

LUS QHIA PAUB TXOG TSHUAJ TXHAJ

Tshuaj Txhaj Tiv Thaiv Kab Mob Tawm Hlww (Kab Mob Ua Qoob): *Dab Tsi Uas Koj Yuav Tau Paub*

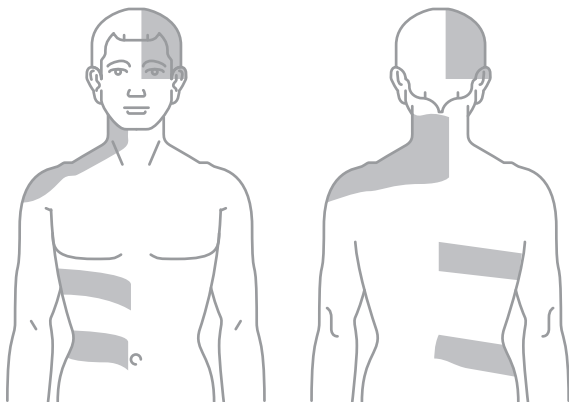
Many Vaccine Information Statements are available in Hmong and other languages. See www.immunize.org/vis

Muaj Ntau Cov Lus Qhia Paub Txog Tshuaj Txhaj muaj ua lus Hmoob thiab lwm hom lus. Saib www.immunize.org/vis

1. Vim li cas thiaj yuav txhaj tshuaj tiv thaiv kab mob?

Tshuaj txhaj tiv thaiv kab mob tawm hlww (kab mob ua qoob) tuaj yeem tiv thiaiv kab mob ua qoob.

Mob ua qoob (kuj hu ua tus kab mob pob qoob sawv hlww los sis pob qoob sawv hlww) yog ib yam pob ua mob rau daim tawv nqaj uas mob heev, feem ntau keev muaj kev sawv hlww. Ntxiv nrog rau cov pob khaus, kab mob ua qoob tuaj yeem ua rau kub taub hau, mob taub hau, ua daus no, los sis mob plab. Muaj tsawg zaus, kab mob ua qoob tuaj yeem ua rau kom mob ntsws muaj dej, tsis hnov lus zoo, dig muag, paj hlwb mob liab thiab o (mob hlwb muaj dej) los sis tuag taus.



Txoj kev pheej hmoo ntawm tus kab mob ua qoob nce nrog lub hnuv nyoog. Qhov teeb meem feem ntau ntawm cov kab mob ua qoob yog mob paj hlwb ntev hu ua mob hlwb tom qab ua pob hlww (postherpetic neuralgia, PHN). PHN tshwm sim nyob rau hauv cov cheeb tsam uas cov pob khaus tshwm sim thiab tuaj yeem nyob ntev mus rau ntau lub hlis los sis xyoo tom qab cov pob khaus ploj mus lawm. Qhov mob los ntawm PHN tuaj yeem ua rau mob hnyav thiab ua rau lub cev qaug zog.

Qhov kev pheej hmoo ntawm PHN nce nrog rau lub hnuv nyoog. Ib tug neeg laus uas muaj kab mob ua qoob feem ntau yuav tsim PHN thiab muaj qhov mob ntev dua thiab mob hnyav dua li tus neeg hluas.

Cov neeg uas muaj lub cev tsis muaj zog tiv thaiv kab mob kuj muaj kev pheej hmoo ntau dua ntawm kev kis tus kab mob ua qoob thiab teeb meem lwm yam mob los ntawm tus kab mob.

Tus kab mob ua qoob yog tsim los ntawm vais lav kab mob xeeb pob hlww dej, uas yog tib tug kab mob uas ua rau mob tus kab mob qhua pias. Tom qab koj muaj kab mob qhua

pias, tus kab mob vais lav nyob rau hauv koj lub nrog cev thiab muaj peev xwm ua tau rau muaj kab mob ua qoob tom qab rau hauv lub neej. Cov kab mob ua qoob tsis tuaj yeem kis los ntawm ib tus neeg mus rau lwm tus, tab sis tus kab mob uas ua rau cov kab mob ua qoob tuaj yeem kis tau thiab ua rau mob qhua pias hauv ib tus neeg uas tsis tau muaj kab mob qhua pias los sis tsis tau txais tshuaj tiv thaiv kab mob qhua pias.

2. Tshuaj txhaj tiv thaiv kab mob Tawm Hlww

Tshuaj tiv thaiv ua qoob yam sib tov ua ke muaj zog tiv thaiv kab mob qoob dua. Los ntawm kev tiv thaiv kab mob ua qoob, cov tshuaj sib tov tiv thaiv kab mob ua qoob kuj tseem tiv thaiv PHN thiab lwm yam teeb meem.

Tshuaj tiv thaiv ua qoob yam sib tov ua ke yog pom zoo rau:

- **Cov neeg laus 50 xyoo thiab tshaj saud**
- **Cov neeg laus 19 xyoo thiab laus dua tus uas muaj lub cev tiv thaiv kab mob tsis muaj zog vim kab mob los sis kev kho mob**

Cov tshuaj tiv thaiv kab mob ua qoob tau muab ua ob koob tshuaj. Rau cov neeg feem coob, koob thib ob yuav tsum tau muab 2 mus rau 6 lub hlis tom qab thawj koob tshuaj. Qee cov neeg uas muaj los sis yuav muaj lub cev tsis muaj zog tuaj yeem tau txais koob thib ob 1 txog 2 lub hlis tom qab thawj koob tshuaj. Nug koj tus kws kho mob rau kev taw qhia.

Cov neeg uas tau mob ua qoob yav dhau los thiab cov neeg uas tau txais cov tshuaj tiv thaiv kab mob va cis cia la (qhua pias) raug pom zoo kom tau txais tshuaj tiv thaiv kab mob ua qoob sib tov. Cov tshuaj tiv thaiv kuj pom zoo rau cov neeg uas twb tau txais lwm hom tshuaj tiv thaiv kab mob ua qoob, ntawv kuj yog tshuaj tiv thaiv kab mob ua qoob lawm. Tsis muaj tus kab mob nyob hauv cov tshuaj tiv thaiv kab mob ua qoob.

Cov tshuaj tiv thaiv kab mob ua qoob txhaj tau tib lub sij hawm nrog lwm cov tshuaj tiv thaiv thiab.



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Centers for Disease Control and Prevention

3. Tham nrog koj tus kws kho mob tus neeg pab cuam

Qhia rau koj tus kws tshuaj txhaj tiv thaiv kab mob paub yog hais tias tus neeg twb tau txais tshuaj tiv thaiv lawm:

- Tau muaj **tsis haum tshuaj tiv thaiv tom qab txhaj koob tshuaj tiv thaiv kab mob ua qoob sib tov yav dhau lo**, los sis muaj **sua xua hnyav, ua rau muaj kev phom sij rau lub neej-txoj sia**
- Puas yog **tam sim no muaj qhov tshwm sim ntawm tus mob ua qoob**
- Puas yog **cev xeeb tub**

Nyob qee zaum, koj tus kws kho mob yuav txiav txim siab ncuva kev txhaj tshuaj tiv thaiv kab mob ua qoob mus txog rau thaum txog rau yav tom ntej.

Tus neeg muaj mob me, xws li mob khaub thuas, lo kuj txhaj tau tshuaj tiv thaiv. Cov neeg uas muaj ib yam kev mob loj pes nrab los sis loj heev yuav tsum tau tos kom lawv zoo ua ntej lawv txais qhov tshuaj sib tov tiv thaiv kev mob ua qoob.

Koj tus kws kho mob yuav qhia tau rau koj kom paub ntau ntxiv.

4. Cov teeb meem yuav muaj tau los ntawm tshuaj txhaj

- Ib qho mob caj npab nrog mob me los sis mob me yog tshwm sim tom qab txhaj tshuaj tiv thaiv kab mob ua qoob. Liab thiab o tuaj yeem tshwm sim ntawm qhov chaw raug txhaj tshuaj.
- Kev nkees, mob nqaij, mob taub hau, tshee, ua npaws, mob plab, thiab xeev siab yog tshwm sim tom qab siv tshuaj sib tov tiv thaiv kab mob ua qoob.

Cov kev mob tshwm sim no tuaj yeem ua rau tus neeg tau txhaj tshuaj ua tsis tau hauj lwm li qub ib ntus. Cov yam ntxwv mob no feem ntau yuav ploj mus ntawm lawv tus kheej li ntawm 2 txog rau 3 hnub. Koj tseem tsim nyog tau txais koob tshuaj txhaj thib ob ntawm tshuaj sib tov tiv thaiv kab mob ua qoob txawm tias koj twb tau muaj ob zaug cov kev fab no tom qab uas txhaj thawj koob.

Guillain-Barré Syndrome (GBS), ib qho kev puas siab puas ntsws loj, tau tshaj tawm tsis tshua muaj tshwm sim tom qab siv tshuaj tiv thaiv kab mob tawm hlaws.

Muaj tej thaum neeg kuj tsaus muag tom qab cov kev kho mob, nrog rau kev txhaj tshuaj. Qhia rau koj tus kws kho mob paub yog hais tias koj kiv taub hau los sis cia li tsis pom kev los sis hnob dab tsi nrov hauv ob lub pob ntseg.

Tsis hais hom tshuaj txhaj twg, nws muaj tsawg heev uas qhov tshuaj yuav ua rau raug mob loj, lwm yam raug mob hnyav, los sis tuag.

5. Yog muaj ib qho teeb meem loj heev ne yuav ua li cas?

Cov tshuaj tiv thaiv tsis haum tuaj yeem tshwm sim tom qab tus neeg tau txhaj tshuaj tawm hauv tsev kho mob. Yog tias koj pom cov tsos mob ntawm kev ua xua hnyav (ua xua, o ntawm lub ntsej muag thiab caj pas, ua pa nyuaj, lub plawv dhia ceev, kiv taub hau, los sis qaug zog), hu rau **9-1-1** thiab koj tus neeg mus rau lub tsev kho mob ze tshaj plaws.

Rau lwm cov cim qhia txog koj, hu rau koj tus kws kho mob.

Muaj qhov fab tshuaj tsis haum tshuaj ntawd qhia mus rau qhov chaw ntawm Vaccine Adverse Event Reporting System (VAERS). Koj tus kws kho mob feem ntau yuav ua daim ntawv qhia no, los sis koj tuaj yeem ua koj tus kheej. Mus saib VAERS lub vas sab ntawm www.vaers.hhs.gov los sis hu rau **1-800-822-7967**. VAERS tsuas yog rau kev tshaj tawm cov tshuaj tiv thaiv, thiab VAERS cov neeg ua hauj lwm tsis muab lus qhia kho mob.

6. Kuv yuav kawm kom paub ntxiv tau lis cas?

- Nug koj tus kws kho mob.
- Hu rau lub chaw ua hauj lwm fab kev noj qab haus huv hauv koj lub nroog los sis lub xeev.
- Mus saib lub vas sab ntawm Lub Chaw Tswj Xyuas Khoom Noj thiab Tshuaj (Food and Drug Administration, FDA) rau pob tshuaj tiv thaiv nkag mus thiab ntxiv cov ntaub ntawv ntawm www.fda.gov/vaccines-blood-biologics/vaccines.
- Hu rau Cov Chaw Tswj thiab Tiv Thaiv Kab Mob (Centers for Disease Control and Prevention, CDC):
 - Hu rau **1-800-232-4636 (1-800-CDC-INFO)** los sis
 - Mus saib hauv CDC lub vas xaib ntawm www.cdc.gov/vaccines.

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