

## Thaum twg kuv mam li mus ntsib ib tug kws kho mob sai li sai tau?

Yog koj pib mob thiab mob li qhia hauv qab no, koj tau mus rau lub tsev kho mob chav xwm kub ceev lossis rau lub tsev kho mob qhib lig (urgent care).

Rau **menyuam**, thaum mob ceev ceeb toom rau koj tias tau mus ntsib tus kws kho mob sai li sai tau yuav mob li no:

Ua pa ceev lossis ua pa nyuab

- ◆ Nqajj tawv cia li xiav (hu rau 9-1-1 tiam si kiag)
- ◆ Tsis haus dej txaus
- ◆ Ntuav heev lossis ntuav tsis tu
- ◆ Nws tsis sawv lossis tsis teb yus
- ◆ Tus menyuam pheej chim heev tsis kam leej twg puag nws
- ◆ Zoo mentsis tuaj tiam sis rov mob dua ua npaws thiab hnoos hanyav tshaj

Rau cov neeg laug, thaum mob ceev ceeb toom rau koj tias tau mus ntsib tus kws kho mob sai li sai yuav mob li no:

Ua pa nyuab lossis txog siav

- ◆ Mob lossis nruj rau lub hauv siab lossis rau lub plab
- ◆ Cia li kiv taub hau
- ◆ Tsis meej pem
- ◆ Ntuav heev lossis ntuav tsis tu
- ◆ Zoo tuaj tiam sis rov mob dua ua npaws thiab hnoos hanyav tshaj



## Yog xav paub ntxiv txog cov kab mob H1N1, hu xov tooj mus rau KDHE:

- ◆ **1-877-427-7317 (hu dawb)**  
8 a.m. - 5 p.m. Central  
Monday - Friday
- ◆ **h1n1fluinfo@kdheks.gov**
- ◆ **www.kdheks.gov**



**Peb lub zeem muag** - Peb yog lub xeev kev tiv thaiv thiab pab rau cov pej xeev txog kev noj qab haus huv, KDHE thiaj li txhawb nqa kom neeg txiav txim siab kom zoo kom tiv thaiv tau kev noj qab haus huv thiab lub zej zos rau txhua tus pej xeev hauv Kansas.

*Peb muaj kev qhuab qhia, kev pab cuam thiab kev ntsuam xyuas txog tam sim no zoo li cas, nrog cov kev tsim kev cai thiab tswj kev cai, KDHE yuav pab kom koj ntsib kev noj qab haus huv thiab kev ua neej kom zoo tshaj. Peb tiv thaiv kev muaj mob, raug mob thiab pab kom zoo rau cov zej zog hauv Kansas.*

Cov lus ntxiv qhia yog los ntawm Phab Saib Xyuas Kev Noj Qab Haus Huv Rau Lub Nroog Seattle-King. Hloov thaum 9/16/09



## Caij Mob Khaub Thuas thiab Kab Mob Khaub Thaus Hu Ua H1N1 —

## Thaum Twg Mam Li Mus Rau Tim Tsev Kho Mob



## Caij Khaub Thuas thiab H1N1 Thaum twg mam li mus ntsib tus kws kho mob

### Kab mob khaub thuas influenza yog dab tsi?

Kab mob khaub thuas influenza (lus Aaskiv hu ua flu thiab) yog ib qhov kab mob sib kis tau rau cov ntsws vim tau mob khaub thuas. Caij mob khaub thuas thiab H1N1 yog ob hom kab mob khaub thuas ua tau neeg mob me thiab hanyav. Thaum mob khaub thuas lawm tib neeg yuav mob sai thiab ua npaws thiab hnoos lossis mob caj pas. Lwm yam mob yog mob taub hau, nkees heev, los ntswg lossis txhaws ntswg lossis mob cov leeg. Menyuum yaus mob li xeev siab, ntuav, thiab raws plab coob tshaj cov neeg laus.

### Puas yog txhua tus tib neeg mob khaub thuas tau mus ntsib ib tug kws kho mob lossis tau mus ntsuam xyuas thiab noj tshuaj?

Feem coob cov menyuum thiab neeg laus uas mob khaub thuas uas tsis muaj mob lwm yam yuav zoo thiab tsis mus ntsib tus kws kho mob. Tej zaum ib cov tib neeg tau hu mus nrog lawv tus kws kho mob tham seb lawv yuav tu tus mob li cas tim tsev.



Kuv xav tias tej zaum kuv mob khaub thuas. Kuv mus ntsuam xyuas puas tau seb yog mob khaub thuas H1N1 lossis mob li lub caij mob khaub thuas xwb? Rau feem coob cov menyuum thiab neeg laus uas mob khaub thuas tsis tau mus ua

kev ntsuam xyuas thiab noj tshuaj. Cov tshuaj noj kom tiv thaiv rau cov mob lawm tsis pom zoo rau tib neeg mob noj tiam sis yog lawv yog cov muaj mob ua tau teeb meem lossis yog cov muaj mob loj lwm yam thiab li noj cov tshuaj tiv thaiv kab mob.

### Leej twg thiab li tau hu xov tooj lossis mus ntsib tus kws kho mob?

Cov menyuum thiab neeg laus uas mob thiab raug mob hanyav thaum mob khaub thuas tau mus ntsib lawv tus kws kho mob lossis mus rau lub tsev kho mob uas khib lig urgent care lossis rau lub tsev kho mob xwm kub ceev yog tias hu tsis tau tus kws kho mob tseem ceeb.

Yog hu tau, **hu xov tooj** rau koj tus kws kho mob kom nws qhia seb nws puas pom zoo koj mus ntsib nws. Thov tsis txhob mus rau lub tsev kho mob loj chav xwm kub ceev tiam sis yog tias koj mob loj lawm lossis mob lwm yam ua tau rau koj muaj lwm yam teeb meem thiab hu tsis tau koj tus kws kho mob ces koj mus tau tim lub tsev kho mob loj.

### Kev pom zoo ua yog tias koj xav tias koj mob khaub thuas lawm

- ◆ Yog koj mob khaub thuas lawm, koj yuav mob ntev li ib lim tiam lossis ntev tshaj. Thov nyob hauv tsev, hos yog koj tau mus ntsib tus kws kho mob lossis lwm yam tseem ceeb thiab li mus xwb, ua li no koj thiab li tiv thaiv kom lwm tus tsis txhob mob thiab. Haus dej kom txaus thiab pw kom ntau. Tsis txhob mus rau txawv zos.
- ◆ Tsis txhob mus ua haujlwm lossis kawm ntawv es tos kom dhau 24 teev tom qab koj tsis ua npaws lawm. Thaum koj tsis ua npaws lawm yuav tsum yog thaum koj tsis noj tshuaj los pab xws li cov tshuaj acetomenophen (Tylenol.) thiab ibuprofen

(Motrin).

- ◆ Yog koj tawm ntawm tsev mus ntsib tus kws kho mob, looj lub npog qhov ncauj.
- ◆ Nquag ntxuav koj txhais tes nrog dej sov tiab xum npum lossis siv cov tshuaj plevv tes.
- ◆ Npog koj qhov ncauj thaum hnoos thiab txham siv daim ntaub so ntswg lossis lub tsho npab tes.

Feem ntau, tsis txhob mus ze lwm cov tib neeg kom koj tsis txhob kis tau rau lwm tus, thiab tseem ceeb tsis txhob kis rau cov neeg muaj mob loj lwm yam li tau sau saum toj no.

### Leej twg thiab li yog cov yuav muaj teeb meem los ntawm kev mob khaub thuas?

- ◆ Cov menyuum yaus yau tshaj 5 xyoo— feem ntau yog cov yau tshaj 2 xyoo, uas mob tau hanyav rau lub caij mob khaub thuas.
- ◆ Cov neeg laus 65 xyoo rov saud.
- ◆ Cov poj niam xeeb tub
- ◆ Cov tib neeg mob ntsws (xws li hawv pob), mob plawv (tsis yog cov mob ntshav siab), mob raum, mob siab, mob ntshav (xws li sickle cell disease), mob paj hlwb lossis cov txha hlwb caj qaum, mob leeg (feem ntau rau cov nqos khoom nyuab), lossis cov zom mov nyuab (xws li ntshav qab zib);
- ◆ Cov tib neeg tsis muaj zog tua kab mob vim tias lawv noj tshuaj lossis mob HIV;
- ◆ Cov tib neeg yau tshaj 19 xyoo uas noj cov tshuaj aspirin mus ntev, vim tias lawv mob tau rau lub siab thiab hlwb o lus Aaskiv hu ua Reye syndrome.

