

Ua Qoob (Chickenpox)

Tej zaum koj tus menyuam tau nphav raug:

Tus Kab Mob: Tus kab mob uas ua qoob ntawd yog ib tus virus, varicella-zoster. Cov uas kheev muaj tus kab mob no yog cov menyuam yaus. Tej zaum tshuaj tiv thaiv kab mob yuav thaiv tau kom txhob muaj.

Mob Licas: Koj tus menyuam yuav tawm ib co pob liab liab thiab tej zaum kuj yuav kub taub hau nrog. Yog hais tias koj tus menyuam kis tau tus kab mob, tej zaum nws kuj yuav siv sij hawm li 10-21 hnuv ua ntej tus tsos mob pib tshwm.

Kis Licas: Kov raug cov kua hlwv ntawm cov pob los yog cov kua ntswg thiab qaub ncaug. Hnoos los yog txham.

Lub Caij Tseem Kis Pib li 1 mus rau 2 hnuv ua ntej cov qoob tshwm txog thaum uas cov hlwv ua kaub puab tas.
Tau: Feem ntau nws yuav pib ua kaub puab li ntawm 6 hnuv ntawd.

Hu Mus Rau Koj Tus Yog hais tias ib tus neeg hauv koj tsev neeg:
Uas Saib Xyuas Kev
Noj Qab Nyob Zoo:

- Ua cov pob liab liab nrog rau kev kub taub hau. Koj tus kws kho mob mam saib seb yuav muab tshuaj rau los tsis muab. **TSIS TXHOB mus rau tom qhov chaw saib xyuas kev noj qab nyob zoo yog hais tias tsis tau hu ua ntej.** Yuav tau muab koj cais ntawm lwm tus kom tsis txhob sib kis.
- Tau nyob ze cov uas ua qoob ntawd thiab tsis tau ua qoob yav dhau los, los yog tsis tau hno cov tshuaj tiv thaiv qoob ntawd los yog lub cev xeeb tub.

Ciav Cais: Puas yuav tsum cia nyob tsev?

Chaw Zov MenyuaM thiab Tsev Kawm Ntawv:

Yuav tsum cia nyob rau tom kom txog thaum uas cov hlwv ntawd ua kaub puab tas lawm. Qhov no feem ntau nws yog li ntawm 6 hnuv tom qab uas cov pob ntawd pib tshwm. Txawm hais tias tus menyuam twb hno tshuaj lawm los qhov no yeej muaj tseeb li ntawd.

TivThaiv:

- Nyob rau hauv xeev Minnesota, txhua tus menyuam uas muaj hnuv nyoog 18 lub hlis rov sauv uas yuav mus rau cov tsev zov menyuam los yog tsev kawm ntawv yuav tsum tau hno koob tshuaj varicella, muaj keeb kwm tau tus mob nov dua los lawm, los yog yuav tsum tau ib daim ntawv pov thawj hais tias tsis pub hno koob tshuaj no.
- Npog los yog thaiv qhov ncauj qhov ntswg thaum hnoos los yog txham. Siv ntaub so ntswg los yog koj lub tes tsho. Muab daim ntaub so ntswg pov tseg.
- Ntxuav tes tom qab uas kov tej yam yuav muaj kua ntswg los yog qaub ncaug ntub rau lawm. Tej zaum koj kuj yuav tau pab koj tus menyuam ntxuav tes.
- Tu kom zoo zoo cov khoom uas tau ntub kua ntswg los yog qaub ncaug lawm (cov tseem ceeb tiag yog tej khoom ua si uas cov menyuam yuav muab tsij rau qhov ncauj). Siv ib hom tshuaj uas tua tau kab mob tuag.

TSIS TXHOB muab cov tshuaj aspirin los cov tshuaj muaj salicylate nyob rau hauv rau cov menyuam uas hnuv nyoog qis dua 18 xyoo.

Yog hais tias paub hais tias leej twg tau tus mob thov qhia mus rau tsev kawm ntawv chaw saib xyuas kev noj qab nyob zoo. Yog xav paub ntau ntxiv thov hu mus rau Hennepin County Hauv Paus Saib Kev Noj Qab Haus Huv Hauv Zos (HSPHD) ntawm 612-543-5230.