

# Phiaj Xwm Pov Thaiv

Pov thaiv koj tus mos liab pib txij thaum muaj ib hnuv ntawm qhov ua kom tau ib daim phiaj txhaj tshuaj tiv thaiv kab mob kom raws sij hawm. Tshuaj txhaj tiv thaiv kab mob yog cov hau kev uas tau tshawb fawb, tau sim, thiab muaj cai tswj ntau tshaj plaws los muab ib lub neej tsis muaj mob rau koj tus mos liab.

## Puas xav muaj ib tus me nyuam mos?

Nws tsis ua cas yog koj muaj lus nug txog tshuaj txhaj tiv thaiv kab mob. Ntawm no yog tej yam uas koj yuav tau paub:

**Peb yuav paub tau li cas tias cov tshuaj tiv thaiv kab mob nyab xeeb?**

Tshuaj txhaj tiv thaiv kab mob yog ib yam khoom uas tau muab los kuaj sim zoo tshaj plaws hauv teb chaws Meskas. Cov tshuaj no yeej tau sim thiab soj saib los tau ntau xyoo lawm.

**Tshuaj txhaj tiv thaiv kab mob puas siv tau txiaj ntsig zoo?**

Yog. Tshuaj txhaj tiv thaiv kab mob ua rau qhov koj tus me nyuam noj qab nyob zoo.

**Cov tshuaj tiv thaiv kab mob puas muaj qhov fab tshuaj li cas?**

Cov kev fab tshuaj muaj me ntsis xwb, xws li hnov mob, liab, los yog o rau ntawm thaj chaw nkaug tshuaj.

**Yam mob dab tsi uas tshuaj tiv thaiv kab mob tiv thaiv tau?**

Cov tshuaj tiv thaiv kab mob tawm tsam tau ntau hom kab mob, xws li Mob Tuag Npab Tuag Ceg, Tawm Pob Liab, Ua Qhua Pias/Ua Qoob, Ua Qog/Tuag Qog, Hnoos Hawb Pob, thiab ntau yam ntxiv.

## Vim li cas thiaj yuav tau ua raws CDC qhov kev txhaj tshuaj rau me nyuam kom raws sij hawm?

Kev txhaj tshuaj tiv thaiv kab mob kom raws sij hawm yuav pab tau koj:

- › Tiv thaiv kev mob hnyav
- › Tiv thaiv koj tus mos liab kom tsis muaj mob thaum ntxov
- › Tsim muaj kev tiv thaiv zoo tshaj plaws los tawm tsam kab mob
- › Txhawb koj tus mos liab tej roj ntsha kom muaj zog tiv thaiv kab mob
- › Cheem kev sib kis kab mob



CDC qhov kev txhaj tshuaj rau me nyuam kom raws sij hawm yog pom zoo los ntawm Pab Pawg Saib Xyuas Kev Txhaj Tshuaj Cov Kev Coj Ua (Advisory Committee on Immunization Practices) thiab tso cai los ntawm Meskas Lub Koom Txoos Saib Xyuas Kev Kho Mob Rau Cov Me Nyuam (American Academic of Pediatrics) thiab Meskas Lub Koom Txoos Saib Xyuas Kws Kho Mob Rau Tsev Neeg (American Academy of Family Physicians).

Puas muaj lus nug?

Sib tham nrog koj tus kws kho mob los yog kawm kom paub ntxiv nyob rau ntawm

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