

- Ua npaws thiab no no
- Mob hauv siab
- Ua tsis taus pa zoo
- Lwm yam mob ntxiv yog mob tobhau, tsis qab los noj mov, thiab nkees heev.

Muaj ib txhia mob muaj hnoos qeev (pneumonia) ces txhaj cov tshuaj kom txhob muaj hnoos qeev (pneumonia vaccine) xwb yeej pab tau kom zoo lawm. Koob tshuaj txhaj kom txhob muaj hnoos qeev no tsuas txhaj ib zaug xwb, thiab tsis yog yuav txhaj txhua xyoo li koob uas txhaj kom txhob tau khaub thuas (flu vaccine). Yog koj xav hais tias tej zaum koj muaj hnoos qeev, thov ntsib koj tus kws kho mob sai.

**YUAV KOM TXHOB MOB NTSWS, TAU KHAUB THUAS, THIAB NTSWS TXHOB MUAJ HNOOS QEEV...**

- Ntxuav koj txais tes txhua lub sijhawm
- Yuav tau mus txhaj tshuaj
- Tsis txhob kov cov neeg uas tau khaub thuas
- Tsis txhob mus ua haujlwm thiab mus kawm ntawv yog koj tau khaub thuas es thiaj li tsis kis mob rau lwm tus
- Muab daim ntaub so ntswg los npog koj lub qhov ntswg thiab qhov ncauj thaum koj hnoos lossis txham
- Noj txiv hmab thiab zaub, thiab so kom txaus txaus
- Ntxuav koj txais tes ua ntej yuav kov koj lub qhov muag, qhov ntswg, thiab qhov ncauj
- Tsis txhob pub koj lub tsev muaj plua tshauv

**Yog xav paub ntxiv hauv Internet txog mob ntsws, khaub thuas, thiab muaj hnoos qeev, thov xyuas:**

www.lungusa.org  
 www.cdc.gov  
 www.kidshealth.org



*Cov lus qhia ntawm no yog muab los ntawm cov ntaub ntawv sau nyob rau hauv:*

*Qhov Chaw Ceev Kab Mob  
 (Centers for Disease Control)*

*The American Lung Association*

*The Iowa Department of Public Health*

*San Antonio Community Hospital.*

*New York State Department of Health*

*The Nemours Foundation*

*Daim ntawv qhia no tsim thiab tshwm nyiaj pab los ntawm Department of Health and Human Services Office of Refugee Resettlement.*

**KEY TIVTAUJ:**  
 riht@uscridc.org  
**U.S. Committee for Refugees and Immigrants**  
 1717 Massachusetts Ave., NW  
 Suite 200  
 Washington, DC 20036  
 Xovtooj: 202 • 347 • 3507  
 Fax: 202 • 347 • 7177  
 www.refugees.org



**Cov Kab Mob Uas Tim Lub Ntsws**

**Mob Ntsws, Raug Khaub Thuas thiab Lub Ntsws Muaj Hnoov Qeev**

**Common Respiratory Illnesses (Hmong)**



**www.refugees.org**

*Protecting Refugees, Serving Immigrants,  
 Uplifting Freedom since 1911*

## **VIM LI CAS KUV THIAJ LI YUAV TSUM TXHAWJ TXOG COV KAB MOB UAS YOG TIM LUB NTSWS?**

Nyob rau hauv lub tebchaws United States, cov kab mob uas yog tim lub ntsws mob rau lub caij ntuj no. Cov kab mob no tej zaum kuj ua rau koj mob hanyav. Ib txhia cov kab mob no kuj txov tau menyuam yaus thiab cov laus laus txoj sia.

### **MOB NTSWS YOG LI CAS?**

Mob ntsws yog muaj hnoos qeev nyob rau txoj hlab pas mus rau tom lub ntsws, thiab ua rau tus neeg ua tsis taus pa zoo.

Tej yam qhia hais tias mob ntsws yog:

- Hnoos tau hnoos qeev
- Mob tobhau
- Ua npaws
- Ua tsis taus pa zoo
- No no

Mob ntsws “huam sai” (“Acute bronchitis”) yog mob thaum tau khaub thuas hanyav lossis mob cov kab mob uas tim rau lub ntsws. Qhov kab mob uas yog huam sai li no haus dej kom ntau thiab so txaus txaus xwb ces yuav zoo mus. Tsis muaj tshuaj txhaj kom qhov kev mob ntsws li no zoo tu qab lossis tsis txhob mob li. Tsuas muaj tshuaj pab kom tus neeg uas mob ntsws zoo thiab nyob taus xwb. Yog qhov uas mob ntsws no mob ntev tshaj li peb lub hlis thiab ntev tshaj li 2 xyoos lawm ces yog hu tau hais tias “mob ntsws ntev” (“chronic bronchitis”). Mob ntsws ntev yog raug los ntawm haus luam yeeb lossis ua haujlwm nyob rau tej thaj tsam uas muaj plua tshauv. Tib txog kev uas yuav pab tau kom zoo ces tsis txhob haus luam

yeeb thiab tsis txhob ua haujlwm nyob rau tej chaw uas muaj plua tshauv xwb.

Yog koj xav hais tias koj mob ntsws thov mus ntsib koj tus kws kho mob kom pab kho koj thiab muab tswv yim.

### **KHAUB THUAS YOG LI CAS?**

Khaub thuas lossis “flu” yog mob los ntawm ib co kab mob uas mob rau lub qhov ntswg, caj pas thiab lub ntsws. Tej yam qhia hais tias tau khaub thuas yog:

- ua npaws kub heev,
- mob tobhau,
- nkees nkees heev,
- hnoos tsis muaj hnoos qeev,
- mob caj pas,
- los ntswg lossis txhaws ntswg
- xeev siab, ntuav, lossis raws plab,
- mob leeg, thiab
- mob ib ce.



Khaub thuas yog kis ntawm ib tug neeg mus rau lwm tus los ntawm qhov hnoos thiab txham. Muaj ib txhia neeg raug khaub thuas hanyav heev thiab qee zaum kuj tau tas sim neej thiab. Cov neeg zoo li no yog:

- menyuam mos hnuv nyoog muaj hlis mus rau xyoo,
- cov pojniam uas xeeb tub,
- cov neeg uas muaj hnuv nyoog 50 xyoo thiab laus dua no,
- cov neeg uas mob HIV/AIDS, hawb pob ua tsis taus pa, mob ntsws, mob raum lossis mob plawv.

Qhov zoo tshaj kom tsis txhob tau khaub thuas yog mus txhaj tshuaj. Feem ntau cov tau khaub thuas yog tau rau lub Kaumobhliis thiab lub Ibhlis, yog li zoo yuav tau txhaj tshuaj nyob rau lub Kaumhli lossis Kaumibhlis.

Cov menyuam mos uas muaj rau hli lossis yau dua tseem mos hwv tsis zoo txhaj tshuaj, yog li ntawd leejniam thiab tsevneeg txhua tus yuav tsum mus txhaj tshuaj thiaj kis tsis tau kab mob rau tus menyuam mos. Yog koj xav hais tias koj tau khaub thuas thov mus ntsib koj tus kws kho mob kom sai.

### **LUB NTSWS MUAJ HNOOS QEEV YOG LI CAS?**

Lub ntsws muaj hnoos qeev kuj zoo sib thooj li tau khaub thuas thiab, tabsis yog lub ntsws muaj mob lawm. Qhov mob ntsws li no kuj txov tau menyuam mos, cov laus laus, cov mob HIV/AIDS, thiab cov uas mob hanyav txoj sia.

Tej yam qhia hais tias ntsws muaj hnoos qeev yog:

- Hnoos tau hnoos qeev