

TXWV 2 YAM KHAUB THUAS



**Tiv thaiv koj tus kheej thiab
koj tsev neeg kom txhob tau
2 yam khaub thuas**

Khaub thuas H1N1

**Nquag
ntxuav
tes**



Khaub thuas ntuj no

**Npog ncauj thaum hnoos
thiab txham**

**Thaum mob lawm, nyob
hauv tsev**

Txhaj tshuaj tiv thaiv

Xav paub ntxiv:



Madera County Department of Public Health
800-427-6897; www.madera-county.com/pulichealth/h1n1.html



Centers for Disease Control & Prevention:
800-232-4636; www.cdc.gov



US Department of Health & Human Services:
877-696-6775; www.flu.gov



California Department of Public Health
916-558-1784; www.cdph.ca.gov



Santa Clara County Public Health Department:
www.sccgov.org - search "Home Care Guide for
Pandemic Flu"

2 Yam tshuaj tiv thaiv 2 Yam khaub thuas

KHAUB THUAS H1N1: Cov tsim nyog
yuav tau txhaj tshuaj tiv thaiv yog:

- Cov pojnlam cev tsis tab seeb
- Cov me nyuam yau thiab cov hluas - hnub
nyoog 6 hli mus txog 24 xyoos
- Cov neeg uas nyob nrog tus me nyuam
mos tshaj 6 hli rov haud
- Cov neeg uas muaj lwm hom mob lawm.

KHAUB THUAS CAIJ NTUJ NO: Cov tsim
nyog yuav tau txhaj tshuaj tiv thaiv
yog:

- Me nyuam - 6 hli txog 18 xyoo
- Cov tiav neeg
- Cov Laus



**HU KOJ TUS KWS KHO MOB
nug txog kev txhaj tshuaj tiv thaiv
Khaub thuas H1N1 thiab
Khaub thuas lub caij ntuj no**



Cwjpwm mob khaub thuas

**Cwjpwm mob ntawm tus khaub thuas H1N1
zoo ib yam li tus cwjpwm mob ntawm tus
khaub thuas thaum lub caij ntuj no thiab**

- | | | |
|-------------|----------|-----------------|
| • Kub cev | • Hnoos | • Dias taub hau |
| • Qaug zog | • Mob qa | • Mob ib ce |
| • Xeev siab | • Ntuav | • Zawv plab |

**Yog mob sij tsis zoo los yog mob huam
tuaj, mus ntsib kws kho mob tam sim.**

**Tiv Thaiv
Kom
2 Yam Khaub
Thuas Tsis
Txhob Kis**



• **Siv ntawv los yog koj lub lauj tshib
npog qhov ncauj thaum hnoos thiab
txham. Muab tej ntawv uas siv tag
lawm pov tseg.**

• **Nquag siv dej thiab xuj npus ntxuav
tes. Siv cov tshuaj ntxuav tes uas
muaj cawv 90 nyob haud los tau.**

• **Yog mob lawm, nyob hauv tsev thiab
tsis txhob mus kawm ntawv.**

• **Tsis txhob nrog tus muaj mob ua ke.**