

Nyob Zoo Cov Niam Txiv thiab Cov Neeg Saib Xyuas:

Tsab ntawv no yog txhawm rau ceeb toom rau koj tias tej zaum koj tus me nyuam yuav kuaj pom kis tau tus kab mob hnoos nyob ntawm tsev kawm ntawv.

Kab mob hnoos, kuj tseem hu tias mob hnoos qaib, yog ib yam kab mob sib kis me uas tuaj yeem kis tau los ntawm kev nyob ze nrog tus neeg uas muaj tus kab mob hnoos no. Cov tsos mob tuaj yeem pom tshwm 5 txog 21 hnuv tom qab kis tau tus mob. Feem ntau nws pib mob zoo li cov hnoos uas ib txwm muaj (piv txwv li txham, los ntswg thiab lwm yam) tom qab ntawd hnoos hnyav nyob rau sij hawm ib txog ob lub lim tiam. Cov neeg uas muaj tus mob hnoos qaib tej zaum ua rau hnoos tsis tu ncuu uas tuaj yeem ua rau lawv huas pa thaum tab tom hnoos. Qee zaus kuj ua rau qw nrov (“whoop”) thiab ntuav los sis pom zoo nkaus li lawv siav yuav tu. Feem ntau lawm tsis muaj ua npaws nrog tus mob hnoos qaib.

Feem ntau lawm, cov tshuaj txhaj tiv thaiv mob hnoos qaib yog siv tau txais txiaj ntsig zoo los tiv kab mob los sis txo kom mob zoo sai tom qab tau txhaj thawj cov tshuaj tiv thaiv kab mob los sis cov txhaj txhawb ntxiv. Txawm li cas los xij, kev tiv thaiv los ntawm cov tshuaj tiv thaiv kab mob yaj sai raws li lub sij hawm, yog li ntawd txawm tias cov me nyuam uas twb tau txhaj cov tshuaj puv tag lawm los yeej tseem kis tau tus mob hnoos qaib.

Koob tshuaj txhaj txhawb ntxiv tiv thaiv kab mob (Tdap) tau pom zoo kom txhaj thaum kawm hauv tsev kawm theem nrab thaum muaj hnuv nyoog 11-12 xyoos thiab yuav tsum tau txhaj rau qeb thib 7 thaum nkag hauv California. Nws kuj tseem tau pom zoo txhaj rau cov neeg loj, tshwj xeeb yog cov poj niam cev xeeb tub (txhaj txhua zaus cev xeeb tub) thiab cov saib xyuas me nyuam ntawm cov me nyuam mos. Yog tias koj los sis koj tus me nyuam loj tseem tsis tau txhaj koob tshuaj Tdap, ces nco ntsoov mus txhaj tim sim no. Koob tshuaj Tdap muaj ntau nyob ntawm kws kho mob lub chaw hauj lwm, qee cov chaw muag tshuaj thiab cov chaw hauj lwm kho mob thiab feem ntau raug duav roos los ntawm yuav luag txhua txoj phiaj xwm tuav pov hwm nqi kho mob.

Yog tias koj tus me nyuam muaj cov tsos mob khaub thuas thiab hnoos, thov tiv tauj rau koj tus kws kho mob. Qhia tus kws kho mob tias tau kuaj pom lees paub tias muaj ib tus neeg mob hnoos qaib hauv koj tus me nyuam lub tsev kawm ntawv. **Yog tias koj tus me nyuam tau mus kuaj ntawm lawv tus kws kho mob thiab tau kuaj tus kab mob hnoos qaib lawm, thov cia koj tus me nyuam nyob hauv tsev kom txog thaum tus me nyuam tau txais kev kho mob tiv thaiv raws daim ntawv yuav tshuaj li sij hawm 5 hnuv.** Qhov kev kuaj mob uas raug tshaj plaws rau kev kuaj tus mob hnoos qaib yog kev suav sau uas siv qhov kev kuaj qhov ntswg.

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.

Nrog kev txaus siab,