

Tshuaj Txhaj Tiv Thaiv Kab Mob Ua Npaws Yoov Tshaj Cum

Koj Yuav Tsum Paub Txog Dabtsi

Muaj ntau Daim Ntauv Teev Ntsiab Lus Tshuaj Txhaj Tiv Thaiv muab ua hais lus Spanish thiab lwm hom lus. Mus saib www.immunize.org/vis

1 Ua npaws yoov tshaj cum yog dabtsi?

Ua npaws yoov tshaj cum yog ib tug kab mob hnyav heev raug tsim los ntawm tus kab mob ua npaws yoov tshaj cum. Nws yog txawm nyob rau tej thaj chaw ntawm Tebchaws Africa thiab Qab Teb Asmeskas.

Ua npaws yoov tshaj cum yog kis los ntawm kev tom ntawm ib tug yoov tshaj cum uas kis tus kab mob ntawd. Nws kis tsis tau ntawm ib tug neeg rau ib tug neeg yog tias sib chww.

Cov neeg uas muaj tus kab mob ua npaws yoov tshaj cum feem ntau yuav tau mus pw tsev kho mob. Tus kab mob ua npaws yoov tshaj cum muaj feem tsim tau:

- kev ua npaws thiab cov tsos mob zoo xws li khaub thuas
- kev daj ntseg (ntawm nqaij los yog qhov muaj daj)
- los ntshav los ntawm lub cev tej thaj chaw los
- siab, raum, tej yam pab lub cev ua pa thiab lwm yam khoom hauv nrog cev tsis ua haujlwm lawm
- tas sim neej (20% - 50% ntawm cov neeg uas muaj tus mob)

2 Kuv yuav txwv thaiv tus kab mob ua npaws yoov tshaj cum li cas?

Tshuaj txhaj tiv thaiv kab mob ua npaws yoov tshaj cum Tshuaj txhaj tiv thaiv kab mob ua npaws yoov tshaj cum txwv thaiv tau tus kab mob ua npaws yoov tshaj cum.

Tshuaj txhaj tiv thaiv kab mob ua npaws yoov tshaj cum yog ib yam tsuas mob rau tau ntawm cov chaw teev txhaj tshuaj tiv thaiv kab mob nkaus xwb.

Tom qab koj tau txais cov tshuaj txhaj tiv thaiv kab mob lawm, lawv yuav muab daim npav ntaus thwj thiab xee npe tias "International Certificate of Vaccination or Prophylaxis" rau koj (daim npav daj). Daim ntauv teev meem no yuav siv tau 10 hnuab tom qab txhaj tshuaj tiv thaiv kab mob tag thiab yuav zoo siv 10 lub xyoo.

Koj yuav tsum muaj daim npav no ua pov thawj tias koj tau txhaj tshuaj tiv thaiv kab mob lawm koj thiab li nkag tau tej lub tebchaws. Cov neeg ncig tebchaws uas tsis muaj ntauv pov thawj txog kev txhaj tshuaj tiv thaiv kab mob yuav muaj feem tau txais kev txhaj tshuaj tiv thaiv kab mob thaum uas lawv nkag mus txog los yog yuav raug muab tuav ce txog li ntawm 6 hnuab kom paub meej tias lawv tsis raug kis tus kab mob.

Sib tham txog koj cov kev npaj mus ncig tebchaws nrog koj tug kws kho mob los yog tus neeg saib mob ua ntej koj mus txhaj tshuaj tiv thaiv tus kab mob ua npaws yoov tshaj cum. Mus muab tswv yim nrog koj lub hauv paus tswj saib kev noj qab haus h huv los yog mus saib CDC cov ntsiab lus hais txog kev ncig tebchaws ntawm lub vas sab ntawm www.cdc.gov/travel mus kawm txog cov kev yuav tsum tau txhaj tshuaj tiv thaiv kab mob ua npaws yoov tshaj cum thiab cov kev pom zoo rau cov tebchaws nyias txawv nyias.

Lwm cov kev txwv thaiv kom tsis txhob raug

Lwm txoj kev los txwv thaiv tsis pub raug tus kab mob ua npaws yoov tshaj cum yog tsis txhob raug yoov tshaj cum tom mas yuav tau:

- nyob rau hauv tej thaj chaw us muaj ntaub qhov tshaus thaiv los yog tso cua txias.
- hnab khaub ncaws uas npog tau feem ntau ntawm koj lub cev,
- Siv ib lub tshuaj tsuag yoov uas zoo, xws li cov uas muaj DEET nyob rau hauv.

3 Tshuaj txhaj tiv thaiv kab mob ua npaws yoov tshaj cum

Qhov tshuaj txhaj tiv thaiv tus kab mob ua npaws yoov tshaj cum yog ib tug kab mob muaj sia, txo zog lawm. Nws yog ib koob tshuaj txhaj nkaus xwb. Rau cov neeg uas tseem muaj feem yuav tsis zoo, peb pom zoo muab ib kob tshuaj txhaj tiv thaiv pab ntxiv txhua txhua 10 xyoo ib zaug.

Qhov tshuaj txhaj tiv thaiv tus kab mob ua npaws yoov tshaj cum yog ib yam muab tau tib lub sijhawm li feem ntau lwm cov tshuaj txhaj tiv thaiv kab mob.

Leej twg thiab li yuav tsum tau txais cov tshuaj txhaj tiv thaiv kab mob ua npaws yoov tshaj cum?

- Cov neeg uas muaj hnuab nyoog 9 hlis mus txog rau 59 xyoo uas mus ncig tebchaws rau los yog nyob rau ib thaj chaw uas muaj feem paub txog tias tus kab mob ua npaws yoov tshaj cum yeej tshwm sim nyob, los yog mus ncig tebchaws rau ib lub tebchaws uas yuav tsum txhaj tshuaj tiv thaiv kab mob ua ntej pub nkag rau hauv.
- Cov neeg ua haujlwm kuaj xyuas kab mob yuav tej zaum raug kis tus kab mob ua npaws yoov tshaj cum los yog cov tshuaj txhaj tiv thaiv kab mob.

Cov ntsiab lus rau cov neeg ncig tebchaws muaj nyob rau hauv Internet los ntawm CDC

(www.cdc.gov/travel), the World Health Organization (www.who.int), and the Pan American Health Organization (www.paho.org).

Koj yuav tsum tsis txhob mus pub ntshav li 14 hnuab tom qab txhaj tshuaj tiv thaiv kab mob, vim hais tias muaj ib feem yuav tsis zoo thaum muab tus tshuaj txhaj tiv thaiv kab mob tso nkag rau hauv cov ntshav thaum lub caij ntawd.

4 Leej twg thiab li yuav tsum tsis txhob txais tshuaj txhaj tiv thaiv kab mob ua npaws yoov tshaj cum?

- Ib tug neeg twg uas muaj ib qho kev txhaum fab hnyav (yam tas sim neej taus) rau tej feem ntawm cov tshuaj txhaj tiv thaiv kab mob, tsis hais cov qi, nqaij qaub, los yog khoom noj nplaum, los yog leeg twg uas muaj ib qho kev txhaum fab hnyav rau ib kob tshuaj txhaj tiv thaiv kab mob yav tag los yuav tsum tsis txhob txais ib qho kev txhaj tshuaj tiv thaiv kab mob ua npaws yoov tshaj cum. *Qhia rau koj tug kws kho mob paub yog tias koj muaj tej yam kev txhaum fab hnyav twg.*
- Cov mos ab uas muaj hnuab nyoog yau dua 6 hli yuav tsum tsis txhob txais kev txhaj tshuaj tiv thaiv kab mob.
- Qhia rau koj tug kws kho mob paub yog tias:
 - Koj muaj tus kab mob HIV/AIDS los yog lwm tus kab mob uas raug rau koj lub cev txoj kev tiv thaiv kab mob.
 - Koj lub cev txoj kev tiv thaiv kab mob yuav tsis muaj zog lawm vim yog txoj kev tshwm sim los ntawm kev mob khees xaws los yog lwm tus mob kkeeg, ib qho kev phais mob, los yog kev siv fais fab tua mob los yog kev txiav yeeb tshuaj (xws li tshuaj muaj zog, kev siv fais fab tua kab mob khees xaws, los yog lwm cov yeeb tshuaj uas raug rau lub cev txoj kev tiv thaiv kab mob).



- Koj daim nqaij tiv thaiv kab mob hauv nrog cev tau muab rho tawm lawm los yog koj muaj mob rau daim nqaij tiv thaiv kab mob, xws li mob myasthenia gravis, DiGeorge syndrome, los yog thymoma.

Koj tug kws kho mob yuav pab koj txiav txim hais tias saib koj puas txais tau qhov tshuaj txhaj tiv thaiv kab mob.

- Cov neeg laus uas muaj hnuv nyoog 60 xyoo thiab laus dua uas yuav txiav tsis tau kev ncig tebchaws mus rau ib thaj chaw uas muaj tus kab mob ua npaws yoov tshaj cum yuav tsum sib tham txog kev txhaj tshuaj tiv thaiv kab mob nrog lawv tus kws kho mob. Tej zaum lawv muaj feem dua raug tej teeb meem loj tom qab txhaj tshuaj tiv thaiv kab mob.
- Cov mos ab uas muaj hnuv nyoog 6 txog rau 8 hli, cov pojniam xeeb tub, thiab cov niam tseem pub mis yuav tsum tsis txhob los yog ncuva txoj kev mus ncig tebchaws rau tej thaj chaw uas muaj feem yuav raug tus kab mob ua npaws yoov tshaj cum. Yog yuav txwv tsis tau kev ncig tebchaws, sib tham kev txhaj tshuaj tiv thaiv kab mob nrog koj tug kws kho mob.

Yog tias koj txhaj tshuaj tiv thaiv kab mob tsis tau vim yog ntawm kev muaj mob dabtsi, tiamsis yuav tsum muaj ntawv pov thawj txhaj tshuaj tiv thaiv kab mob ua npaws yoov tshaj cum rau txoj kev mus ncig tebchaws, koj tug kws kho mob muab tau ib **tsab ntawv tso lus tsis lees** yog tias nws xam tias qhov muaj feem raug tus kab mob yog ib qho uas yuav tsis luaj twg. Yog tias koj npaj siv ib daim ntawv tso lus tsis lees, koj yuav tsum tiv tauj lub thuj ntawm cov tebchaws uas koj npaj mus saib kom tau cov ntsiab lus ntxiv.

5 Tej yam uas muaj feem yuav tsis zoo los ntawm cov tshuaj txhaj tiv thaiv kab mob ua npaws yoov tshaj cum yog dabtsi?

Ib qho tshuaj txhaj tiv thaiv kab mob, zoo ib yam li txhua yam tshuaj, muaj feem tsim tau ib qho kev txhaum fab hnyav. Tiamsis qhov kev muaj feem yuav tsis zoo ntawm txhaj tshuaj tiv thaiv kab mob uas tsim tej yam kev puas ntsoog loj, los yog kev tas sim neej, yog ib yam uas muaj tsawg heev li.

Cov teeb meem me me

Cov tshuaj txhaj tiv thaiv kab mob ua npaws yoov tshaj cum uas tau muaj kev ntsig txog kev ua npaws, uas mob ib ce, nqaij tawv liab thiab o tuaj rau lub chaw uas tau txhaj koob tshuaj rau.

Cov teeb meem ntawm no tshwm sim txog rau ntawm ib tus neeg n tawm 4 tus neeg. Feem ntau lawv ib tom qab ib koob tshuaj txhaj rau, thiab yuav kav ntev mus txog li ib ashiv.

Cov teeb meem loj

- Cov kev txhaum fab hnyav ntawm tej feem ntawm kev txhaj tshuaj tiv thaiv kab mob (yog li ntawm 1 tus neeg ntawm 55,000 tus neeg).
- Cov kev txhaum fab hnyav rau lub cev cov hlab hlwb (yog li ntawm 1 tus neeg ntawm 125,000 tus neeg).
- Cov mob uas muaj feem txo txoj sia thaum uas ib yam khoom hauv nrog cev tsis ua haujlwm lawm (yog li ntawm 1 tus neeg ntawm 250,000 tus neeg). Tshaj li ib nrab ntawm cov neeg uas raug tus mob tshwm sim tuaj tom qab txhaj tshuaj tiv thaiv kab mob tau tas sim neej.

Ob qho teeb meem tom kawg ntawm no yeej tsis tau muab tshaj tawm tom qab txhaj kob tshuaj pab ntxiv.

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Yuav ua li cas yog tias muaj ib qho kev txhaum fab hnyav?

Kuv yuav tsum tsoom saib yam dabtsi?

- Tsoom saib tej yam uas koj txhawj xeeb txog, xws li tej tsoom mob ntawm txoj kev txhaum fab hnyav, ua npaws kub heev, los yog muaj kev txawv txav ntawm tus cwj pwm, los yog cov tsoom mob uas zoo xws li khaub thuas uas tshwm sim 1-30 hnuv tom qab txhaj tshuaj tiv thaiv kab mob.

Cov tsoom mob ntawm ib qho kev txhaum fab hnyav yog muaj tej yam nrog rau hauv xws lis ua xua, ntsej muab thiab lub caj pas o tuaj, ua tsi taus pa, plawv khiav ceev, kiv taub hau, thiab tsis muaj zog. Tej yam li ntawm no feem ntau yuav pib ob peb feeb mus rau ob peb xooob moos tom qab kev txhaj tshuaj tiv thaiv kab mob.

Kuv yuav tsum ua dabtsi?

- Yog tias koj xaiv tias nws yog ib qho kev txhaum fab hnyav los yog lwm yam kev xwm txheej ceev uas yuav tos tsis taus, hu 9-1-1 los yog koj tus neeg mus rau lub tsev kho mob nyob ze tshaj plaws. Tsis li ces, hu rau koj tug kws kho mob.
- Tom qab ntawd, yuav tau muab qhov kev txhaum fab tshaj tawm mus rau qhov chaw “Vaccine Adverse Event Reporting System” (VAERS). Tej zaum koj tug kws kho mob yog tus ua daim ntawv tshaj tawm no, los yog koj ua tau koj tus kheej los ntawm VAERS lub vas sab ntawm www.vaers.hhs.gov, los yog ua tau yog tias koj hu tuaj rau **1-800-822-7967**.

VAERS yog rau kev tshaj tawm txog kev txhaum fab nkaus xwb. Lawv tsis muab tswv yim pab txog kev kho mob.

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Yuav ua li cas kuv thiaj li paub ntxiv?

- Noog koj tus kws kho mob.
- Hu rau koj lub hauv paus tswj kev noj qab hauv haus hauv zej zos los yog lub xeev.
- Tiv tauj Centers for Disease Control and Prevention (CDC):
 - Hu rau **1-800-232-4636 (1-800-CDC-INFO)**
 - Mus saib CDC cov vas sab ntawm www.cdc.gov/travel www.cdc.gov/yellowfever/ or www.cdc.gov/vaccines/vpd-vac/ylf

Vaccine Information Statement
Yellow Fever Vaccine

Hmong

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