

LUS QHIA PAUB TXOG TSHUAJ TXHAJ

Tshuaj Tiv Thaiv Kab Mob Aub Vwm: Dab Tsi Uas Koj Yuav Tau Paub

Many Vaccine Information Statements are available in Hmong and other languages. See www.immunize.org/vis

Muaj Ntau Cov Lus Qhia Paub Txog Tshuaj Txhaj muaj ua lus Hmoob thiab lwm hom lus. Saib www.immunize.org/vis

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

Tshuaj tiv thaiv kab mob aub vwm tuaj yeem tiv thaiv aub vwm.

Aub vwm yog ib yam mob hnyav uas yuav luag txhua zaus ua rau tuag taus.

Tus kab mob aub vwm kis mus rau hauv nruab nrab lub paj hlwb. Cov tsos mob yuav tshwm sim los ntawm hnuv mus rau xyoo tom qab kis tus kab mob thiab suav nrog hnob qab (tsis meej pem), tus cwj pwm txawv txav, xav tsis thoob, hydrophobia (ntshai dej), thiab insomnia (pw tsaug zog nyuaj), uas ua ntej yuav vwm thiab tuag.

Tib neeg tuaj yeem kis tus kabmob yog tias lawv tau chwv cov qaub ncaug aub los sis cov nqaij hnav ntawm tus tsiaj muaj tus kab mob, piv txwv li los ntawm kev tom los sis khawb, thiab tsis tau txais kev kho mob tsim nyog, suav nrog tshuaj tiv thaiv kab mob aub vwm.

2. Tshuaj tiv thaiv kab mob Aub Vwm

Qee cov neeg uas muaj kev pheej hmoo siab dua rau kev kis tus kab mob aub vwm, xws li cov neeg ua hauj lwm nrog cov tsiaj muaj peev xwm kis tau, raug pom zoo kom tau txais cov tshuaj tiv thaiv lo pab tiv thaiv kab mob aub vwm yog tias tshwm sim kis tau. Yog tias koj muaj kev pheej hmoo siab kis tus kab mob aub vwm:

- Koj yuav tsum tau txais 2 koob tshuaj tiv thaiv kab mob vwm rau hnuv 0 thiab 7.
- Raws li koj qhov kev pheej hmoo, koj yuav raug qhia kom kuaj ntshav ib los sis ntau dua los sis tau txais koob tshuaj ntxiv hauv 3 xyoos tom qab thawj 2 koob tshuaj. Koj tus kws kho mob tuaj yeem muab cov ntsiab lus ntxiv qhia rau koj.

Cov tshuaj tiv thaiv kab mob aub vwm tuaj yeem tiv thaiv tus kab mob vwm yog tias muab rau tus neeg tom qab kis tus kab mob. Tom qab kis tau los sis muaj peev xwm kis tau tus kab mob aub vwm, qhov chaw qhov txhab yuav tsum tau ntxuav kom huv si nrog xab npum thiab dej. Yog tias koj tus kws kho mob los sis lub chaw saib xyuas kev noj qab haus huv hauv nroog pom zoo kom txhaj tshuaj tiv thaiv, cov tshuaj tiv thaiv yuav tsum tau muab sai li sai tau tom qab kis tau tus kab mob tab sis yuav siv pab tau txhua lub sij hawm ua ntej cov tsos mob pib. Thaum cov tsos mob pib, tshuaj tiv thaiv kab mob aub vwm yuav tsis pab ntxiv rau kev tiv thaiv kab mob vwm.

- Yog tias koj tsis tau txhaj tshuaj tiv thaiv kab mob aub vwm yav dhau los, koj yuav tsum tau txhaj tshuaj tiv thaiv kab mob aub vwm 4 zaug hauv 2 lub lis tiam (muab rau hnuv 0, 3, 7, thiab 14). Koj yuav tsum tau txais lwm yam tshuaj hu ua rabies immunoglobulin nyob rau hnuv koj tau txais thawj koob tshuaj tiv thaiv kab mob aub vwm los sis sai tom qab ntawd.
- Yog tias koj tau txhaj tshuaj tiv thaiv kab mob aub vwm yav dhau los, koj ib txwm xav tau 2 koob tshuaj tiv thaiv kab mob aub vwm tom qab kis tau.

Cov tshuaj tiv thaiv aub vwm txhaj tau tib lub sij hawm nrog lwm cov tshuaj tiv thaiv thiab.

3. Tham nrog koj tus kws kho mob tus neeg pab cuam

Qhia rau koj tus kws tshuaj txhaj tiv thaiv kab mob paub yog hais tias tus neeg twb tau txais tshuaj tiv thaiv lawm:

- Tau muaj tsis haum tshuaj tiv thaiv tom qab txhaj koob tshuaj tiv thaiv kab mob aub vwm yav dhau lo, los sis muaj sua xua hnyav, ua rau muaj kev phom sij rau lub neej-txoj sia



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- Muaj **lub cev tsis muaj zog tiv thaiv kab mob**
- Puas yog **noj los sis npaj yuav noj chloroquine los sis tshuaj cuam tshuam nrog chloroquine**
- Tau **txais tshuaj tiv thaiv kab mob aub vwm yav dhau los** (koj tus kws kho mob yuav tsum paub thaum koj tau txais cov tshuaj tiv thaiv kab mob aub vwm yav dhau los)

Nyob qee zaum, koj tus kws kho mob yuav txiav txim siab ncuaj koj qhov kev txhaj tshuaj tiv thaiv kab mob vwm (ua ntej raug) txhaj tshuaj tiv thaiv kab mob aub vwm mus txog rau yav tom ntej. Los sis koj tus kws kho mob tuaj yeem kuaj ntshav ua ntej los sis tom qab txhaj tshuaj tiv thaiv kabmob aub vwm txhawm rau ntxiv kom koj lub cev muaj zog qib kev tiv thaiv cov kab mob aub vwm.

Tus neeg muaj mob me, xws li mob khaub thuas, lo kuj txhaj tau tshuaj tiv thaiv. Cov neeg uas muaj ib yam kev mob loj pes nrab los sis loj heev yuav tsum tau tos kom lawv zoo ua ntej lawv txais qhov tshuaj tiv thaiv kab mob aub vwm (ua ntej raug) li niaj zaus. **Yog tias koj tau kis tus kab mob aub vwm, koj yuav tsum tau txhaj tshuaj tiv thaiv txawm tias muaj kab mob tus kheej, cev xeeb tub, niam pub mis me nyuam, los sis lub cev tsis muaj zog.**

Koj tus kws kho mob yuav qhia tau rau koj kom paub ntau ntxiv.

4. Cov teeb meem yuav muaj tau los ntawm tshuaj txhaj

- Mob, liab, o, los sis khaus ntawm qhov chaw txhaj tshuaj, thiab mob taub hau, xeev siab, mob plab, mob nqaij, los sis kiv taub hau tuaj yeem tshwm sim tom qab txhaj tshuaj tiv thaiv kab mob aub vwm.
- Khau, mob hauv pob qij txha, los sis kub taub hau qee zaum tshwm sim tom qab koob tshuaj ntxiv.

Muaj tej thaum neeg kuj tsaus muag tom qab cov kev kho mob, nrog rau kev txhaj tshuaj. Qhia rau koj tus kws kho mob paub yog hais tias koj kiv taub hau los sis cia li tsis pom kev los sis hnov dab tsi nrov hauv ob lub pob ntseg.

Tsis hais hom tshuaj txhaj twg, nws muaj tsawg heev uas qhov tshuaj yuav ua rau raug mob loj, lwm yam raug mob hanyav, los sis tuag.

5. Yog muaj ib qho teeb meem loj heev ne yuav ua li cas?

Cov tshuaj tiv thaiv tsis haum tuaj yeem tshwm sim tom qab tus neeg tau txhaj tshuaj tawm hauv tsev kho mob. Yog tias koj pom cov tsos mob ntawm kev ua xua hanyav (ua xua, o ntawm lub ntsej muag thiab caj pas, ua pa nyuaj, lub plawv dhia ceev, kiv taub hau, los sis qaug zog), hu rau **9-1-1** thiab koj tus neeg mus rau lub tsev kho mob ze tshaj plaws.

Rau lwm cov cim qhia txog koj, hu rau koj tus kws kho mob.

Muaj qhov fab tshuaj tsis haum tshuaj ntawd qhia mus rau qhov chaw ntawm Vaccine Adverse Event Reporting System (VAERS). Koj tus kws kho mob feem ntau yuav ua daim ntawv qhia no, los sis koj tuaj yeem ua koj tus kheej. Mus saib VAERS lub vas sab ntawm www.vaers.hhs.gov los sis hu rau **1-800-822-7967**.

VAERS tsuas yog rau kev tshaj tawm cov tshuaj tiv thaiv, thiab VAERS cov neeg ua hauj lwm tsis muab lus qhia kho mob.

6. Kuv yuav kawm kom paub ntxiv tau lis cas?

- Nug koj tus kws kho mob.
- Hu rau lub chaw ua hauj lwm fab kev noj qab haus huv hauv koj lub nroog los sis lub xeev.
- Mus saib lub vas sab ntawm Lub Chaw Tswj Xyuas Khoom Noj thiab Tshuaj (Food and Drug Administration, FDA) rau pob tshuaj tiv thaiv nkag mus thiab ntxiv cov ntaub ntawv ntawm www.fda.gov/vaccines-blood-biologics/vaccines.
- 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)** los sis
 - Mus saib CDC's rabies lub vas sab ntawm www.cdc.gov/rabies

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