

KAB MOB NTAWM TXHAIS TES, KO TAW THIAB QHOV NCAUJ

Kab mob ntawm txhais tes, ko taw thiab qhov ncauj (HFMD) yog dab tsi?

Kab mob ntawm txhais tes, ko taw thiab qhov ncauj (ua lus Mis Kas, lawv hu ua HFMD) yog ib tug kab mob kis tau uas feem ntau muaj rau cov menyuam mos liab thiab cov menyuam yaus. Cov tsos mob muaj xws li kub taub hau, tawm pob ntawm daim tawv nqaj, thiab ua tej tee liab liab ntawm qhov ncauj los sis qhov ncauj tawm.

HFMD tsis muaj feem rau tus kab mob ntawm ko taw thiab qhov ncauj (tseem hu ua kab mob ntawm tus tsiaj txhais ko taw thiab qhov ncauj). Txawm tias ob tug kab mob no muaj lub npe muaj ntsis zoo ib yam los, nkawv nyias muaj nyias ib tug kab mob. HFMD tsuas mob rau neeg xwb, hos tus kab mob hauv ko taw thiab qhov ncauj mas tsuas mob rau tsiaj xwb xws li nyuj twm, npua, thiab yaj.

Yog vim li cas ho muaj tus kab mob HFMD?

HFMD yog muaj los ntawm ntau hom kab mob sib txawv uas nyob rau hauv pawg enterovirus, nrog rau tus kab mob coxsackieviruses thiab enterovirus 71. Coxsackievirus A16 yog ib tug kab mob uas ua rau muaj HFMD heev.

Enterovirus 71 tau ua muaj tus kab mob HFMD ntau heev nyob rau teb chaws Es Xias. Thaum uas muaj tus kab mob HFMD uas yog tshwm sim los ntawm tus kab mob enterovirus 71, ib co neeg mob tau muaj mob hnyav heev.

Leej twg muaj txoj kev pheej hmoo uas yuav tau HFMD?

HFMD mas muaj heev rau cov menyuam mos liab thiab cov menyuam yaus uas muaj 10 xyoo rov hauv, tiam sis nws tseem yuav muaj rau cov menyuam uas muaj hnuv nyoog zog, cov hluas thiab cov laus los tau thiab. Ib tug neeg yuav tau tus kab mob no yog hais tias lawv raug rau hom kab mob enterovirus uas lawv yeej tsis tau raug dua ib zaug li. Tiam sis, ib co neeg uas tau tus kab mob no mas nws tsis muaj mob li.

Cov tsos mob ntawm HFMD yog dab tsi?

Thawj cov tsos mob ntawm HFMD feem ntau mas yog kub taub hau, mob qa, tsis qab los noj mov, thiab mloog zoo nkaus li yuav mob. Ib mus rau ob hnuv tom qab kub taub hau tas, yuav tawm ib co menyuam pob liab liab thiab me me rau sab hauv lub qhov ncauj ntawm ob sab plhu, cov pos hniav, thiab tus nplaig. Cov pob tej zaum yuav tig ua hlwv los sis mob rau sab hauv. Tej zaum tseem yuav tawm pob rau ntawm ob sab caj npab thiab ob sab ceg thiab. Cov pob muaj xws li ib co po liab liab uas o los sis tiaj tiaj thiab ua hlwv. Tsis yog tias tag nrho cov neeg muaj tus kab mob HFMD no yuav muaj tag nrho cov tsos mob no.

HFMD cov tsos mob mas feem ntau nws mob hauj sim thiab feem ntau nws yuav cia li zoo nws li ntawm 7 mus rau 10 hnuv. Tiam sis, muaj qee zaus, tus kab mob HFMD yuav ua tau muaj teeb meem thiab. Ib qho teeb meem mas yog tus kab mob rau ntawm lub hlwb uas kis tau. Cov tsos mob ntawm tus kab mob rau ntawm lub hlwb uas kis tau no muaj xws li mob taub hau, caj dab nruj, thiab kub taub hau. Cov neeg uas tau tus kab mob rau ntawm lub hlwb uas kis tau no qee zaus yuav tau mus pw tim tsev kho mob. Tsis tshua muaj heev, tiam sis HFMD tseem yuav ua tau kom lub hlwb o tuaj. Qhov lub hlwb o tuaj mas yog ib tug kab mob loj heev uas yuav ua kom tuag taus.

HFMD kis li cas?

HFMD feem ntau yog kis los ntawm qhov uas kov tus neeg mob ntawd cov quav, cov kua los ntawm lub qhov ntswg los thiab lub caj pas los, cov kua paug, los sis qaub ncaug. Tus kab mob mas feem ntau kis thaum uas tus neeg mob ntawd tsis ntxuav tes es mus kov ib tug neeg los sis mus kov ib qho chaw kom kis rau. Tus kab mob uas ua kom muaj tus mob HFMD mas yuav ciaj tau mus ntev rau ntawm tej thaj chaw ib ncig.

Ib tug neeg uas tau tus mob HFMD mas yuav kis tau heev thaum thawj lub plua (week) uas mob ntawd tiam sis tseem yuav kis tau mus ob peb plua tom qab tsis muaj cov tsos mob lawm thiab.

Cov tsos mob tshwm sim sai npaum li cas?

Cov tsos mob ntawm tus kab mob HFMD mas feem ntau tshwm sim li ntawm 3–7 hnub tom qab raug thawj zaug thiab tau tus kab mob.

Yuav ua cas paub tias tau tus kab mob HFMD?

Cov kws kho mob feem ntau yuav nrhiav tau tias tau tus kab mob HFMD raws tus neeg mob lub hnub nyoog, cov tsos mob, thiab seb cov pob los sis cov hlwv tawm rau qhov twg thiab zoo li cas. Feem ntau, ib tug kws kho mob tsis tas yuav soj ntsuam es thiaj li paub tias tau tus kab mob HFMD. Qee zaus, nws yuav tau muab ib tug pas mus so tom caj pas los sis coj cov kua paug los sis cov quav mus soj ntsuam seb tus enterovirus yog dab tsi es thiaj li ua muaj mob.

Yuav kho tus kab mob HFMD li cas?

Tsis muaj ib txoj kev uas yuav kho tau li. Yuav luag txhua tus menyuam uas tau tus kab mob HFMD mas nws cia li zoo nws tus kheej xwb. Cov neeg uas tau tus kab mob HFMD yuav tsum tau so thiab haus dej los sis tej yam muaj kua kom ntau es lub cev thiaj li tsis qhuav. Tej zaum ib tug neeg muab kev pab kho mob yuav xav kom noj tshuaj rau kom thiaj li tsis txhob kub taub hau thiab mob lawm.

Cov hlwv hauv qhov ncauj yuav ua rau kev nqos mob thiab nyuaj, thiab vim li no ib co menyuam tej zaum yuav tsis kam haus dej. Yog hais tias qhov uas tsis kam haus dej ua rau lub cev qhuav heev, tej zaum yuav tau tso dej pab rau nws.

Yuav tiv thaiv tus kab mob HFMD li cas?

Txhua tus neeg hauv tsev neeg uas muaj ib tug neeg uas tau tus kab mob HFMD yuav tsum tau muab xub npum los ntxuav lawv txhais tes tom qab siv chav dej tas, hloov daiv pawm tas, los sis thaum uas kov cov kua hauv qhov ntswg thiab caj pas, quav, los sis cov kua paug. Yuav tsum tau muab xub npum thiab dej los ntxuav cov khoom ua si thiab thaj chaw ua ntej tso, thiab muab cov tshuaj dawb tov nrog dej (ntxiv ¼ khob tshuaj dawb nrog ib nkas loos dej). Cov menyuam uas tau tus kab mob HFMD yuav tsum tau nyob tom tswv es tsis txhob cia mus tom qhov chaw zov menyuam los sis tom tsev kawm ntawv kom txog thaum uas lawv tsis kub taub hau lawm tso thiab lawv qhov ncauj tsis tawm lawm tso. Cov neeg laus uas tau tus kab mob no yuav tsum tau nyob twj ywm hauv tsev tsis txhob mus ua hauj lwm kom txog thaum uas tsis muaj cov tsos mob lawm tso.

Kuv yuav kawm ntxiv txog HFMD li cas?

Yog hais tias koj muaj lus nug txog tus kab mob HFMD, thov hu rau koj tus kws kho mob los sis qhov chaw muab kev pab kho mob hauv zos.

[NOTE TO LOCAL EDUCATIONAL AGENCIES (LEAs): The California Department of Education (CDE) expresses appreciation to Claudia J. Erickson and the California Department of Public Health (CDPH) for their permission to translate the CDPH’s “HFMD Prevention.” As a form of assistance to LEAs, the CDE offers this translation free of charge. Because there can be variations in translation, the CDE recommends that LEAs confer with local translators to determine any need for additions or modifications, including the addition of local contact information or local data, or modifications in language to suit the needs of specific language groups in the local community. If you have comments or questions regarding the translation, please e-mail the Clearinghouse for Multilingual Documents (CMD) at cmd@cde.ca.gov.]