

# TSHUAJ TIV THAIV MOB QOOB HLWV DEJ

## YAM KOJ YUAV TSUM TAU PAUB

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

Qoob hlwv dej (uas kuj hu ua varicella) yog ib hom mob menyuam yaus nquag muaj. Feem ntau nws mob mentsis xwb, tab sis nws muaj peev xwm mob hnyav, feem ntau yog rau menyuam mos thiab cov neeg laus.

- Nws ua rau muaj pob xua, khaus, ua npaws kub, thiab qaug zog.
- Nws muaj peev xwm ua tau rau mob voos qhov ntsej, caws pliav, mob ntsws o, puas paj hlwb, lossis tuag taus.
- Tus mob qoob hlwv dej no kis tau ntawm ib tug neeg rau lwm tus raws pa cua, lossis thaum uas chwv raug cov kua faj siv ntawm cov qoob hlwv dej.
- Ib tug tib neeg uas tau mob qoob hlwv dej dhau los lawm muaj kam mob ib yam xua hu ua singles (tawv nqaij mob sawv hlwv ua daim daws) ntau xyoo tom qab ntxiv.
- Ua ntej uas muaj hom tshuaj tiv thaiv no, ntau li 11,000 tus tib neeg raug mob thiab mus pw tim tsev kho mob vim ua qoob hlwv dej txhua xyoo nyob rau hauv tebchaws Meskas.
- Ua ntej uas muaj hom tshuaj tiv thaiv no, ntau li 100 tus tib neeg tau tuag txhua xyoo hauv tebchaws Meskas vim tus mob qoob hlwv dej.

Koob tshuaj tiv thaiv mob qoob hlwv dej yuav tiv thaiv tau mob qoob hlwv dej.

Feem coob cov tib neeg uas tau koob tshuaj tiv thaiv qoob hlwv dej yuav tsum mus txhaj 2 koob tshuaj tiv thaiv qoob hlwv dej rau thaum muaj hnoob nyoog li nram no:

### 2 Leej twg yuav tsum tau txhaj tshuaj tiv thaiv qoob hlwv dej, thiab thaum twg?

#### Txhaj Raws Caij

Cov menyuam yaus uas ib txwm tsis tau mob qoob hlwv dej dua yuav tsum mus txhaj 2 koob tshuaj tiv thaiv qoob hlwv dej rau thaum muaj hnoob nyoog li nram no:

Koob 1: hnoob nyoog 12-15 hlis

Koob 2: hnoob nyoog 4-6 xyoo (muab tau ntxov zog no, yog tias dhau 3 lub hlis tom qab muab koob 1 lawm)

Tib neeg uas muaj 13 xyoo lossis tshaj saud (uas ib txwm tsis tau mob qoob hlwv dej lossis tau txhaj tshuaj tiv thaiv qoob hlwv dej) yuav tsum tau txhaj ob koob no yam tsawg los 28 hnub sib ncu.

#### Txhaj Kom Puv

Txhua tus neeg uas tsis tau txhaj tshuaj puv, thiab tsis tau mob qoob hlwv dej dua lo li, yuav tsum tau mus txhaj ib lossis ob koob tshuaj tiv thaiv qoob hlwv dej. Lub sijhawm txhaj yuav nyob ntawm seb tus neeg muaj hnoob nyoog pestsawg. Nug koj tus kws kho mob.

Tshuaj tiv thaiv qoob hlwv dej yeej 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 qoob hlwv dej thiab tshuaj tiv thaiv MMR, 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 tiv thaiv qoob hlwv dej lossis yuav tsum tau tos

- Tib neeg yuav tsum txhob mus txhaj tshuaj tiv thaiv mob qoob hlwv dej yog tias yav tag los lawv phiv cov tshuaj txhaj tiv thaiv MMR dhau los lawm los yog tau fab hnyav tej yam xws li gelatin, uas yog cov neomycin.
- 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 qoob hlwv dej tau.
- Cov pojniam cev xeeb tub yuav tsum tau tos thaum lawv twb so tag lawm tso mam li mus txhaj tshuaj qoob hlwv dej. Cov pojniam yuav tsum caiv txhob cia xeeb tub rau lub sijhawm 1 hlis tom qab uas lawv tau txais koob tshuaj tiv thaiv mob qoob hlwv dej lawm.
- Ib txhia neeg yuav tsum nug lawv tus kws kho mob seb puas tsim nyog lawv mus txhaj tshuaj tiv thaiv mob qoob hlwv dej, xws li cov neeg zoo li nram no:
  - Cov neeg uas muaj kab mob HIV/AIDS 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 hlawv lossis noj tshuaj
- 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 qoob hlwv dej.

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

### 4 Cov kev txaus ntshai ntawm hom tshuaj tiv thaiv qoob hlwv dej 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 qoob hlwv dej yeej me heev li.

Kev mus txhaj koob tshuaj tiv thaiv qoob hlwv dej yeej puaj phais tshaj li qhov uas kis tau peb mob qoob hlwv dej. Feem coob cov neeg uas tau txhaj tshuaj tiv thaiv qoob hlwv dej kuj tsis muaj teeb meem dabtsi. Cov tsos mob uas tshwm sim vim tshuaj nquag muaj tom qab thawj koob dua li tom qab koob thib ob.

### Cov Teeb Meem Me

- Mob lossis o rau thaj chaw txhaj tshuaj (muaj li 1 leeg ntawm 5 leej thiab txog 1 leeg ntawm 3 leej tub ntxhais hluas thiab neeg laus)
- Ua npaws kub (1 leeg ntawm 10 leej, lossis tsawg dua)
- Ua pob xua mentsis, txog li 1 hlis tom qab txhaj tshuaj tag (1 leeg ntawm 25 leej). Qhov uas cov neeg no kis tau mob rau neeg tsev neeg yeej muaj taus, tab sis muaj tsawg tsawg.

### Cov Teeb Meem uas Loj Pes Nrab:

- Chua leeg (nriaj ib ce thiab tsis ntsais muag) vim mob ua npaws kub (muaj tsawg heev).

### Cov Teeb Meem Loj

- Mob ntsws o (muaj tsawg heev)

Lwm cov teeb meem loj, xws li ua rau paj hlwb khiav tsis zoo lossis ntshav tsawg, kuj tau pom muaj tom qab uas txhaj koob tshuaj tiv thaiv qoob hlwv dej tag. Tab sis tej 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. Yog tim, ces kuj yog muaj tsawg heev.

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 hlwv 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 lossis mob loj heev tshwm sim vim cov tshuaj tiv thaiv ne?

### Kuv yuav tsum tau saib rau 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, nqaj 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 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](http://www.vaers.hhs.gov), lossis hu rau **1-800-822-7967**.

VAERS tsis muab lus qhia txog kev kho mob.

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### 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 fwm 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](http://www.hrsa.gov/vaccinecompensation).

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### Kuv yuav kawm kom paub ntxiv tau lis cas?

- Nug koj tus kws 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 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](http://www.cdc.gov/vaccines)



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

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

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