

KAB MOB TES, TAW THIAB QHOV NCAUJ

(HAND, FOOT, AND MOUTH DISEASE)



Hand, foot, and mouth disease (Kab mob tes, taw thiab qhov ncauj) (HFMD) yog tsim muaj los ntawm cov kab mob nkag tau rau lub cev uas sib kis thawm lub xyoo. Txhua leej txhua tus yeej mob taus HFMD, tiam sis feem ntau yog mob rau cov me nyuam mos thiab cov me nyuam yau heev thaum yav caij ntuj so thiab caij nplooj ntoos zeeg. HFMD yeej ib txwm tsis huam mob loj, tiam sis yuav sib kis tau yooj yim, tshwj xeeb yog hauv cov tsev kawm ntawv thiab cov chaw zov me nyuam. Cov kev mob tshwm sim los ntawm HFMD yog ua npaws kub ib ce, qhov ncauj tawm hlww thiab tawv nqaij sawv pob. Qee zaum tsawg heev, cov tib neeg uas kis tau tus kab mob tsim muaj HFMD yuav muaj kev o rau lub hlwb (encephalitis) los sis daim npluag npog lub hlwb thiab tus txha caj qaum (meningitis).



Dab tsi yog qhov tsim ua rau muaj tus kab mob?

- ▶ Koj yuav mob taus HFMD los ntawm:
 - ▶ Kev chwv raug cov kua pa cev ntawm ib tug neeg mob cov kev hnoos los sis kev txham.
 - ▶ Kev chwv cov quav ntawm tus tib neeg mob (piv txws li thaum hloov cov ntaub qhwv caj tw).
 - ▶ Kev chwv ib tug neeg mob (xws li sib hnua, sib puag los sis sib qiv cov khob los sis diav rawg).
 - ▶ Kev chwv cov khoom thiab cov npoo uas muaj tus kab mob rau (xws li cov khoom ua si, cov pob qhov rooj, cov rooj noj haus).



Cov kev cim qhia thiab mob tshwm sim yog dab tsi?

- ▶ Feem ntau ntawm cov tib neeg mob HFMD yuav ua npaws kub ib ce, cov kev mob li khaub thuas flu, qhov ncauj tawm hlww, thiab tawv nqaij sawv pob.
 - ▶ Cov hlwb qhov ncauj yuav mob heev thiab yuav pib ua cov tee liab ntawm tus nplaig thiab sab hauv lub qhov ncauj. Cov me nyuam mos uas qhov ncauj tawm hlwb yuav tsis kam noj mis thiab cev yuav qhuav dej.
 - ▶ Cov pob ib txwm sawv rau ntawm cov tes thiab taw. Nws puav leej sawv rau ntawm cov pob tw, kav ceg thiab cov caj npab.
 - ▶ Cov pob zoo li pluav tsawv los sis su liab vog uas puav leej rais mus ua taus cov hlww. Cov kua yig hauv cov hlww yuav muaj tus kab mob uas tsim muaj HFMD.



Tawv nqaij sawv pob tsim muaj los ntawm HFMD.



Cov kev kho mob yog dab tsi?

- ▶ Feem neeg coob yuav cia li txawj rov zoo tom qab 7 txog 10 hnub. Noj cov tshuaj muag hauv khw yuav txo tau kub ib ce thiab kev hnov mob ntawm cov hlww qhov ncauj. Haus cov kua dej kom ntau yuav pab kom cev txhob qhuav dej.
- ▶ Hu cuag ib tug kws kho mob yog tias koj tus me nyuam yau dua 6 hli, lawv tsis haus mis txaus kom cev txhob qhuav dej, lawv cov kev huam mob loj heev (piv txwv, kub ib ce mus ntev tshaj 3 hnub), los sis cov kev mob tshwm sim kav mus ntev tshaj 10 hnub.
- ▶ Cov me nyuam mob HFMD yeej tseem mus tau rau lub chaw zov thiab kawm ntawv yog tias lawv tsis kub ib ce, tsis los qaub ncaug heev nrog hlww qhov ncauj, thiab zoo neej tsim nyog mus. Qee zaum, cov me nyuam yuav tau nyob twj ywm hauv tsev kom tswj tau txoj kev sib kis HFMD.



Yuav tiv thaiv tau nws li cas?

- ▶ Nquag ntxuav koj ob txhais tes nrog tshuaj xub npum thiab dej luv kawg li 20 lij. Nco ntsoov ntxuav koj ob txhais tes tom qab hloov cov ntaub qhwv caj tw, kev siv chav dej, kev tshuab koj lub qhov ntswg, thiab ua ntej thiab tom qab tu xyuas ib tug neeg mob.
- ▶ Nquag ntxuav tu thiab tsuag tshuaj rau cov npoo thiab cov cuab yeej, nrog rau cov khoom ua si thiab cov pob qhov rooj.
- ▶ Xyeej txoj kev chwv koj ob lub qhov muag, qhov ntswg thiab qhov ncauj nrog cov tes tsis tau ntxuav.
- ▶ Xyeej txoj kev nyob sib ze nrog cov neeg mob, xws li kev puag los sis kev sib hnua.

