

# Tshuaj Tiv Thaiv Khaub Thuas (Khaub Thuas) (Muaj sia, Tsis muaj mob): *Yam uas koj yuav tsum tau paub*

Many Vaccine Information Statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis)

Muaj ntau Cov Ntsiab Lus Qhia Txog Kev Txhaj Tshuaj Tiv Thaiv Mob ua lus Mev thiab lwm hom lus. Saib hauv [www.immunize.org/vis](http://www.immunize.org/vis)

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## Vim li cas thiaj txhaj tshuaj tiv thaiv mob?

Mob khaub thuas (“khaub thuas”) yog ib yam kab mob sib kis uas kis thoob plaws Tebchaws Asmeskas txhua lub xyoo, feem ntau yog thaum lub Kaum Hli thiab Tsis Hlis.

Khaub thuas yog ib yam mob los ntawm cov vais lav mob khaub thuas, thiab feem ntau kis los ntawm kev hnoos, hnoos qeev, thiab nyob sib ze.

Txhua tus neeg tuaj yeem kis mob khaub thuas. Khaub thuas mob sai heev thiab ob peb hnuv xwb kuj zoo lawm. Cov tsos mob yog nce raws lub hnuv nyooq, tab sis kuj suav nrog:

- ua npaws/ua daus no
- mob caj pas
- mob ib ce
- qaug zog
- hnoos
- mob taub hau
- los ntswg lossis txhaws ntswg

Mob khaub thuas kuj tuaj yeem ua rau mob ntsws muaj dej thiab muaj kab mob hauv cov ntshav, thiab ua rau raws plab thiab mob qaug dab peg rau cov menyuam yaus. Yog tias koj muaj tus mob xws li mob plawv lossis mob ntsws, khaub thuas tuaj yeem ua rau mob huam.

Mob khaub thuas kuj tuaj yeem ua rau mob ntsws muaj dej thiab muaj kab mob hauv cov ntshav, thiab ua rau raws plab thiab mob qaug dab peg rau cov menyuam yaus. Yog tias koj muaj tus mob xws li mob plawv lossis mob ntsws, khaub thuas tuaj yeem ua rau mob huam.

Mob khaub thuas muaj qhov txaus ntshai rau qee cov neeg. Cov menyuam mos thiab menyuam yaus, neeg laus hnuv nyooq 65 xyoo lossis laus dua, cov pojniam cev xeeb menyuam thiab cov neeg uas tab tom muaj mob lossis muaj kev tiv thaiv hauv lub cev qis yog cov muaj pheed hmoo tshaj.

Txhua xyoo **ntau txhiab tus neeg hauv Tebchaws Asmeskas tuag vim mob khaub thuas**, thiab muaj ntau tus kuj pw hauv tsev khomob.

**Cov tshuaj tiv thaiv mob khaub thuas** tuaj yeem:

- ua kom koj tsis kis mob khaub thuas,
- ua kom mob khaub thuas tsis hnyav yog tias koj kis tau, thiab
- ua rau koj tsis kis mob khaub thuas rau koj tsev neeg thiab lwm tus.

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## Cov tshuaj muaj sia tiv thaiv thiab tua kab mob khaub thuas-LAIV, Tshuaj Hnia Qhov Ntswg

Yuav tsum tau txhaj ib koob tshuaj tiv thaiv hauv txhua lub caij mob khaub thuas. Cov menyuam mos muaj 6 hli txog 9 xyoo yuav tsum tau txhaj ob koob hauv ib lub caij muaj mob khaub thuas. Lwm tus neeg tsuas yog txhaj ib koob toj ib lub caij mob khaub thuas xwb.

**Cov tshuaj muaj sia tiv thaiv thiab tua kab mob** (hu ua LAIV) tej zaum yuav txhaj rau cov neeg muaj dag zog zoo, cev tsis xeeb menyuam **hnuv nyooq 2 txog 49 xyoo**. Nws tuaj yeem nyab xeeb txhaj tib lub sijhawm nrog lwm yam tshuaj tiv thaiv mob.

Tau muab cov tshuaj LAIV txhuav rau hauv lub qhov ntswg. LAIV tsis muaj cov kuab tshuaj thimerosal lossis lwm yam tshuaj tsis pub nqaij lwj. Nws ua los ntawm cov kab mob vais lav tsis muaj zog thiab **tsis tuaj yeem ua rau mob khaub thuas**.

Muaj ntau yam vais lav mob khaub thuas, thiab lawv ib txwm hloov pauv. Txhua xyoo tau tsim cov tshuaj LAIV los tiv thaiv plaub hom vais lav uas yuav ua rau mob thaum lub caij mob khaub thuas uas los yuav txog no. Txawm tias cov tshuaj yuav tsis haum rau cov kab mob no los nws yeej tiv thaiv qee yam

Cov tshuaj tiv thaiv khaub thuas tsis tuaj yeem tiv thaiv:

- cov khaub thuas los ntawm cov vais lav tsis muaj nyob hauv cov tshuaj tiv thaiv, lossis
- cov mob uas zoo li mob khaub thuas tab sis tsis yog.

Nws siv sijhawm li 2 asthiv rau kev tiv thaiv kom txhim kho tom qab txhaj tshuaj, thiab tiv thaiv kom txog thaum xaus lub caij muaj mob khaub thuas.

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## Qee tus neeg yuav tsum tsis pub txhaj cov tshuaj tiv thaiv mob no

Qee tus neeg yuav tsum tsis pub txhaj cov tshuaj LAIV vim tias hnuv nyooq, xwm txheej kev noj qab haus huv, lossis lwm qhov laj thawj. Cov neeg feem ntau no yuav tsum tau hloov mus txhaj cov tshuaj tiv thaiv khaub thuas. Koj tus kws khomob tuaj yeem pab koj xaiv.

Hais qhia koj tus kws khomob yog tias koj lossis tus neeg uas tau txais txhaj tshuaj:

- muaj ib qho siv tshuaj tsis haum, suav nrog noj tsis haum qe, lossis tau siv tsis haum cov tshuaj tiv thaiv khaub thuas.
- tau muaj mob Guillain-Barré Syndrome (kuj tseem hu ua GBS).
- muaj ib qho mob plawv sijhawm ntev, kev ua pa, mob raum, mob siab, lossis muaj teebmeem cov hlab ntshav.

- muaj mob hawb pob lossis mob ua pa nyuaj, lossis yog tus menyuam uas muaj mob hawb pob.
- cev xeeb menyuam.
- yog tus menyuam lossis tus neeg loj uas tau siv cov tshuaj aspirin lossis cov khoom muaj kuab tshuaj aspirin.
- muaj cov tiv thaiv hauv lub cev qis.
- yuav muaj neeg tuaj ntsib lossis saib xyuas ib tus neeg nyob hauv 7 hnuv tom ntej, uas yuav tsum muaj kev tiv thaiv ib puag ncig (piv txwv li, tom qab hloov cov pab txha)

Qee zaus yuav tsum ncuaj sijhawm txhaj cov tshuaj LAIV. Qhia tus kws khomob yog tias koj lossis tus neeg raug txhaj tshuaj:

- tsis xis nyob. Tuaj yeem ncuaj qhov txhaj tshuaj kom txog thaum koj zoo
- tau txhaj lwm yam tshuaj tiv thaiv mob hauv 4 asthiv dhau los.
- Cov tshuaj tiv thaiv muaj sia yog tias txhaj sib zej dhau kuj ua rau tsis zoo
- tau txhaj tshuaj tiv thaiv khaub thuas nyob hauv 48 xuaj moos dhau los
- muaj qhov txhaws ntswg heev.

#### 4 Kev pheej hmoo ntawm cov tshuaj tiv thaiv mob

Txhua yam tshuaj, suav nrog cov tshuaj tiv thaiv mob, yeej muaj qhov mob huam. Nov yog cov uas feem ntau nyiam mob thiab yuav zoo mus ib leeg, tab sis kuj tuaj yeem yuav ua rau mob hnyav tau.

Yuav luag txhua tus uas tau txhaj tshuaj LAIV tsis muaj teebmeem dab tsi. Kev tawm tsam ntawm cov tshuaj LAIV tej zaum zoo ib yam li cov tshuaj tiv thaiv khaub thuas muaj feem tsawg heev.

**Cov teebmeem** uas tau hais qhia tom qab txhaj tshuaj LAIV:

*Cov menyuam yaus thiab neeg loj hnuv nyooog 2-17 xyoo:*

- los ntswg/txhaws ntswg
- hnoos
- ua npaws
- mob taub hau thiab mob ib ce
- hawb pob
- mob plab, ntuav, lossis raws plab

*Cov neeg loj hnuv nyooog 18-49 xyoo:*

- los ntswg/txhaws ntswg
- mob caj pas
- hnoos
- ua daus no
- nkees/qaug zog
- mob taub hau

**Cov teebmeem tuaj yeem tshwm sim tom qab ib yam tshuaj tiv thaiv:**

- Txhua yam tshuaj puav leej muaj qhov siv tsis haum. Cov tshuaj tiv thaiv muaj qhov siv tsis haum tsawg heev, kwv yees li ntawm 1 leeg toj ib lab tus neeg uas tau txhaj tshuaj, thiab yuav tshwm sim li ntawm ob peb feeb mus txog ob peb xuaj moos tom qab txhaj tshuaj.

Yog ib yam tshuaj, muaj feem tsawg heev uas cov tshuaj tiv thaiv mob yuav ua rau raug mob lossis tuag.

Kev nyab xeeb ntawm cov tshuaj tiv thaiv mob ib txwm muaj kev kuaj xyuas zoo. Xav paub ntau ntxiv mus saib hauv:

[www.cdc.gov/vaccinesafety/](http://www.cdc.gov/vaccinesafety/)

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#### Yuav ua li cas yog tias muaj mob hnyav?

**Kuv yuav tsum tau saib qhov twg?**

- Saib txhua qhov uas cuam tshuam txog koj, xws li cov cim siv tshuaj tsis haum, ua npaws hnyav, lossis tus cwj pwm txawv.

Cov tsos mob siv tshuaj tsis haum tuaj yeem suav nrog kiv taub hau, ntsej muag thiab caj pas o, ua pa nyuaj, plawv dhia ceev, dias taub hau, thiab qaug zog. Cov no yuav pib mob tom qab ob peb feeb mus txog ob peb xuaj moos tom qab txhaj tshuaj.

**Kuv yuav ua li cas?**

- Yog koj xav tias siv tshuaj tsis haum hnyav lossis lwm yam kev kub ntxhov uas tsis tuaj yeem yos, hu rau 9-1-1 thiab coj tus neeg mus rau lub tsev khomob uas nyob ze tshaj plaws. Lossis yog hu rau koj tus kws khomob.
- Yuav tsum tau hais qhia qhov tshuaj huam mus rau Cov Chaw Hais Qhia Kev Siv Tshuaj Tiv Thaiv Mob (VAERS). Koj tus kws khomob yog tus sau daim ntawv hais qhia no, lossis koj tuaj yeem sau nws ntawm koj tus kheej hla VAERS tus web site ntawm [www.vaers.hhs.gov](http://www.vaers.hhs.gov), hu xovtooj rau **1-800-822-7967**.

*VAERS yuav tsis hais qhia kev siv tshuaj khomob.*

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#### Lub Tebchaws Qhov Kev Pab Them Nyiaj Rau Cov Neeg Raug Mob Los Ntawm Kev Txhaj Tshuaj Tiv Thaiv Kab Mob

Lub Tebchaws Qhov Kev Pab Them Nyiaj Rau Cov Neeg Raug Mob Los Ntawm Kev Txhaj Tshuaj Tiv Thaiv Kab Mob (VICP) yog tsoomfwv qhov kev pabcuam uas tsim los muab kev pab them nyiaj rau cov neeg uas tau raug mob los ntawm tshuaj tiv thaiv kab mob.

- Cov neeg uas ntseeg tias lawv tau raug mob los ntawm kev txhaj tshuaj tiv thaiv kab mob tuaj yeem kawm paub txog txog qhov pab thiab sau ntawv thov uas yog hu rau 1-800-338-2382 lossis mus saib hauv VICP tus website ntawm [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation). Muaj lub sijhawm tsawg rau sau ntawv thov cov nyiaj pab

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#### Kuv tuaj yeem kawm paub ntau ntxiv li cas?

- Nug koj tus kws pabcuam khomob. Nws tuaj yeem muab tag nrho cov ntau ntawv lossis qhia mus saib cov ntau ntawv ntawm lwm qhov chaw rau koj.
- Hu rau lub chaw saib xyuas kev noj qab haus huv hauv koj cheeb tsam lossis lub xeev.
- Tiv toj rau Lub Chaw Tuav Tswj thiab Tiv Thaiv Kab Mob (CDC):
- Hu rau **1-800-232-4636 (1-800-CDC-INFO)** lossis
- Mus ntsib CDC tus website ntawm [www.cdc.gov/flu](http://www.cdc.gov/flu)

Vaccine Information Statement  
Live Attenuated Influenza Vaccine

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