

TSHUAJ TIV THAIV QOQB SAWV HLWV

YAM KOJ YUAV TSUM TAU PAUB

Peb muaj ntau cov Ntawv Qhia Tshuaj Tiv Thaiv Kab Mob muaj txhais ua lus Mev thiab ua lwm hom lus. Mus saib <http://www.immunize.org/vis>.

1 Qoob Sawv Hlww yog dabtsi?

Qoob sawv hlww (shingles) yog ib hom mob ua xua tawv nqaij, uas feem ntau sawv hlww nrog. Nws kuj tis npe hu ua Herpes Zoster, lossis cia li hu ua Zoster.

Tus mob qoob sawv hlww no feem ntau tshwm rau ib sab ntsej muag lossis ntawm ib sab cev thiab yuav mob ntev li 2 rau 4 lub lim tiam. Qhov tsos mob tseem ces yog ua rau mob nqaij, uas mob heev kawg kiag. Lwm yam tsos mob ntawm tus mob qoob sawv hlww no yog kev ua kub, mob taub hau, tshee ua no thiab plab tsis xis nyob. Tsawg

tsawg zaus, ib txoj kev voos mob qoob sawv hlww yuav ua tau rau kom mob ntswo, tsis hnov lus zoo, dig muag, paj hlwb o (encephalitis) lossis tuag taus.

Rau li ntawm 1 leeg ntawm 5 leej, txoj kev mob nqaij yuav mob mus ntev loo tab txawm tais cov pob xua twb ploj tag lawm. Qhov no yog tis npe hu ua **post-herpetic neuralgia** (mob tawv nqaij tev thiab chob).

Tus mob qoob sawv hlww yog tsim los ntawm tus kab mob hu ua Varicella Zoster, uas yog tib tug kab mob uas tsim mob qoob hlww dej.

Tsuas yog ib tug neeg uas twb tau mob qoob hlww dej lawm - lossis, tsawg tsawg zaus, nws tau txhaj koob tshuaj tiv thaiv qoob hlww dej - thiaj li mob qoob sawv hlww. Tus kab mob no yuav nyob rau hauv koj lub nrog cev, thiab muaj kam tsim qoob sawv hlww ntau xyoo tom qab.

Koj tsis muaj peev xwm kis tau mob qoob sawv hlww ntawm lwm tus neeg uas muaj qoob sawv hlww los. Tiam sis, ib tug tib neeg uas ib txwm tsis tau mob **qoob hlww dej** (lossis txhaj koob tshuaj tiv thaiv qoob hlww dej) dua li muaj peev xwm kis tau qoob hlww dej ntawm lwm tus neeg uas mob qoob sawv hlww los. Qhov no tsis nquag muaj.

Tus mob qoob sawv hlww nquag muaj rau cov neeg hnoob nyoog 50 xyoo thiab laus tshaj ntawd, ntau dua li cov hluas. Thiab nws nquag muaj dua rau cov tib neeg uas

lawv lub zog tiv thaiv kab mob tsis tshua muaj zog lawm vim yog lawv muaj mob xws li khees-xaws, lossis siv tshuaj xws li steroids los yog siv fais fab hlww mob.

Yam tsawg los 1 plhom tib neeg tauj ib xyoo hauv lub tebchaws Meskas tau mob qoob sawv hlww.

2 Tshuaj Tiv Thaiv Qoob Sawv Hlww

Tau tsim ib koob tshuaj tiv thaiv qoob sawv hlww nyob rau xyoo 2006. Hauv tej kev kuaj ntsuas, pom tau tias koob tshuaj tiv thaiv no txo kom txhob raug tus mob qoob sawv hlww kom qis li ntawm 50%. Thiab nws pab tau kom cov tib neeg uas ho mob qoob sawv hlww tom qab txhaj tshuaj tag los kom ua ntsuas mob heev.

Koob tshuaj tiv thaiv qoob sawv hlww no pom zoo siv ib koob rau cov neeg laus uas hnoob nyoog 60 xyoo thiab laus dua no.

3 Muaj qee leej yuav tsum txhob maj mus txhaj tshuaj tiv thaiv qoob sawv hlww lossis yuav tsum tau tos

Ib tug tib neeg yuav tsum txhob txhaj tshuaj tiv thaiv qoob sawv hlww yog tias nws:

- yav tag los nws tau fab hnyav tej yam xws li gelatin, uas yog hom tshuaj tua kab mob hu ua neomycin, lossis phiv tej yam khoom siv los tsim hom tshuaj tiv thaiv kab mob qoob sawv hlww. Qhia rau koj tus kws kho mob yog tias koj fab hnyav lossis phiv tshuaj dhau los lawm.
- lub cev tsis muaj zog tiv thaiv kab mob vim yog tab tom muaj:
 - kab mob AIDS lossis lwm yam mob muaj feem txov lub zog tiv thaiv kab mob (immune system),
 - tab tom siv tshuaj los kho lub zog tiv thaiv kab mob, xws li siv cov tshuaj muaj zog hu ua steroids,
 - tab tom raug kho mob khees-xaws xws li siv fais fab tua mob,
 - muaj mob khees-xaws uas puas rau cov hlwb pob txha lossis cov leeg loj, xws li yog mob khees-xaws leukemia los yog lymphoma.
- tseem tab tom xeeb tub, tej zaum yog xeeb tub lawm. Cov poj niam yuav tsum caiv txhob cia xeeb tub kom

txog txij 4 lub lim tiam tom qab uas txhaj koob tshuaj tiv thaiv qoob sawv hlwv tag tso.

Ib tug neeg uas muaj mob ceev tab sis yau, xws li lam ua khaub thuas no xwb, kuj txhaj tshuaj tau. Tiam sis ib tug neeg twg uas muaj mob loj tsawv lossis mob ceev yuav tsum tos kom txog txij lawv tus mob zoo tso mam li mus txhaj tshuaj tiv thaiv. Qhov no xam txhua tus neeg uas kub txog 101.3° F lossis siab tshaj.

4 Cov kev txaus ntshai ntawm hom tshuaj tiv thaiv 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. 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.

Kuj tsis pom muaj teb teeb meem loj tshwm sim vim siv tshuaj tiv thaiv mob qoob sawv hlwv.

Cov Teeb Meem Me

- Liab, mob, lossis o, los yog khaus thaj chaw uas txhaj tshuaj (li 1 leeg ntawm 3 leej).
- Mob taub hau (muaj li 1 leeg ntawm 70 leej).

Ib yam li lwm cov tshuaj tiv thaiv, hom tshuaj tiv thaiv qoob sawv hlwv los kuj yuav tau txais kev soj qab taug nyob tsam ho muaj tej yam teeb meem txawv lossis loj.

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 fab hnyav lossis ua npaws kub heev. Yog tias muaj kev fab, ces yuav tshwm kiag li ntawm ob peb feeb rau ob peb teev tom qab tau txais koob tshuaj. Tej yam uas qhia tau tias yog tsis haum tshuaj yog muaj xws li nyuaj ua pa, txhaws qa lossis hawb pob, lub plawv dhia ceev, nqaj tawv o loj tuaj, kiv taub hau, daj ntseg, lossis o caj pas.

Kuv yuav ua li cas?

- **Hu** rau ib tug kws kho mob, lossis coj 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 Kuv yuav kawm kom paub ntxiv tau lis cas?

- Nug koj tus kws kho mob lossis lwm tus neeg muab kev pab kho mob. Lawv muab tau daim ntawv ntsaws rau sab hauv lub npov ntim qhov tshuaj tiv thaiv lossis muab lwm cov ntaub ntawv uas muaj lus qhia rau koj.
- 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 <http://www.cdc.gov/vaccines>



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



Vaccine Information Statement
Shingles VIS - Hmong (10/6/09) 42 U.S.C. § 300aa-26

Translation provided by the Minnesota Department of Health