

TSHUAJ TIV THAIV KAB MOB NPAWS

UAS TSIIS CIAJ SIA

KOJ YUAV TSUM TAU PAUB DABTSI

2011-12

Peb muaj ntau Cov Lus Hais Los Qhia Txog Cov Tshuaj Tiv Thaiv ua lus Mev thiab ua lwm hom lus. Mus saib www.immunize.org/vis
Hojas de Información Sobre Vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

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

Kab mob npaws (influenza) (“mob npaws”) yog ib yam kab mob uas kis tau.

Nws tshwm sim los ntawm ib tug kab mob ua npaws, uas kis tau thaum ib tug hnoos, txham, lossis los ntswg.

Leej twg los yeej mob tau qhov kab mob npaws, tiamsis cov kis tau ntau tshaj yog cov menyuum yaus. Rau ntau tus neeg, tej yam kev mob uas tau pom tshwm sim yuav mob mus txog ob peb hnub xwb. Cov ntawd yog:

- mob npaws/tshee • mob qa • mob cov thooj nqaij leeg • qaug zog
- hnoos • mob taub hau • los ntswg lossis txhaws ntswg

Lwm cov kev mob yeej pom tib co kev mob tshwm sim thiab feem ntau tib neeg tau xav yuam kev tias yog qhov kab mob npaws.

Cov menyuum yaus, cov neeg uas muaj 65 xyoos thiab laus tshaj ntawd, cov pojniam uas xeeb tub, thiab cov neeg uas muaj tej yam kev mob – xws li mob plawv, ntsws lossis mob raum, lossis ib yam kev mob uas ua rau koj lub cev tsis muaj zog tiv thaiv kab mob – ua tau rau cov neeg ntawd mob heev zog tuaj. Kev mob npaws ua tau ib tug mob npaws kub heev thiab mob ntsws muaj dej, thiab ua tau tej yam kev mob uas twb muaj ua ntej loj zog tuaj. Nws ua rau cov menyuum yaus mob raws plab thiab nriaj tes nriaj taw. Txhua xyoo tsheej phav tus neeg tau tag txoj sia vim qhov kab mob npaws thiab ntau cov neeg tshaj ntawd yuav tsum tau mus pw tom tsev kho mob loj.

Thaum koj mus txhaj qhov tshuaj tiv thaiv kev mob ua npaws koj tiv thaiv tau koj tus kheej ntawm qhov kab mob npaws thiab yuav pab kom koj tsis txhob kis qhov kab mob npaws rau lwm cov neeg.

2 Tshuaj tiv thaiv kab mob npaws uas tsis ciao sia

Nws muaj ob hom tshuaj tiv thaiv qhov kab mob npaws:

1. Qhov tshuaj tiv thaiv kab mob ua npaws **uas tsis ciao** (raug tua), xws li “koob tshuaj tiv thaiv mob ua npaws” yog muab ib tug koob txhaj mus rau hauv cov nqaij tawv.

2. Qhov tshuaj tiv thaiv kab mob ua npaws **uas ciao sia, tau muab ua kom me zog** (tsis muaj zog) yog txuag rau hauv ob lub qhov ntswg mus. *Qhov tshuaj tiv thaiv ntawm no yeej tau muab los piav qhia hauv lwm Cov Lus Hais Los Qhia Txog Cov Tshuaj Tiv Thaiv.*

Cov tshuaj tiv thaiv kab mob npaws “muaj zog” uas tsis ciao sia yeej muaj rau cov neeg uas muaj hnub nyoog 65 xyoos thiab laus tshaj ntawd. Nug koj tus kws kho mob rau lus qhia ntxiv.

Cov kab mob npaws yeej hloov tas li, yog li ntawd koj yuav tau mus txhaj qhov tshuaj tiv thaiv txhua xyoo. Txhua xyoo cov kws tshawb fawb yeej sim kom cov kab mob hauv cov tshuaj tiv thaiv haum rau cov kab mob uas yuav ua rau neeg mob npaws xyoo ntawd. Qhov tshuaj tiv thaiv kev mob ua npaws yuav tsis tiv thaiv tau cov kev mob uas lwm cov kab mob ua, nrog rau cov kab mob ua npaws uas tsis muaj nyob hauv koob tshuaj tiv thaiv.

Nws yuav siv li ntawm 2 vasthiv kom los tiv thaiv tau tom qab koj tau txhaj tshuaj tag. Txoj kev tiv thaiv yuav kav li ntawm ib xyoos.

Tej co tshuaj tiv thaiv kab mob npaws uas tsis ciao sia muaj ib yam tshuaj rau hauv hu ua thimerosal. Yeej muaj ib co tshuaj tiv thaiv kab mob npaws uas tsis muaj thimerosal thiab. Nug koj tus kws kho mob rau lus qhia ntxiv.

3 Leejtwg yuav tsum tau txais qhov tshuaj tiv thaiv kab mob npaws uas tsis ciao sia thiab thaum twg?

LEEJ TWG

Tagnrho cov neeg **uas muaj hnoob nyoog 6 hli thiab laus tshaj ntawd** yuav tsum tau txais qhov tshuaj tiv thaiv kev mob ua npaws.

Kev txais tshuaj tiv thaiv yim huab tseem ceeb rau cov neeg uas yuav mob qhov kab mob npaws yooj yim dua lwm cov neeg thiab cov neeg uas nyob ze lawv, nrog rau cov neeg ua haujlwm tu mob thiab cov neeg uas nyob ze rau cov menyuum yaus uas yaus tshaj 6 hli.

THAUM TWG

Mus muab kom tau qhov tshuaj tiv thaiv sai li sai tau thaum muaj. Ua li ntawd nws thiaj li tiv thaiv tau koj yog tias lub caij ntuj mob npaws yuav pib ntxov. Koj yeej mus muab tau qhov tshuaj tiv thaiv yog tias qhov mob tseem tshwm sim hauv koj lub zej zog.

Qhov kab mob npaws yeej tshwm sim lub sijhawm thaum twg los tau, tiamsis feem ntau koj yuav pom qhov kab mob npaws tshwm sim li ntawm lub Kaum Hli Ntuj mus txog lub Tsib Hlis Ntuj. Cov caij ntuj yav tas los, qhov kab mob tshwm sim lub Ib Hlis Ntuj thiab lub Ob Hlis Ntuj. Yog tias koj mus txais qhov tshuaj tiv thaiv hauv lub Kaum Ob Hlis Ntuj, lossis lig tshaj ntawd, feem ntau tej xyoo nws tseem yuav pab tau koj.

Cov neeg laus thiab cov menyuum yaus uas muaj hnub nyoog laus zog yuav tsum tau txais ib raj tshuaj tiv thaiv kab mob npaws txhua xyoo. Tiamsis tej co menyuum uas yau dua 9 xyoos yuav tsum tau ob raj kom tiv thaiv tau nws. Nug koj tus kws kho mob.

Qhov tshuaj tiv thaiv kab mob npaws yeej txhaj tau tib lub sijhawm nrog lwm cov tshuaj tiv thaiv thiab, nrog rau qhov tshuaj tiv thaiv kab mob uas tom lub cev (pneumococcal).

4 Ib txhia neeg yuav tsum tsis txhob tau qhov tshuaj tiv thaiv kab mob npaws uas tsis ciao sia lossis yuav tsum tau tos

• Qhia rau koj tus kws kho mob yog tias koj muaj tej yam uas koj tsis haum (raug rau koj txoj sia), nrog rau txoj kev tsis haum qe. Nws tsis zoo rau koj los tau qhov tshuaj tiv thaiv yog tias koj tsis haum ib yam tshuaj twg hauv koob tshuaj tiv thaiv. Cov kev tsis haum rau qhov tshuaj tiv thaiv kab mob npaws yeej tsis tshua muaj puas tsawg.

• Qhia rau koj tus kws kho mob yog tias tej yam mob dabtsi tau tshwm sim tom qab koj tau txais qhov tshuaj tiv thaiv kab mob npaws.

- Qhia rau koj tus kws kho mob yog tias yav tag los koj tau mob Guillain-Barré Syndrome (ib yam kev mob loj ua ib ce tuag, hu ua GBS thiab). Koj tus kws kho mob mam li pab koj txiav txim seb qhov tshuaj tiv thaiv puas zoo rau koj.
- Cov neeg uas muaj ib yam kev mob loj pes nrab lossis loj heev yuav tsum tau tos kom lawv zoo ua ntej lawv txais qhov tshuaj tiv thaiv kev mob ua npaws. Yog tias koj muaj ib yam kev mob, nrog koj tus kws kho mob thab seb koj puas yuav tsum tau teem lwm lus sijhawm mus txais qhov tshuaj tiv thaiv. Cov neeg uas muaj ib yam kev mob me, txais tau qhov tshuaj tiv thaiv.

5 Cov teebmeem uas yuav tshwm sim los ntawm qhov tshuaj tiv thaiv kab mob npaws uas ciaj sia yog dabtsi?

Qhov tshuaj tiv thaiv, zoo ib yam li lwm cov tshuaj, tejzaum nws yuav tsum teebmeem loj, xws li kev tsis haum. Cov teebmeem uas yuav ua rau koj mob loj heev, lossis kev tag txoj sia, los ntawm qhov tshuaj txhaj tiv thaiv yeej me heev li.

Tej yam teebmeem loj uas yuav los ntawm qhov tshuaj tiv thaiv kab mob npaws uas tsis ciaj sia yeej tsis tshua muaj. Cov kab mob hauv qhov tshuaj tiv thaiv kab mob npaws uas tsis ciaj sia twb tau muab tua tag lawm, li ntawd koj yuav mob qhov kab mob npaws los ntawm qhov tshuaj tiv thaiv.

Cov teeb meem me me:

- hnov ib ce mob, nqaij tawv liab, lossis o ntawm qhov chaw uas koj tau txais koob tshuaj hno
 - txhaws qa; hnov mob, qhov muag liab liab lossis khaus khaus; hnoos
 - mob npaws • hnov mob • mob taub hau • khaus • qaug zog
- Yog tias cov teebmeem no tshwm sim, nws yuav pib sai sai tom qab koj txhaj tshuaj tag thiab yuav mob mus li 1-2 hnub.

Cov teeb meem uas loj li ntawm nruab nrab:

Cov menyuum yaus uas tau txais qhov tshuaj tiv thaiv kab mob uas tsis ciaj sia thiab qhov tshuaj tiv thaiv kab mob uas tom lub cev (pneumococcal) (PCV13) rau tib lub sijhawm zoo li lawv yuav raug mob nriaj tes nriaj taw dua lwm cov neeg vim tias lawv mob npaws. Nug koj tus kws kho mob rau lus qhia ntxiv.

Qhia rau koj tus kws kho mob yog tias koj tus menyuum uas tab tom yuav txais qhov tshuaj tiv thaiv kev mob ua npaws seb nws puas tau mob nriaj tes nriaj taws dua.

Cov teeb meem loj:

- Tej yam kev mob loj tshwm sim uas yuav ua raug txoj sia vim cov tshuaj tiv thaiv kab mob yeej tsis tshua muaj puas tsawg. Yog tias muaj, feem ntau nws yuav tshwm sim li ntawm ob peb feeb lossis ob peb xauj moos tom qab koj tau txhaj tshuaj tag.
- Hauv xyoo 1976, muaj ib hom tshuaj tiv thaiv kab mob npaws uas tsis ciaj sia (mob npaws npua) pom tias nws muaj ib yam nrog qhov mob Guillain-Barré Syndrome (GBS). Txij thaum ntawd los, cov tshuaj tiv thaiv yeej tsis muaj ib yam uas yuav zoo li tus mob GBS. Txawm li cas, yog tias qhov mob GBS no yuav raug ib tug vim cov tshuaj txhaj tiv thaiv kev mob npaws uas peb tabtom siv, nws yuav tsis tau tshaj 1 lossis 2 tug neeg ntawm ib lab cov neeg uas tau txais qhov tshuaj tiv thaiv. Qhov ntawm no tseem qis tshaj cov yuav raug qhov kab mob npaws loj heev, uas koj yeej tiv thaiv tau yog tias koj txais tshuaj tiv thaiv.

Ib lub npe ntawm cov tshuaj txhaj tiv thaiv kab mob npaws uas tsis ciaj sia, hu ua Afluria, **yuav tsum tsis txhob muab** rau cov menyuum yaus uas muaj hnub hnoog 8 xyoo lossis hluas tshaj ntawd, tiamsis muab tau yog tias muaj tej yam kev tshwj xeeb. Pom tau ib hom tshuaj txhaj tiv thaiv ua cov menyuum yaus hauv Australia mob npaws thiab mob nriaj tes nriaj taw vim lawv mob npaws. Koj tus kws kho mob yeej muab tau lus qhia ntxiv rau koj.

Txoj kev nyab xeeb ntawm cov tshuaj tiv thaiv yeej raug muab los saib tas li. Rau lus qhia ntxiv, mus xyuas:

www.cdc.gov/vaccinesafety/Vaccine_Monitoring/Index.html thiab
www.cdc.gov/vaccinesafety/Activities/Activities_Index.html

6 Ua li cas yog tias ib yam mob loj heev tshwm sim vim cov tshuaj tiv thaiv?

Kuv yuav tsum tau saib rau dabtsi?

Tej yam kev mob txawv, xws li mob npaws kub heev lossis lub cwj pwm hloov. Tej yam tshwm sim uas tsis haum cov tshuaj tiv thaiv yog ua pa nyuaj, txhaws qa lossis hawb pob, nqaij tawv o loj tuaj, daj ntseg, tsis muaj zog, lub plawv khiav nrawm lossis kiv taub hau.

Kuv yuav ua li cas?

- **Hu rau** ib tug kws kho mob, lossis koj tus neeg ntawd mus ntsib ib tug kws kho mob sai li sai tau.
- **Qhia rau** tus kws kho mob txog tej yam uas tau tshwm sim, hnub tim thiab lub sijhawm nws tshwm sim, thiab lub sijhawm tau txais qhov tshuaj tiv thaiv kab mob.
- **Nug** koj tus kws kho mob kom nws qhia tej yam kev uas tau pom tshwm sim rau daim ntawv Vaccine Adverse Event Reporting System (Kev Teev Tseg Txog Tej Yam Tshwm Sim Los Ntawm Qhov Tshuaj Tiv Thaiv) (VAERS). Lossis koj teb tau daim ntawv qhia saum VAERS qhov vesxaij ntawm www.vaers.hhs.gov, lossis hu rau **1-800-822-7967**.

VAERS tsis muab lus qhia txog kev kho mob.

7 The National Vaccine Injury Compensation Program (Tebchaws Qhov Kev Pab Cuam Them Rau Kev Raug Mob Los Ntawm Cov Tshuaj Tiv Thaiv)

The National Vaccine Injury Compensation Program (Tebchaws Qhov Kev Pab Cuam Them Rau Kev Raug Mob Los Ntawm Cov Tshuaj Tiv Thaiv)(VICP) tau tsim xyoo 1986.

Cov neeg uas tau ntseeg tias lawv tau raug mob vim ib qho tshuaj tiv thaiv los kawm tau txog qhov kev pab cuam thiab lawv yuav teb daim ntawv li cas thaum lawv hu rau **1-800-338-2382**, lossis mus xyuas lub VICP qhov vesxaij ntawm www.hrsa.gov/vaccinecompensation.

8 Kuv yuav kawm tau ntxiv li cas?

- Nug koj tus kws kho mob. Lawv muab tau daim ntawv nt-saws rau sab hauv lub npov ntim qhov tshuaj tiv thaiv lossis muab lwm cov ntaub ntawv uas muaj lus qhia rau koj.
- Hu lub ceg haujlwm rau kev noj qab haus huv hauv koj lub nroog lossis lub xeev.
- Hu rau lub Centers for Disease Control and Prevention (Lub Chaw Tswj Xyuas thiab Tiv Thaiv Kom Tsis Txhob Mob Kab Mob) (CDC):
 - Hu rau **1-800-232-4636 (1-800-CDC-INFO)** lossis
 - Mus xyuas CDC qhov vesxaij ntawm www.cdc.gov/flu



Vaccine Information Statement (Interim)
 Inactivated Influenza Vaccine VIS - Hmong (7/26/11) U.S.C. §300aa-26