

# TSHUAJ TIVTHAIV KABMOB NPAWS CIAJ, TSUAG HAUV QHOV-NTSWG MUS

## YAM KOJ YUAVT SUM TAU PAUB

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### 1 Yog vim licas thiaj txhaj tshuaj tivthaiv?

Kabmob npaws (“daus-no”) yog ib yam kamob phem.

Nws yog mob los ntawm ib tus kabmob uas kis ntawm cov tibneeg mob mus rau lwm cov tibneeg lub qhov tswg lossis cajpas.

Kabmob npaws muaj cuabkav ua rau:

- ua daus-no
- mob cajpas
- no ib ce
- hnoos
- mob taub-hau
- mob ib ce

Txhua tus muaj cuabkav kis kabmob paws. Cov tibneeg feem ntau tsuas yog mob kabmob npaws ob pcb hnuv xwb, tabsis muaj qee tus yuav mob nyav dua thiab yuav tau koj mus pw hauv tsev khomob. Kabmob npaws ua rau kwvyees li 36,000 tus tibneeg tuag txhua xyoo hauv U.S., feem ntau yog cov laus.

**Tshuaj tivthaiv kabmob npaws muaj cuabkav yuav tivthaiv tau tus kabmob npaws.**

### 2 Tshuaj tivthaiv kabmob npaws ciao, tsuag hauv qhov-ntswg mus

Tamsim no luag muaj ob hom tshuaj tivthiav kabmob npaws, ib hom uas luag muab tus kabmob tua tuag lawm thiab ib hom tshuaj tivthaiv kabmob npaws ciao.

Tshuaj tivthaiv kabmob npaws ciao, tsuag hauv qhov-ntswg mus (muaj npw hu ua Flu-Mist™) tau laixees tsocai rau muag xyoo 2003. FluMist muaj cov kabmob ciao, uas luag muab txo zog lawm (tsis muaj zog). Luag muab nws tsuag rau hauv ob lub qhov-ntswg thiab tsis yog muab txhaj rau hauv cov nqaij.

Koob tshuaj tivthiav kabmob npaws uas luag muab tua tuag lawm, qee zaum hu ua koob “tshuaj npaws” tau raug koj los siv tau ntau xyoo lawm, thiab yog muab nws txhaj. Nws muaj cov kabmob npaws uas luag muab tua tuag lawm.

### 3 Leejtwg thiaj txhaj tau koob tshuaj tivthaiv kabmob npaws ciao, tsuag hauv qhov-ntswg mus?

Koob tshuaj tivthaiv kabmob npaws ciao, tsuag hauv qhov-ntswg mus raug tsocai rau los txhaj cov menyuum yaus thiab cov laus uas lub cev muaj zog uas muaj hnuv nyoog 5 mus txog 49 xyoos, suav cov tibneeg

uas nyob ze nrog cov uas yuav muaj mob loj thaum mob npaws tuaj. Txawm li ntawd los, tsis tsimnyog txhaj FluMist rau cov tibneeg uas yeej niajhnub muaj ib tus mob, cov pojnim xeebtub, lossis lwm tus uas muaj feem yuav muaj mob loj thaum mob npaws tuaj (xyuas Section 4).

### 4 Leejtwg tsis tsimnyog txhaj koob tshuaj tivthaiv kabmob npaws ciao, tsuag hauv qhov-ntswg mus?

Cov tibneeg hauv qab no tsis tsimnyog txhaj koob tshuaj tivthaiv kabmob npaws ciao, tsuag hauv qhov-ntswg mus. Lawv tsim nyog nrog lawv tus kws khomob tham txog kev txhaj **koob tshuaj tivthaiv kabmob npaws uas luag muab tus kabmob tua tuag lawm.**

• **Cov laus uas muaj hnuv nyoog 50 xyoos lossis laus dua lossis cov menyuum uas yau tshaj 5 xyoos.**

• Cov tibneeg uas **ib txwm muaj mob** txog:

- lub plawv
- lub raum
- lub ntsws
- muaj mob xwsli mob ntshav qabzib
- mob hawbpob
- mob ntshav tsawg, thiab lwm yam kev mob ntshav

• Cov tibneeg uas **lub cev tsis muaj zog lawm** vim:

- HIV/AIDS lossis lwm yam mob uas ua rau lub cev tivthaiv tsis tau kabmob
- siv cov tshaj xwsli steroids los khomob tau ntev los lawm
- tua cancer uas yog siv x-ray lossis tshuaj

• Cov menyuum yaus lossis cov hluas uas **yuav tau noj tshuaj aspirin los khomob mus ntev** (cov tibneeg no tej zaum yuav muaj Reye syndrome yog tias lawv muaj mob npaws).

• **Cov pojnim xeebtub.**

• Cov tibneeg uas mob dua **Guillain-Barré-Syndrome** (GBS) lawm.

Cov kws khomob, neeg saib mob, cov tibneeg hauv tsevneeg lossis tej tus uas **nyob nrog tej tus uas lub cev tivthaiv tsis tau kabmob zoo lawm** (uas yuav tau muaj kev tivthaiv thiaj tsis mob) nyiam kom txhaj koob tshuaj npaws (koob uas muab tus kabmob tua tuag lawm) dua li koob thauj tivthaiv kabmob npaws ciao, tsuag hauv qhov-ntswg mus.

Cov tibneeg hauv qab no tsimnyog nrog ib tus kws khomob tham uantej yuav txhaj **ib koob** tshuaj tivthaiv kabmob npaws:

- Tej tus uas muaj kev tsis haum nrog **qe** lossis **koob tshuaj** tivthaiv kabmob npaws uas txhaj zaum tas los.
- Yog tias koj muaj kubcev lossis muaj mob loj thaum uas teem mus txhaj koob tshuaj tivthaiv, koj tsimnyog tos txog thaum koj zoo tso mam mus txhaj koob tshuaj tivthaiv kabmob npaws. Nrog koj tus kws khomob lossis tus neeg saib mob tham saib puas tsimnyog teem mus txhaj koob tshuaj tivthaiv no.

5

### Thaum twg kuv tsimnyog mus txhaj koob tshuaj tivthaiv kabmob npaws?

Lub sijhawm zoo tshaj rau kev mus txhaj koob tshuaj tivthaiv kabmob npaws yog lub **Kaum** hlis lossis **Kaub-ib** hlis. Lub caij uas muaj mob npaws ntau yog lub **Kaum-ob** hlis mus txog lub **Peb** hlis, tabsis lub **Ob** hlis yog lub muaj mob ntau dua. Yog li ntau txawm txhaj koob tshuaj tivthaiv ntau thaum lub **Kaum-ob** hlis, lossis tomqab ntau, los yeej tseem yuav pab tau nyob rau ntau xyoo.

Cov tibneeg feem coob tsuas tau txhaj ib koob tshuaj tivthaiv kabmob npaws rau ib lub xyoos xwb ces yeej tivthaiv tau tus kabmob npaws lawm. Tabsis **cov menyuum yaus uas qis tshaj 9 xyoos uas nyuam qhuav txhaj thawj koob tshuaj npaws** tsimnyog txhaj koob tshuaj npaws thib ob ntxiv. Yog txhaj koob tshuaj tivthaiv kabmob npaws ciaj, tsimnyog txhaj kom nrug li 6-10 lub limtiam. Cov menyuum yaus no tsimnyog txhaj thawj koob thaum lub **Kaum** hlis lossis ntxov dua ntau. Cov menyuum no, txawm yog tau txhaj ib koob xyoo tas los, thiab koob ntau yog nws thawj koob tshuaj tivthaiv kabmob npaws xwb los, tsuas tau txhaj ib koob rau xyoo no lawm xwb.

Koob tshuaj tivthaiv kabmob npaws ciaj, tsuag hauv qhov-ntswg mus siv tau tibn lub sijhawm uas mus txhaj lwm cov tshuaj tivthaiv kabmob. Qhov no suav lwm cov tshuaj tivthaiv kabmob ciaj, xwsl MMR lossis qhua-taum. Tabsis yog tsis txhaj ob koob tshuaj tivthaiv kabmob uas caij tib hnub, tsimnyog txhaj kom nrug yam tsawg li 4 lub limtiam.

Cov kabmob npaws pheej txawj hloov. Yog li, cov tshuaj tivthaiv kabmob npaws thiaj li yuav tau muab hloov txhua xyoos, thiab thiaj yuav tau rov mus txhaj koob tshuaj tivthaiv no txhua xyoos.

6

### Qhov tsis zoo ntau koob tshuaj tivthaiv kabmob npaws ciaj, tsuag hauv qhov-ntswg mus yog dabtsi?

Ib koob tshuaj tivthaiv, tib yam li txhua yam tshuaj, yeej muaj qhov uas tej zaum yuav ua rau muaj teebmeem, xwsl muaj kev tsis haum tshuaj loj. Qhov uas ib koob tshuaj yuav ua rau muaj mob loj, lossis tuag mas muaj tsawg kawg nkaus li.

Qhov uas tus kabmob npaws ciaj no yuav kis ntau ib tus tibneeg mus rau lwm tus tibneeg mas muaj tsawg kawg nkaus li. Txawm yog nws kis li ntau los, tej zaum nws yuav tsis ua rau tibneeg ntau muaj mob.

Koob tshuaj tivthaiv kabmob npaws caij, tsuag hquv qhov-ntswg mus no muaj cuabkav ua rau muaj mob mentsis rau tus tibneeg uas siv (xyuas hauv qab no).

#### Cov teebmeem me:

Qec cov menyuum yaus thiab menyuum hluas uas muaj hnub nyoog 5-17 xyoos muaj qec yam mob mentsis, xwsl:

- los nswg, txhaws nswg lossis hnoos
- kub cev
- mob taub-hau thiab mob ib ce
- mob plab lossis ntauav lossis zawyplab

Qec tus laus uas muaj hnub nyoog 18-49 xyoos muaj:

- los nswg lossis txhaws nswg
- hnoos, ua dhaus no, nkees/tsis muaj zog
- mob cajpas
- mob taub-hau

Tej mob no tsis mob ntev thiab tsis ntev ces nws ciali zoo lawm. Txawm yog nws mob tomqab uas koj mus tsuagj kooob tshuaj tivthaiv no tas los, tej zaum nws yuav tsis yog koob tshuaj tivthaiv kabmob ua rau nws mob.

#### Cov teebmeem loj:

- Cov kev tsis haum tshuaj loj uas ua rau yuav tuag taus vim cov tshuaj tivthaiv kabmob mas muaj tsawg kawg nkaus. Yog tias nws muaj, nws yuav muaj li ob peb feem mus rau ob peb xuabmoos tomqab uas txhaj koob tshuaj tivthaiv ntau tas.
- Yog muaj kev tsis haum tshuaj, uas muaj tsawg, vim koob tshuaj tshiab no, tej zaum luag yuav tsis paub txog thaum uas ntau txhiab, lossis ntau lab tus tibneeg twb siv koob tshuaj ntau lawm luag mam paub. Tib yam li lwm cov tshuaj tivthaiv kabmob, luag yuav tshuaj koob tshuaj tivthaiv kabmob npaws ciaj, tsuag hauv qhov-ntswg mus no mus ntxiv saib puas muaj tej teebmeem loj.

7

### Yog tias muaj kev tsis haum tshuaj nrab lossis loj nev?

#### Kuv tsimnyog xyuas txog dabtsi?

- Tej yam kev txawv txav, xwsl kub cev heev lossis nws tus coojpwm hloov. Qee yam uas qhia tau tias tsis haum tshuaj yog ua pa nyuaj, txhaws qa lossis hawbpob, ua xua, tsejmuag daj, tsis muaj zog, lub plawv khiav ceev lossis kiv taub-hau.

#### Kuv tsimnyog yuav tau ua dabtsi?

- Hu rau ib tus kws khomob, lossis coj tus tibneeg ntau mus ntsib ib tus kws khomob tamsid.
- Qhia rau koj tus kws khomob tias muaj dabtsi, hnub thiab lub sijhawm uas muaj li ntau, thiab txhaj koob tshuaj tivthaiv thaum twg.
- Hais kom koj tus kws khomob, neeg saib mob lossis phab saib kev nojqab haushuv qhia rau lwm tus txog txoj kev tsis haum tshuaj no los ntau kev ua **Daim Ntau Qhia Kev Tsis Haum Tshuaj** (Vaccine Adverse Event Reporting System, VAERS).

Lossis koj ua tau daim ntau qhia kev tsis haum tshuaj hauv VAERS li web site ntau [www.vaers.org](http://www.vaers.org), lossis hu rau 1-800-822-7967.

*VAERS tsis muab cov tswvim txog kev khomob.*

8

### Kuv yuav nrhiav kev qhia ntxiv licas?

- Nug lub chaw txhaj tshuaj tivthaiv. Lawv yuav muab tau cov ntau uas nrog koob tshuaj tivthaiv lossis lwm yam kev qhia rau koj.
- Hu rau phab saib kev nojqab haushuv hauv koj lub nroog lossis xeev.
- Hu rau lub **Chaw Tswj Thiab Tivthaiv Kabmob (CDC)**:
  - Hu **1-800-232-2522** (lus Askiv)
  - Mus xyuas CDC li website ntau [www.cdc.gov/ncidod/diseases/flu/fluavirus.htm](http://www.cdc.gov/ncidod/diseases/flu/fluavirus.htm) lossis [www.cdc.gov/nip](http://www.cdc.gov/nip)



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