



# COUNTY OF MARATHON

## HEALTH DEPARTMENT

LAKEVIEW PROFESSIONAL PLAZA  
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Txog rau: Cov niam cov txiv

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Cov kab mob khaub thuas H1N1 nws yuav rov muaj ntau los raug rau hauv peb lub zej zog. Daim ntawv no nws muaj tej laj txheej tam sim no ua yuav qhia rau koj thiab koj tsev neeg.

H1N1 yog ib yam khaub thuas mob tshiab thiab txawv li cov khaub thuas raws caij nyoog. Tam sim no, muaj ib hom tshuaj tshiab ua tsim tau los pab tiv thaiv tib neeg los ntawm hom kab mob khaub thuas H1N1. Cov tshuaj no yuav muaj txaus rau txhua tus, tab sis peb yuav xub txhaj cov tib neeg uas ntxiav los yog phom sij dua los ntawm tus kab mob no. Cov neeg yuav tau txais kev txhaj cov tshuaj H1N1 vaccine yog raws li nram no:

- Cov poj niam cev xeeb tub
- **Cov menyuam hnuab nyoog nruab nrab ntawm 6 lub hli thiab 24 xyoos**
- Cov ua hauj lwm hauv tsev kho mob
- Cov neeg zov cov menyuam hnuab nyoog qis dua 6 hli
- Cov laus ua muaj mob hauv nrog cev (xws li: mob ntsws dej)

Marathon County Health Department tab tom ua hauj lwm nrog rau cov kws kho mob thiab cov ua hauj lwm hauv tsev qhia ntawv los sib koom tes tsim tsa kev txhaj tshuaj raws caij nyoog (flu shot) nyob hauv koj lub tsev qhia ntawv thiab hauv cheeb tsam zej zog. Cov chaw txhaj tshuaj no yuav muaj ntau qhov chaw kom yooj yim rau nej tau txais kev txhaj tshuaj. No yog yam koj yuav tsum tau paub:

- Cov chaw txhaj hom tshuaj H1N1 yeej teem caij tau lawm thiab yuav pib txhaj rau lub kaum hli tag – thiab kaum ib hlis xiab, nyob ntawm muaj cov tshuaj no ntau npaum cas. Cov caij nyoog mam li tshaj tawm rau hauv lub zej zog thiab hauv tsev qhia ntawv ntawm ntawv xov xwm, hauv websites, thiab kev tshaj tawm suab nruab ntug.
- Tseem qhia tsis tau hais tias yuav txhaj tsawg koob. Tej zaum kuj yuav yog ib koob rau cov laus thiab ob koob rau cov menyuam (uas hnuab nyoog qis dua 9 xyoos). Yog tias yuav tau txhaj ob koob, ces yuav muaj teem caij nyoog txhaj ob zaug rau hauv cheeb tsam zej zog.
- Yuav tsis yuam kom menyuam txhaj cov tshuaj no.
- Txhua tus menyuam yuav tsum tau ntawv **tso cai los ntawm niam txiv** ua ntej yuav tau txhaj tshuaj. Lub sij hawm thaum nej cov menyuam me yuav txhaj tshuaj tej zaum niam txiv kuj yuav tuaj rau ntawv. (Koj lub tsev qhia ntawv mam li qhia kom meej ntxiv hais txog lawv kev koom tes nrog tsev neeg.)

Cov tshuaj tawm tshiab no tsim los siv zoo tib yam li cov tshuaj txhaj raws caij nyoog. Peb yeej npaj tias cov tshuaj khaub thuas H1N1 tshiab xyoo 2009 no yuav tsis muaj teeb meem tib yam li cov txhaj raws caij nyoog, uas yeej ib txwm tsis phom sij keev muaj keeb kwm zoo.

Thov nco ntsoov tias yam tiv thaiv yog los ntawm koj kev tso siab. Koj yuav tsum tiv thaiv koj tus kheej thiab tsev neeg los ntawm **ntxuav koj txhais tes, npog qhov ncauj thaum hnoos thiab txham, nco ntsoov txhob kov qhov muag, taub ntswg los qhov ncauj, thiab nyob hauv tsev yog koj mob.** Yog tias koj mob, CDC pom zoo tias koj yuav tsum nyob hauv tsev thiab txhob tawm mus koom npoj thiaj tsi kis rau lawv.

Yuav muaj tej laj txheej hais txog tshuaj tiv thaiv khaub thuas raws caij nyoog rau yav tom ntej no nrog rau cov caij nyoog txhaj nyob hauv cheeb tsam Marathon County thiab daim ntawv tso cai txhaj tshuaj. Yog xav paub ntxiv koj mus saib tau rau hauv [www.edc.gov/h1n1flu](http://www.edc.gov/h1n1flu) los [www.pandemixflu.gov](http://www.pandemixflu.gov)