

# Tshuaj Tiv Thaiv Khaum Thuas (Flu) (Siv Kab Virus Muaj Sia Los Ua, Tsuag Rau Hauv Qhov Ntswg): Dabtsi Yog Yam Koj Yuav Tsum Tau Paub

Many Vaccine Information Statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis)

Muaj Ntau Cov Lus Qhia Txog Tshuaj Tiv Thaiv uas yog siv lus Mev thiab lwm hom lus. Mus xyuas ntawm [www.immunize.org/vis](http://www.immunize.org/vis)

## 1 Vim li cas thiaj li yuav txhaj tshuaj tiv thaiv?

Tshuaj tiv thaiv khaub thuas yuav tiv thaiv tau khaub thuas (npaws).

**Khaub thuas** yog ib tus kabmob sib kis tau uas pib muaj nyob hauv Tebchaws Meskas txhua xyoo, thaum Lub Kaum Hli mus txog Lub Tsib Hlis. Txhua tus neeg yeej muaj qhov yuav kis tau tus kabmob khaub thuas, tiamsis nws yog ib tus kabmob uas yuav tsim tau qhov phem ntau tshaj rau tej co tibneeg. Cov menyuum mos ab thiab menyuum yaus, cov neeg muaj hnuv nyooog 65 xyoos lossis laus dua, cov pojniam cev xeeb menyuum, thiab cov neeg muaj tej yam mob lossis cov neeg uas lawv lub cev qhov kev tawm tsam kabmob tsis muaj zog lawm yog cov yuav muaj teebmeem los ntawm khaub thuas.

Mob ntsw (pneumonia), mob cov hlab pa (bronchitis), txhaws tswg (sinus infections) thiab mob qhov ntsej yog ib co teebmeem kabmob muaj kev cuam tshuam los ntawm khaub thuas. Yog koj muaj ib tus mob, xws li mob plawv, mob keesxaws (cancer) lossis muaj ntshav qab zib, khaub thuas yuav ua tau rau tus mob ntawd mob hnyav ntxiv.

Khaub thuas yuav ua tau kom muaj ua npaws thiab ua daus no, mob cajpas, mob tej leeg nqaij, tsis muaj zog, hnoos, mob taub hau, thiab los ntswg lossis txhaws ntswg. Ib txhia neeg kuj ntuav thiab raws plab, taimsis qhov no yog muaj rau cov menyuum yaus ntau tshaj li muaj rau cov neeg laus.

Txhua lub xyoos **nws yeej muaj ntau txheeb tus neeg nyob hauv Tebchaws Meskas tuag vim tau khaub thuas**, thiab tseem muaj coob tug neeg uas tau mus pw hauv tsev khomob. Tshuaj tiv thaiv khaub thuas tiv thaiv ntau lab tus neeg thiab qhov kev mus ntsib kws khomob rau khaub thuas txhua xyoo.

## 2 Tshuaj tiv thaiv uas muaj kab virus muaj sia, tsis muaj zog

CDC pom zoo kom txhua tus neeg muaj hnuv nyooog 6 hli thiab laus dua mus siv tshuaj tiv thaiv txhua lub caij mob khaub thuas. **Tej zaum cov menyuum yaus uas muaj hnuv nyooog 6 hli mus txog 8 xyoo** yuav tau mus tsuag (txhaj) 2 zaug rau lub caij mob khaub thuas hauv ib lub xyoo. **Lwm cov neeg** tsuas tsuag (txhaj) 1 zaug rau lub caij mob khaub thuas hauv ib lu xyoo xwb.

Tshuaj tiv thaiv khaub thuas uas muaj kab virus muaj sia, tsis muaj zog (hu ua LAIV) is co tshuaj tiv thaiv tsuag rau hauv qhov ntswg uas yuav muab tau rau cov neeg cev tsis xeeb menyuum uas **muaj hnuv nyooog 2 mus txog 49 xyoosiv**.

Nws siv sijhawm ntev li 2 limpiam rau lub cev los tsim kev tiv thaiv tom qab txhaj tag.

Nws muaj ntau hom kab viruses uas ua rau mob khaub thuas, thiab cov kab viruses ntawd yeej pauv mus tsis tseg. Txhua xyoo, peb yeej muaj ib yam tshuaj tiv thaiv khaub thuas tshiab uas yog ua los tiv thaiv peb lossis plaub hom kab viruses uas ntxim yuav ua rau neeg mob nyob rau lub caij mob khaub thuas yuav los tom ntej. Txawm tias yam tshuaj tiv thaiv yeej tsis yog ib yam uas zoo tib yam li cov kab viruses ntawm no los, nws yeej tseem yuav tiv thaiv tau me ntsis thiab.

Tshuaj tiv thaiv khaub thuas **yeej tsis ua rau neeg mob khaub thuas**.

Neeg yeej txhaj/siv tau cov tshuaj tiv thaiv khaub thuas nyob rau tib lub sijhawm uas lawv mus txhaj lwm cov tshuaj tiv thaiv kabmob.

## 3 Nrog koj tus kws khomob/lub chaw khomob sibtham

Hais rau tus neeg muab tshuaj tiv thaiv paub yog tus neeg uas yuav txhaj/siv tshuaj tiv thaiv:

- **Yog ib tus neeg hluas tshaj 2 xyoos lossis laus tshaj 49 xyoos.**
- **Yog pojniam ceev xeeb menyuum.**
- **Tau muaj ib qho kev tsis haum tshuaj tom qab txhaj/siv tshuaj tiv thaiv khaub thuas yav tag los, lossis tau muaj kev tsis haum tshuaj uas hnyav, txaus tuag.**
- **Yog ib tus menyuum yaus lossis menyuum hluas muaj hnuv nyooog 2 mus txog 17 xyoos uas siv tshuaj aspirin lossis siv lwm yam tshuaj uas muaj aspirin.**
- **Lub cev qhov kev tawm tsam kabmob tsis muaj zog.**
- **Yog ib tus menyuum muaj hnuv nyooog 2 mus txog 4 xyoos uas muaj kabmob hawb pob lossis yeej muaj hawb pob** nyob hauv lub sijhawm li ntawm 12 lub hlis rov qab los rau tam sim no.
- **Tau siv tshuaj tua kabmob khaub thuas** li ntawm 48 teev rov qab los rau tam sim no.



- **Tu cov neeg uas lawv lub cev qhov kev tawm tsum kabmob tsis muaj zog li lawm** uas lawv yuav tsum tau nyob ib qho chaw muaj kev tiv thaiv ntau.
- **Yog ib tus neeg 5 xyoos lossis laus tshaj thiab muaj kabmob hawb pob.**
- **Muaj lwm yam mob** uas yuav ua rau tus neeg muaj teebmeem los ntawm khaub thuas (xws li **kabmob ntsws, kabmob plawv, kabmob raum, mob raum lossis mob siab, mob hlab hlwb lossis leeg nqaij lossis plab nyuv**).
- **Tau muaj tus mob Guillain-Barré Syndrome** nyob hauv lub sijhawm li ntawm 6 limpiam rov qab hauv tom qab siv ib qho tshuaj tiv thaiv khaub thuas.

Muaj tej lub sijhawm, koj tus kws khomob/lub chaw khomob yuav txiav txim los muab qhov kev txhaj/siv tshuaj tiv thaiv khaub thuas ncuva mus rau lwm lub sijhawm yav tom ntej.

Rau ib txhia neeg, tej zaum lwm yam tshuaj tiv thaiv khaub thuas (tshuaj tiv thaiv khaub thuas uas siv kab virus tsis muaj sia los ua) yuav yog yam ntxim rau lawv tshaj cov tshuaj tiv thaiv uas muaj kab virus muaj sia, tsis muaj zog.

Cov neeg uas muaj mob me, xws li ua daus no, yeej mus txhaj/siv tau tshuaj tiv thaiv khaub thuas. Cov neeg uas mob hanyav tsawv lossis mob hanyav yuav tsum tau tos txog thaum lawv zoo ua ntej yuav mus txhaj/siv tshuaj tiv thaiv khaub thuas.

Koj tus kws khomob/lub chaw khomob yuav qhia tau ntau ntxiv rau koj.

**4 Cov kev phem uas ntxim yuav muaj tshwmsim tau los ntawm ib yam tshuaj tiv thaiv**

- Tej zaum yuav muaj los ntswg lossis txhaws ntswg, hawb pob thiab mob taub hau tom qab siv cov tshuaj LAIV.
- Lwm cov mob uas yuav muaj los cuam tshuam rau qhov kev siv yam tshuaj no yog ntuav, mob tej leeg nqaij, mob cajpas thiab hnoos.

Yog tias yuav muaj cov teebmeem zoo li no, lawv yuav pib tsis ntev tom qab txhaj/siv tag thiab yuav siv sijhawm ntev li 1 lossis 2 hnuv mam li zoo.

Zoo ib yam li lwm yam tshuaj, nws yeej muaj ib qho me me uas qhov tshuaj tiv thaiv yuav ua tau kom tus neeg raug mob loj lossis tuag.

**5 Yuav ua li cas yog tias muaj ib qho teebmeem dabtsi loj?**

Ib qho kev muaj tshuaj tsis haum lub cev yeej muaj tshwmsim tau tom qab tus neeg txhaj/siv tshuaj tiv thaiv khaub thuas tag thiab tawm ntawm lub chaw txhaj tshuaj mus lawm. Yog tias koj pom tej yam dabtsi uas qhia tias yog muaj tshuaj tsis haum lub cev (ua

xua, lub ntsej muag thiab lub cajpas o, ua tau pa nyuaj, lub plawv dhia ceev, kiv taub hau, lossis tsis muaj zog), hu **9-1-1** thiab koj tus neeg mus rau ntawm lub tsev khomob uas nyob ze tshaj.

Yog muaj lwm yam uas koj txhawj, hu rau koj tus kws khomob/lub chaw khomob.

Muab qhov kev muaj tshuaj tsis hauv lub cev hais qhia mus rau qhov chaw tuav dejnum Vaccine Adverse Event Reporting System (VAERS) paub. Feem ntau, koj tus kws khomob/lub chaw khomob yuav muab qhov ntawm no hais mus rau lub chaw VAERS paub lawm, tiamsis koj yeej hais tau koj tus kheej mus rau lawv paub ib yam thiab. Nkag mus rau hauv VAERS lub vassab ntawm **www.vaers.hhs.gov** lossi hu **1-800-822-7967**. VAERS tsuas yog ib lub chaw rau neeg siv los muab cov kev muaj tshuaj tsis haum lub cev koj los hais qhia paub xwb, thiab VAERS cov neeg ua haujlwm yuav tsis muab tswvyim rau neeg tias lawv yuav ua li cas hais txog mobnkeeg.

**6 Qhov Kev Pab The National Vaccine Injury Compensation Program**

Qhov Kev Pab The National Vaccine Injury Compensation Program (VICP) yog tsoomfwv ib txoj kev pabcuam uas tsim los mus pab nyiaj txiag rau cov neeg uas raug mob los ntawm cov tshuaj tiv thaiv. Nkag mus xyuas VICP lub vassab ntawm **www.hrsa.gov/vaccinecompensation** lossis hu **1-800-338-2382** los mus kawm txog qhov kev pabcuam thiab txog qhov kev tias yuav muab daim ntawv thov kev pab koj los sau li cas thov. Lub caij thov yog thov tau raws sijhawm xwb, vim tias yog dhau lub sijhawm lawm, yuav sau ntawv mus thov tsis tau lawm.

**7 Kuv yuav ua li cas thiaj li yuav paub zoo tshaj ntxiv?**

- Nug koj tus kws khomob/lub chaw khomob.
- Hu rau lub chaw tuav dejnum rau phab kho mobnkeeg hauv koj lub nroog lossis lub xeev.
- Nug mus rau lub chaw Centers for Disease Control and Prevention (CDC):
  - Hu **1-800-232-4636 (1-800-CDC-INFO)** lossis
  - Mus xyuas ntawm CDC's **www.cdc.gov/flu**

ÖÔPEĜĤĪ PĀĶEWPKŪĒPĀŪĒŌĀ ĜĀŪ^&ĜĜĜ Ē

Vaccine Information Statement (Interim)  
**Live Attenuated  
 Influenza Vaccine**



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## Hmong

Yuav kom tus (cov) kws khomob paub meej txog koj cov kev txhaj tshuaj tivthaiv, paub txog tias tseem yuav tau txhaj tshuaj tivthaiv dabtsi ntxiv, thiab paub teem sijhawm rau koj rov tuaj txhaj tshuaj tivthaiv rau yav tom ntej, koj cov kev qhia txog kev txhaj tshuaj tivthaiv yuav raug muab xa mus rau lub Michigan Care Improvement Registry (Chaw Teev Kev Txhimkho Kev Khomob hauv Michigan). Tibneeg muaj cai thov kom lawv tus kws khomob tsis txhob muab lawv cov kev qhia txog kev txhaj tshuaj tivthaiv xa mus rau lub Registry (Chaw Teev) no tau.