

COV TSHUAJ TIVTHAIV KABMOB QHUAPIAS, QOG THIAB QHUAMAJ

TEJ UAS KOJ YUAVTSUM TAU PAUB TXOG

1 Yog vim licas thiaj txhaj tshuaj tivthaiv?

Kabmob qhuapias, kabmob qog, thiab kabmob qhuamaj yog ib cov kabmob phem.

Kabmob Qhuapias

- Tus kabmob qhuapias ua rau tawm ib cov pob liab liab, hnoos, los ntswg, txob qhovmuag, thiab kubcev.
- Nws muaj peevxwm ua rau mob pobntseg, muaj dej hauv hlab ntsws, qaug dabpeg (nti thiab ua qhovmuag ntsujntseem), hlwb puas thiab tuag taus.

Kamob Qog

- Tus kabmob qog ua rau kubcev, mob taubhau, thiab tej qog o.
- Nws muaj cuabkav ua rau lagntseg, mob npluas hlwb (mob rau daim npluas qhvw cov pajhlwb thiab tus hlwb cajqaum), noobqes lossis tsev menyuam o thiab mob, thiab qee zaum tuag taus.

Kabmob Qhuamaj (Qoob Yelamas)

- Qhuamaj ua rau tawm pob, kubcev, thiab mob yas-tes yas-taw (tshwjxeeb yog cov pojniam).
- Yog ib tus pojniam mob qhuamaj thaum lub sijhawm nws xeebtub tej zaum yuav ua rau tus menyuam nchuav lossis thaum yug los yuav muaj tej yam ntawm nws lub cev tsis lojhlob.

Koj lossis koj tus menyuam yuav kis cov kabmob no yog tias nej nyob nrog tej tus tibneeg uas mob cov kabmob no. Nws kis ntawm ib tus tibneeg mus rau ib tus tibneeg saum cua.

Koob tshuaj tivthaiv kabmob qhuapias, qog, thiab qhuamaj (MMR) muaj cuabkav tivthaiv tau cov kabmob no.

Cov menyuam uas txhaj MMR feem ntau yuav tsis mob tus kabmob no lawm. Coob tus menyuam yuav mob tus kabmob no yog tias peb tseg tsis txhaj cov tshuaj tivthaiv no ntxiv lawm.

2 Leejtwg thiaj tsimnyog txhaj MMR thiab yuav txhaj thaum twg?

Cov menyuam yaus tsimnyog txhaj 2 koob tshuaj tivthaiv MMR:

- ✓ Thawj koob yog txhaj thaum muaj **hnuv nyoog 12-15 hlis**
- ✓ thiab koob thib ob thaum muaj **hnuv nyoog 4-6 xyoo.**

No yog cov hnuv nyoog uas luag nquahu kom txhaj. Tabsis cov menyuam yaus txhaj koob thib ob thaum twg los tau, tsuas yog txhaj yam luv li 28 hnuv tomqab txhaj tas thawj koob xwb.

Cov laus ib txhia los tsimnyog txhaj koob tshuaj tivthaiv MMR no thiab:

Feem ntau, cov uas muaj hnuv nyoog 18 xyoo lossis laus dua, uas yug tomqab xyoo 1956, tsimnyog txhaj yam tsawg ib koob tshuaj tivthaiv MMR, tshwj tias lawv tau txhaj dua lawm lossis twb mob dua lawm xwb.

Nug koj tus kws khomob lossis neeg saib mob txog kev qhia ntxiv.

Txhaj tau koob tshuaj tivthaiv MMR thaum tib lub sijhawm uas txhaj lwm koob tshuaj tivthaiv.

3 Qee cov tibneeg tsis tsimnyog txhaj koob tshuaj tivthaiv MMR lossis tsimnyog tos

- Cov tibneeg uas muaj kev tsis haum tshuaj loj rau **gelatin**, koob tshuaj tua kabmob **neomycin**, lossis tsis haum rau **koob tshuaj tivthaiv MMR uas txhaj zaum tas los.**
- Cov tibneeg uas tabtom mob mentsis lossis mob hnyav thaum lub sijhawm uas teem mus txhaj tsimnyog tos txog thaum uas nws zoo tso mam txhaj koob tshuaj tivthaiv MMR.
- Cov pojniam uas xeebtub tsimnyog tos txog thaum lawv yug menyuam tas tso mam txhaj koob tshuaj tivthaiv MMR. Cov pojniam tsimnyog tos kom ntev li 4 lub limtiam tomqab uas txhaj koob tshuaj tivthaiv MMR tas mam pub xeebtub.
- Qee cov tibneeg tsimnyog nrog lawv tus kws khomob tham saib puas tsimnyog txhaj koob tshuaj tivthaiv MMR, xwslis cov uas:
 - Mob HIV/AIDS lossis mob lwm yam ntsig txog lub cev kev tivthaiv kabmob
 - Tabtom siv cov tshuaj khomob uas txog lub cev kev tivthaiv kabmob, xwslis steroids, tau 2 lub limtiam lossis ntev tshaj ntawd.
 - Muaj mob cancer
 - Tabtom kho cancer uas yog siv x-rays lossis tshuaj
 - Muaj mob ntshav tsawg (mob ntshav)

- Cov tibneeg uas nyuam qhuav txhaj ntshav tas tsis ntev tsimnyog nrog nws tus kws khomob tham saib thaum twg nws mam tsimnyog txhaj koob tshuaj tivthaiv MMR.

Nug koj tus kws khomob lossis neeg saib mob txog cov kev qhia ntxiv.

4 Qhov tsis zoo los ntawm koob tshuaj tivthaiv MMR yog dabtsi?

Ib koob tshuaj tivthaiv, tib yam li lwm yam tshuaj, yeej muaj peevxwm ua rau muaj mob loj, xwsli kev tsis haum tshuaj loj. Qhov uas koob tshuaj tivthaiv MMR yuav ua rau muaj mob, lossis tuag mas muaj tsawg kawg nkaus li.

Txhaj koob tshuaj tivthaiv MMR muaj kev cobphum tshaj li mob ib yam ntawm peb yam kamob no.

Cov tibneeg uas txhaj koob tshuaj tivthaiv MMR feem coob yeem tsis muaj teebmeem dabtsi li.

Cov Teebmeem Me

- Kubcev (li 1 tus ntawm 6 tus)
 - Tawm pob mentsis (li 1 tus ntawm 20 tus)
 - Cov qog puabtsaig lossis cajdab o (muaj tsawg heev li)
- Yog muaj cov teebmeem no, feem ntau yog muaj li 7-12 hnuv tomqab uas txhaj koob tshuaj tivthaiv tas. Nws muaj cov teebmeem no tsawg dua thaum txhaj koob thib ob.

Cov Teebmeem Nrab

- Qaug dabpeg (nti thiab ua qhovmuag ntsujntseem) vim kubcev (li 1 ntawm 3,000 koob)
- Muaj mob thiaj ntsuj yas-tes yas-taw, feem ntau yog cov pojniam hluas thiab laus (txog li 1 ntawm 4 tus)
- Ua rau cov ntshav txhaws qhov tsawg, uas muaj peevxwm ua rau tus neeg los ntshav (li 1 ntawm 30,000 koob)

Cov Teebmeem Loj (Muaj Tsawg Heev)

- Muaj kev tsis haum tshuaj loj (tsawg dua li 1 koob ntawm ib lab koob)
- Muaj lwm yam teebmeem loj tomqab txhaj koob tshuaj tivthaiv MMR tas. Tabsis nws muaj tsawg kawg nkaus li, cov neeg txhawj ntse paub tsis meej hais tias xyov puas yog koob tshuaj tivthaiv no ua rau muaj mob. Tej no xwsli:
 - Lagntseg
 - Pheej qaub dabpeg, hnov qab tsis tsim, lossis feeb tsis meej
 - Hlwb puas

5 Yog muaj teebmeem nrab lossis teebmeem loj nev?

Kuv tsimnyog yuav xyuas txog dabtsi?

Tej yam txawv xwsli, kev tsis haum tshuaj loj, kuvcev, tus coojpwm hloov. Tej yam uas qhia tias muaj kev tsis haum tshuaj loj yog tej yam xwsli, ua-pa nyuaj, txhaws cajpas, ua-pa hawb hawb, ua xua, plhu daj, tsis muaj zog, lub plawv khiav ceev, lossis kiv taubhau li ob peb feeb mus rau ob peb teev tomqab uas txhaj tshuaj tas. Kubcev heev lossis qaug dabpeg, yog tias muaj, yuav muaj li 1 lossis 2 lub liamtiam tomqab uas txhaj tshuaj tas.

Kuv tsimnyog ua dabtsi?

- **Hu rau** ib tus kws khomob, lossis coj tus tibneeg ntawd mus ntsib ib tus kws khomob tamsid.
- **Qhia** rau koj tus kws khomob tias muaj dabtsi tshwmsim, muaj hnuv twg thiab lub sijhawm twg, txhaj koob tshuaj tivthaiv thaum twg.
- **Hais** kom koj tus kws khomob, neeg saib mob lossis phab saib kev nojqab haushuv qhia koj txog kev tsis haum tshuaj los ntawm kev ua Daim Ntawv Qhia Kev Tsis Haum Tshuaj (Vaccine Adverse Event Reporting System, VAERS) Lossis koj qhia mus rau lawv lawv hauv VAERS lub web site ntawm www.vaers.hhs.gov, lossis los ntawm kev hu mus rau 1-800-822-7967.

VAERS yuav tsis muab tswvyim khomob rau koj.

6 Txoj Kev Pab Them Nqi Kho Kev Tsis Haum Tshuaj Tivthaiv

Thaum koj lossis koj tus menyuum muaj mob loj vim tsis haum tshuaj tivthaiv, tsoomfww qibsiab muaj ib txoj kev los pab them rau cov nqi kho cov tibneeg uas tsis haum tshuaj tivthaiv.

Yog xav paub ntxiv txog Txoj Kev Pab Them Nqi Kho Kev Tsis Haum Tshuaj Tivthaiv (National Vaccine Injury Compensation Program), thov hu mus rau **1-800-338-2382** lossis mus xyuas lawv lub website ntawm www.hrsa.gov/vaccinecompensation.

7 Kuv yuav nrhiav kev qhia ntxiv lcas?

- Nug koj tus kws khomob lossis neeg saib mob. Lawv yuav muab tau cov ntawv uas nrog pob tshuaj rau koj lossis muab lwm yam kev qhia rau koj.
- Hu rau phab saib kev nojqab haushuv hauv koj lub cheebtsam lossis hauv xeev.
- Hu rau lub Chaw Tswj thiab Tivthaiv Kabmob (Centers for Disease Control and Prevention, CDC):
 - Hu rau **1-800-232-4636 (1-800-CDC-INFO)**
 - Mus xyuas lub Chaw Txhaj Tshuaj Tivthaiv lub web site ntawm www.cdc.gov/nip



U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES
Centers for Disease Control and Prevention
National Immunization Program

Vaccine Information Statement
MMR IMM-354H-Hmong (1/15/03) 42 U.S.C. § 300aa-26
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