

Mob Muag Liab (Pink Eye)**Tej zaum koj tus menyuam tau nphav raug:**

Tus Kab Mob: Mob muag liag (pink eye) yog thaum lub qhov muag liab liab lossis mob.

Mob Licas: Tej zaum koj tus menyuam lub qhov muag kuj yuav liab, khaus, mob los yog los kua faj siv. Tej zaum koj tus menyuam kuj yuav kub taub hau thiab.

Yog hais tais tim kab mob, feem ntau nws kuj yuav siv sij hawm li 1 mus rau 3 hnuv ua ntej tus mob pib.

Kis Licas: Kov tau cov kua faj siv ntawm qhov muag, kua ntswg los yog qaub ncaug. Kov tau txhais tes, tej khoom, los tej chaw uas muaj cov kab mob.

Lub Caij Tseem Kis: Thaum tseem muaj cov tsos mob.

Hu Rau Koj Tus Saib Xyuas Kev Noj Qab Nyob Zoo: Yog hais tias koj tus menyuam cov kua faj siv nyeem nyeem. Koj tus kws kho mob mam saib seb puas tsim nyog muab tshuaj rau los tsis muab.

Tej zaum kws kho mob yuav muab tshuaj tua kab mob rau siv. Yog qhov chaw voos mob yog vim ib tug kab mob virus, feem ntau tsis tas siv ib hom tshuaj uas tua tus kab mob no xwb.

Ciav Cais: Puas yuav tsum nyob tsev?

Chaw Zov Menyuam thiab Tsev Kawm Ntawv:

Yuav tsum nyob tsev, yog hais tias cov kua faj siv ntawm qhov muag nyeem, dawb thiab daj thiab mob lub qhov muag, tus menyuam yuav tsum tsis txhob tuaj mus kawm ntawv kom txog thaum uas kws kho mob saib tas lawm. Tus kws kho mob yuav tsum sau daim ntawv hais tias tus menyuam rov qab tuaj kawm ntawv tau lawm.

Tsis tas yuav cia nyob hauv tsev, yog hais tias cov kua muag ntshiab ntshiab thiab ua dej thiab tus menyuam lub qhov muag tsis mob.

- Tiv Thaiv:**
- 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 ntxim muaj kua faj siv qhov muag, kua ntswg los yog qaub ncaug ntub rau lawm. Tej zaum koj kuj yuav tau pab koj tus menyuam ntxuav tes.
 - Tu tej khoom uas tau los ntub los yog chwv rau cov quav muag, kua ntswg los yog qaub ncaug kom zoo zoo. Siv ib hom tshuaj uas tua tau kab mob tuag.
 - TSIS TXHOB sib qiv tej yam uas tau mus chwv lub qhov muag, xws li phuam ntxuav muag, kob zas qhov muag, tshuaj rau qhov muag, log yog cov kua uas tsau contact lens.
 - Hais kom tsis txhob tsaus qhov muag thiab kov lub qhov muag. Saib kom tus menyuam lub qhov muag tsis txhob los kua los yog muaj quav muag.
 - Siv cov pas uas muaj rwb nyob rau tom qhov kawg los pleev tshuaj.
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Yog hais tias paub hais tias leej twg tau tus mob thov qhia mus rau tsev kawm ntawv chav saib xyuas

kev noj qab nyob zoo. Yog xav paub ntau ntxiv thov hu mus rau Hennepin County Hauj Paus Saib Kev Noj Qab Haus Huv Hauv Zos (HSPHD) ntawm 612-543-5230.