsib ib tus kws kho mob, thov qhia rau peb paub yog hais tias nws muaj tej yam dab tsi uas peb yuav tsum tau ua coj los saib xyuas nws, los sis yog hais tias nws muaj tus mob neeg yuav kis tau yooj yim uas peb yuav tsum tau paub. Peb yuav muab cov lus uas koj qhov rau peb coj mus ceev kom lwm tus neeg tsis txhob paub los sis pom.

Yog koj muaj lus nug los sis lus hnyav siab ntxiv, thov nug mus rau [insert name of contact person] thiab/los sis hu xov tooj mus rau [insert phone number].

[Insert signature block]