



# COUNTY OF MARATHON

## HEALTH DEPARTMENT

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## 2009 H1N1 Flu (Swine Flu)

Daim qhia rau cov niam txiv/cov niam qhua txiv qhuav  
Cuaj hlis 17, 2009

Kab mob khaub thuas 2009 H1N1 muaj tsis tu ncuu rau hauv peb lub zej lub zos. Tam sim no, tsim tau tshuaj txhaj los tiv thaiv tib neeg txog khaub thuas H1N1. Marathon County Health Department xav kom txhua tsev neeg muaj kev txiav txim siab zoo paub txog tias thaum twg nej tus menyuum yuav tsum tau nyob hauv tsev thiab txhob mus koom ua lwm yam. Daim ntawv no yog qhia txog cov xwm txheej tam sim no hais txog H1N1 thiab ntawm lub ntsiab yog li cas rau koj thiab koj tsev neeg.

### Dab tsi yog H1N1 Flu (Swine Flu)?

H1N1 (Swine Flu) yog ib yam kab mob khaub thuas tshiab thiab yog thawj yam tshwm rau tib neeg nyob rau teb chaws Amelikas rau lub plaub hlis 2009.

### Ua cov H1N1 kis tau li cas?

H1N1 kis zoo tib yam li tej khaub thuas raws caij nyoog, keev kis ntawm ib tug neeg-dhau mus-rau ib tug los ntawm hnoos los yog txham.

### Puas txawv li tej khaub thuas uas keev muaj, raws caij nyoog?

Qhov txawv tshaj yog ib hom mob tshiab thiab tsis muaj leej twg zam dhau. Hom kab mob raws caij nyoog, feem coob puav leej zam dhau vim lawv twb hno tshuaj tiv thaiv lawm los sis twb raug dua los lawm.

H1N1 Flu (Swine Flu) mas yeej zoo tib yam li cov khaub thuas raws caij nyoog. Neeg feem coob, mas lawv yuav mob li ib ob hnuv ces lawv yuav cia li zoo lawv lawm. Cov neeg ua ntxiav los yog phom sij dua los ntawm tus kab mob yog:

- Cov poj niam cev xeeb tub
- Cov menyuum mos
- Cov menyuum hnuv nyoog li 6 hli mus rau 24 xyoos
- Cov neeg ua muaj mob hauv nrog cev, xws li cov lub cev tsi muaj zog tiv thaiv kab mob, muaj mob (xws li hawb pob txog sia), los yog muaj ntshav qab zib.

Ib qhov txawv ntawm cov khaub thuas raws caij nyoog mas vim tias cov laus hnuv nyoog 64 xyoo rov sau tsis tau raug los sis mob yam khaub thuas H1N1 no.

Tab sis peb yeej tsis paub tias leej twg yuav raug khaub thuas, tseem ceeb heev ua peb yuav tsum ceev faj npaj tiv thaiv kom txhob kis tau.

### Yam kab mob H1N1 Flu (Swine Flu) tus yam ntxwv zoo li cas?

Tus yam ntxwv ntawm hom kab mob H1N1 (Swine Flu) zoo tib yam li tej khaub thuas raws caij nyoog. Ua daus no kub txog 100°F los yog tshaj sau THIAB raws li ib yam nram qab no: Hnoos, mob caij pas, ib ce huam sob laws los yog dias taub hau. Ib txhia neeg tau yam mob no kuj raws plab thiab ntuav.

### **Yuav ntev li cas thiaj pib mob tom qab kis tau lawm?**

Feem ntau yog 1-7 hnuv.

### **Ua cov niam cov txiv yuav tsum ua li cas yog lawv tus menyuam muaj mob tshwm sim?**

Yog tias koj tus menyuam muaj tej yam li hais los saum no, cia lawv nyob twj ywm hauv tsev txhob cia lawv mus rau chaw zov menyuam, tsev kawm ntawv, tej chaw ua si kom thiaj tsis kis rau lwm tus neeg. Koj tus menyuam yuav tsum tau nyob hauv tsev li ntawm 24 txooj teev tom qab tsis kub tau hauv thiab tsis noj tshuaj kub taub hauv lawm.

Hu rau koj tus kws kho mob yog xav mus sim txog tus kab mob H1N1 Flu (Swine Flu) thiab xav tau tshuaj anti-viral. Koj tus kws kho mob kuj yuav xav ntsib tus menyuam yog tias lawv hnuv nyoog qis dua 5 xyoo los yog yeej muaj lwm yam mob yuav ua rau nws lub cev tsis muaj zog tic thaiv kab mob.

### **Yuav sai npaum li cas thiaj kis tau rau lwm tus neeg?**

Feem ntau tib neg ris mob li ntawm 1 hnuv ua ntej pib mob thiab li 5-7 hnuv tom qab mob lawm. Ib txhia neeg kuj yuav mob ntev zog, xws li cov menyuam thiab tib neeg ua lub cev tsis muaj zog tiv thaiv.

### **Koj yuav ua cas tiv thaiv koj tus menyuam thiab tsev neeg?**

Cov ntsiab lus nram no yuav qhia txog kev tiv thaiv kom koj txhob tau kab mob, los txhob ris mob rau lwm tus.

- **Xyaum tus yus kom huv si** los ntawm ntxuav koj txhais tes txhua zaus nrog xab npum thiab dej tshwj xeeb yog tom qab koj hnoos los txham. Siv cov dej tshuaj muaj cawv cuaj caum los yeej zoo heev.
- **Npog koj qhov ncauj thiab qhov ntswg** los ntawm sib ntawv sov ntswg thaum koj hnoos thiab txham. Yog koj tsis muaj ntawv so ntswg, hnoos los yog txham rau ntawm koj lub lauj tshib los xwb pwg; txhob yog koj txhais tes.
- **Txav deb ntawm cov neeg mob** kom txog thaum lawv zoo tso
- **Nyob hauv tsev yog koj los koj tus menyuam muaj mob**, yuav tsum nyob li 24 txooj teev tom qab ua tsis kub tau hauv thiab tsis noj tshuaj kub taub hauv lawm.
- **Koj tus kheej thiab menyuam yuav tsum txhob nyob ze tej tib neeg** yog thaum koj mob kom thiaj tsis ua rau lwm tus mob.

### **Thaum twg cov tshuaj no thiaj yauv muaj tshwm sim?**

Cov tshuaj txhaj tiv thaiv khaub thuas H1N1 no yuav muaj rau lub caij nplooj ntoos zeeg 2009. Cov tshuaj no yuav muaj txaus rau txhua tus, tab sis peb yuav xub txhaj rau cov pab pawg neeg ua ntxiav mob los yog muaj kev phom sij dua. Peb tsis tau xav tias yuav tsis muaj tshuaj txhaj txaus rau cov kab mob 2009 H1N1, tab sis kev muaj thiab tsis tu ncuva kuj tsis paub.

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. Cov sij hawm mam li tshaj tawm qhia rau hauv koj lub tsev qhia ntawv, hauv websites thiab sua nruab ntug. Tshuaj txhaj kuj muaj faj seeb ntawm nej tus kws kho mob.

### **Yog muaj lus nug?**

Muaj laj txheej faj seeb rau hauv <http://www.co.marathon.wi.us/> . Muaj ntau yam zoo nyob hauv <http://www.pandemic.wisconsin.gov/> or <http://www.cdc.gov/h1n1flu/>.

Hu tau rau hauv Health Department ntawm 715-261-1900 thiab peb txaus siab yuav teb nej cov lus nug.