

MOB QOQB, MOB QOG & QHUA PIAS (MMR)

TSHUAJ TIV THAIV

YAM KOJ YUAV TSUM TAU PAUB

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

Mob qoob, mob qog thiab mob qhua pias yog cov loj.

Mob Qoob

- Kab mob qoob ua rau tawm pob khaus, hnoos, los kua ntswg, khaus qhov muag, thiab ua npaws.
- Nws muaj peev xwm ua tau rau mob voos qhov ntsej, mob ntsws o, chua leeg (nriaj ib ce thiab tsis ntsais muag), puas hlwb, thiab tuag taus.

Mob Qog

- Kab mob qog ua rau kom ua npaws kub, mob taub hau, thiab tawv nqajj o.
- Nws muaj peev xwm ua tau rau lag ntseg, mob o txheej tawv paj hlwb (kis mob rau paj hlwb thiab tus txha paj hlwb caj qaum), mob o rau cov noob qes lossis zuas tsev menyuam, thiab, tsawg tsawg zaus, tuag taus.

Mob Qhua Pias (Yia-la-man hom Mob Qoob)

- Kab mob qhua pias ua rau tshwm pob khaus, ua npaws, thiab mob pob qij txha (feem ntau yog ua rau cov pojniam).
- Yog tias ib tug pojniam muaj tus mob qhua pias rau lub sij hawm xeeb tub, ces tej zaum nws yuav nchuav menyuam lossis nws tus menyuam yuav yug los muaj mob phem heev.

Koj lossis koj tus menyuam muaj peev xwm kis tau cov mob no yog nyob ze lwm tus neeg uas muaj cov mob no. Tej mob no kis tau ntawm ib tug neeg mus rau ib tug raws pa cua.

Tshuaj tiv thaiv mob qoob, mob qog, thiab mob qhuas pias (MMR) muaj peev xwm tiv thaiv tau cov kab mob no.

Feem coob cov menyuam yaus uas tau txhaj tshuaj tiv thaiv MMR yuav tsis tau cov kab mob no. Ntau leej ntau tus menyuam yaus yuav tau cov mob no yog tias peb tso tseg tsis txhaj tshuaj tiv thaiv lawm.

2 Leej twg yuav tsum tau txhaj tshuaj tiv thaiv MMR, thiab thaum twg?

Cov Menyuaam yaus yuav tsum tau txhaj 2 koob tshuaj tiv thaiv kab mob MMR:

- Zaum thib ib **yog thaum muaj hnoob nyoog 12-15 hlis**
- thiab zaum thib ob yog **thaum muaj 4-6 xyoo.**

Ntawv yog cov hnuv nyoog uas pom zoo rau siv. Tab sis menyuam yaus muaj peev xwm txais tau tshuaj zaum thib ob lub sij hawm twg los tau, tsuav yog tias yam tsawg los twb txwm 28 hnuv tom qab thawj koob tshuaj lawm.

Ib txhia **neeg laus** los kuj yuav tsum tau txais tshuaj tiv thaiv MMR:

Hais qhov dav, txhua tus neeg muaj hnoob nyoog 18 xyoo lossis tshaj saud uas yog yug tom qab xyoo 1956 ces yuav tsum tau txais yam tsawg los ib koob tshuaj tiv thaiv MMR, tshwj yog lawv qhia tau tseeb tias lawv twb tau txais koob tshuaj los yog muaj tus mob dua los lawm.

Nug koj tus kws kho mob yog xav tau lus qhia ntxiv.

Cov tshuaj tiv thaiv MMR txhaj tau tib lub sijhawm nrog lwm cov tshuaj tiv thaiv thiab.

Lus cim: Hom tshuaj tiv thaiv "sib txuam" npe hu ua **MMRV**, uas muaj tshuaj tiv thaiv MMR thiab tshuaj tiv thaiv qoob hlwb dej (pob qaib khaus), muab tau los siv ua ke tsis tas cais rau cov tib neeg uas muaj hnoob nyoog 12 xyoo thiab yau dua.

3 Muaj qees leej neeg yuav tsum tsis txhob txhaj tshuaj MMR lossis yuav tsum tau tos

- Tib neeg yuav tsum txhob mus txhaj tshuaj MMR yog tias yav tag los lawv tau fab hnyav tej yam xws li gelatin, uas yog cov neomycin, lossis yog tias lawv tau phiv cov tshuaj txhaj tiv thaiv MMR dhau los lawm.
- Cov neeg uas tsis xis nyob lossis muaj mob loj ua ntej lub caij teem yuav mus txhaj koob tshuaj tiv thaiv ces yuav tsum tos kom txog txij lawv tus mob zoo tso mam li mus txhaj tshuaj tiv thaiv MMR tau.
- Cov pojniam cev xeeb tub yuav tsum tau tos thaum lawv twb so tag lawm tso mam li mus txhaj tshuaj MMR. Cov pojniam yuav tsum caiv txhob cia xeeb tub rau lub sijhawm 4 lim tiam tom qab uas lawv tau txais koob tshuaj MMR lawm.
- Ib txhia neeg yuav tsum nug lawv tus kws kho mob seb puas tsim nyog lawv mus txhaj tshuaj MMR, xws li cov neeg zoo li nram no:
 - Cov neeg uas muaj kab mob HIV, lossis lwm yam mob muaj feem txov lub zog tiv thaiv kab mob (immune system)
 - Cov neeg uas tab tom tau siv tshuaj uas ua rau lub zog tiv thaiv kab mob tsis muaj zog, xws li tshuaj steroids, los rau 2 lim tiam los yog ntev tshaj ntawd
 - Cov neeg uas muaj ib yam mob khees-xaws twg
 - Cov neeg uas tab tom mus kho mob khees-xaws xws li siv fais fab hlavv lossis noj tshuaj
 - Cov neeg uas tau muaj ntshav platelet qis (muaj mob roj ntshav)
- Cov neeg uas nyim qhuav tau mus lim ntshav lossis lwm yam khoom tov ntshav yuav tsum nug lawv tus kws kho mob seb thaum twg lawv thiaj li mus txhaj tau koob tshuaj tiv thaiv MMR.

Nug koj tus kws kho mob yog xav tau lus qhia ntxiv.

4 Cov kev txaus ntshai ntawm hom tshuaj tiv thaiv MMR no yog dabtsi?

Tshuaj tiv thaiv kab mob, los zoo li lwm yam tshuaj tej, muaj peev xwm tsim teeb meem loj, xws li ua kom fab tshuaj hnyav. Tab sis qhov teebmeem uas tshuaj tiv thaiv yuav ua rau kom mob hnyav, lossis ua rau tag tuag taus, mas muaj feem yau kawg nkaus.

Kev mus txhaj koob tshuaj MMR yeej puaj phais tshaj li qhov uas kis tau peb hom mob no.

Feem coob cov neeg uas tau txhaj tshuaj tiv thaiv MMR kuj tsis muaj teeb meem dabtsi.

Cov Teeb Meem Me

- Ua npaws kub (muaj li 1 leeg ntawm 6 leej)
- Khaus me me (muaj li 1 leeg ntawm 20 leej)
- Plu lossis caj dab o (tsis tshua pom muaj)

Yog tias muaj cov teeb meem no, feem ntau nws yuav tshwm ua ntej 7-12 hnuv tom qab txhaj tshuaj tas. Lawv tsis tshuaj muaj rau tom qab txhaj koob thib ob.

Cov Teeb Meem uas Loj Pes Nrab:

- Chua leeg (nriaj ib ce thiab tsis ntsais muag) tshwm sim vim ua npaws (muaj li 1 leeg ntawm 3,000 leej)
- Mob thiab txhav tej pob qij txha yas tes yas taw mus ib ntus sijhawm, feem ntau yog mob rau cov tub ntshais hluas lossis cov pojniam tiav niam (muaj txog li 1 leeg ntawm 4 leej)
- Muaj ntshav platelet qis mus ib ntus sijhawm, uas ua tau rau muaj mob rau roj ntsha (muaj li 1 leeg ntawm 30,000 leej)

Cov Teeb Meem Loj (Pom Muaj Tsawg Heev)

- Fab tshuaj hnyav (muaj tsawg dua 1 koob ntawm ib plhom koob txhaj)
- Tseem muaj ob peb yam teeb meem loj uas paub tias tshwm sim tom qab ib tug menyuum tau txhaj koob tshuaj MMR. Tab sis qhov no tshwm sim tsawg heev, yog li cov kws txawj tsis paub tseeb tseeb tias puas yog tim koob tshuaj txhaj los tsis yog. Tej ntawd muaj xws li:
 - Lag ntseg
 - Mob nriaj ib ce ntev, tsis hnov ntiav teb ntev, lossis feeb tsis meej ntev
 - Hlwb puas mus tag ib sim

Lus cim: Thawj koob tshuaj tiv thaiv **MMRV** nquag muaj nrog kev mob ua pob xua thiab nquag mob ua npaws kub tshaj li thaum siv cov tshuaj tiv thaiv MMR thiab mob qoob hlww dej uas nyias ua nyias ib koob txhaj. Kev mob pob xua tau pom muaj rau 1 leeg ntawm 20 leej neeg hos kev mob ua npaws kub muaj rau 1 leeg ntawm 5 leej.

Kev mob chua leeg vim ua npaws kub kuj nquag tshwm sim ntau dua tom qab txhaj tus tshuaj MMRV tag. Feem ntau tej no tshwj rau 5-12 hnuv tom qab txhaj koob thib ib.

5 Nyob tsam ib yam mob loj heev tshwm sim vim cov tshuaj tiv thaiv ne?

Kuv yuav tsum tau saib xyuas dabtsi?

- Tej yam mob txawv, xws li mob ua npaws kub, lossis tus cwj pwm hloov. Tej yam uas qhia tau tias yog tsis haum tshuaj yog muaj xws li nyuaj ua pa, txhaws qa lossis hawb pob, nqaij tawv o loj tuaj, daj ntseg, tsis muaj zog, lub plawv dhia ceev lossis kiv taub hau.

Kuv yuav ua li cas?

- **Hu** rau ib tug kws kho mob, lossis koj tus neeg ntawd mus ntsib kws kho mob tam sim ntawd.
- **Qhia** rau tus kws kho mob tias yog muaj dabtsi tshwm sim, hnuv tim thiab lub sijhawm nws tshwm sim, thiab lub sijhawm tau txais koob tshuaj tiv thaiv kab mob.
- **Hais kom** koj tus kws kho mob, kws ntsuas mob, lossis lub chaw saib kev noj qab haus huv kom lawv qhia tej yam kev uas tau pom tshwm sim xws li ua daim ntawv Kev Teev Tseg Txog Tej Yam Tshwm Sim Los Ntawm Qhov Tshuaj Tiv Thaiv (Vaccine Adverse Event Reporting System (VAERS)). Lossis koj mus ua tau daim ntawv VAERS no hauv lub vev-xaij ntawm www.vaers.hhs.gov, lossis hu rau **1-800-822-7967**.

VAERS tsis muab lus qhia txog kev kho mob.

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

Muaj ib lub oos-kas tsoom fww tsim los pab cov neeg uas tej zaum tau raug mob vim siv cov tshuaj txhaj tiv thaiv.

Yog xav paub ntxiv txog Tebchaws Qhov Kev Pab Cuam Them Rau Kev Raug Mob Los Ntawm Cov Tshuaj Tiv Thaiv, ces hu **1-800-338-2382** lossis mus saib lawv qhov vev-xaij ntawm www.hrsa.gov/vaccinecompensation.

7 Kuv yuav kawm kom paub ntxiv tau lis cas?

- Nug koj tus kws kho mob. Lawv muab tau daim ntawv lo nrog lub npov ntim qhov tshuaj tiv thaiv lossis muab lwm cov ntau ntawv uas muaj lus qhia rau koj.
- Hu lub chaw haujlwm pab kev noj qab haus huv hauv koj lub nroog lossis lub xeev.
- 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)**
 - Mus saib CDC lub vev-xaij ntawm www.cdc.gov/vaccines



DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention

Vaccine Information Statement
MMR Vaccine (3/13/08) - Hmong 42 U.S.C. § 300aa-26

Translation provided by the Minnesota Department of Health