

# Tshuaj Tiv Thaiv Kab Mob Khaub Thuas Yam Uas Koj Yuav Tsum Tau Paub

(Tshuaj Tiv Thaiv Kab  
Mob Khaub Thuas,  
Tsis Muaj Sia)

**2013-2014**

Many Vaccine Information Statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis)

Muaj Ntau Cov Lus Qhia Txog Xoy Xwm Tshuaj Tiv Thaiv Kab Mob ua lus Spanish thiab lwm yam lus. Saib [www.immunize.org/vis](http://www.immunize.org/vis)

## 1 Vim licas thiaj yuav tau txhaj tshuaj tiv thaiv kab mob?

Mob khaub thuas yog ib yam kab mob uas sib kis tau yooj yim uas kis mus thoob teb chaws Meskas nyob rau txhua lub caij ntuj no, raws li ib txwm mas yog suav txij lub Kaum Hli Ntuj mus txog rau lub Tsib Hlis Ntuj.

Mob khaub thuas raug chiv muaj los ntawm tus kab mob khaub thuas thiab tuaj yeem sib kis tau los ntawm kev hnoos, kev txham thiab kev nyob sib ze.

Txhua leej tuaj yeem mob khaub thuas tau, tab sis qhov kev pheej hmoo ntawm kev tau mob khaub thuas ntawd muaj siab tshaj plaws rau cov me nyuam yaus. Cov yam ntxwv mob nkag los sai sai thiab kuj yuav siv sij hawm ntau hnuv mam li zoo. Tuaj yeem xam muaj:

- ua npaws/daus no
- mob qa
- mob ib ce
- qaug zog
- hnoos
- mob taub hau
- los ntswg lossis txhaws ntswg

Mob khaub thuas tuaj yeem ua rau ib txhia neeg mob heev dua lwm leej lwm tus. Cov neeg no xam muaj cov me nyuam me, cov neeg uas muaj hnuv nyoog 65 xyos thiab siab dua, cov poj niam cev xeeb tub, thiab cov neeg uas muaj ib co mob twg—xws li kab mob plawv, ntsws lossis raum lossis hom kab ke kev tiv thaiv kab mob tsis zoo. Tshuaj tiv thaiv kab mob khaub thuas tseem ceeb tshaj plaws rau cov neeg no, thiab ib tug twg uas nyob ze lawv.

Mob khaub thuas tseem tuaj yeem ua rau mob ntsws o thiab ua rau cov mob uas tseem muaj nyob rau ntawd heev dua tuaj. Nws tuaj yeem ua rau raws plab thiab tsaus muag rau cov me nyuam yaus.

Nyob rau txhua xyoo **muaj txog txhiab txhiab leej nyob rau hauv teb chaws Meskas tuag vim kab mob khaub thuas**, thiab muaj coob leej raug mob hnyav heev.

**Tshuaj tiv thaiv kab mob khaub thuas** yog qhov kev tiv thaiv uas zoo tshaj plaws uas peb muaj los ntawm tus kab mob khaub thuas thiab nws cov kab mob uas nkag rau hauv lub cev. Tshuaj tiv thaiv kab mob khaub thuas kuj tseem pab tiv thaiv kev sib kis kab mob khaub thuas dhau ib tug rau ib tug.

## 2 Tshuaj tiv thaiv kab mob khaub thuas tsis muaj sia

Muaj ob hom tshuaj tiv thaiv kab mob khaub thuas:

Koj tab tom tau txais ib hom tshuaj tiv thaiv kab mob khaub thuas **tsis muaj sia**, tsis txuam muaj tshuaj tiv thaiv kab mob khaub thuas muaj sia (live). Nws yuav raug siv los ntawm kev siv koob tshuaj txhaj, thiab nyiam hu hais tias “tshuaj txhaj mob khaub thuas.”

Ib hom tshuaj tiv thaiv kab mob txawv, tshuaj tiv thaiv mob khaub thuas **live, attenuated** (tsis muaj zog heev) yuav raug txau mus hauv lub qhov ntswg. *Hom tshuaj tiv thaiv kab mob no raug piav qhia nyob rau hauv ib cov lus qhia xov xwm tshuaj tiv thaiv kab mob uas nws muaj nws.*

Xav qhia kom siv tshuaj tiv thaiv kab mob khaub thuas txhua txhua xyoo. Cov me nyuam uas muaj hnuv nyoog 6 hli txog ntua 8 xyoo yuav tsum tau txhaj ob koob nyob rau thawj lub xyoo uas lawv tau txais tshuaj tiv thaiv kab mob.

Cov tshuaj tiv thaiv kab mob khaub thuas ib txwm muaj qhov hloov tas li. Tshuaj tiv thaiv kab mob khaub thuas ntawm txhua lub xyoo raug tsim los mus tiv thaiv cov kab mob uas ntxim yuav yog cov uas ua rau muaj tus kab mob nyob rau xyoo ntawd. Txhawm hais tias tshuaj tiv thaiv kab mob tsis tuaj yeem pov thaiv txhua hom mob khaub thuas, los nws yog peb qhov kev tiv thaiv uas zoo tshaj plaws rau tus kab mob. Tshuaj tiv thaiv kab mob khaub thuas hom tsis muaj sia yuav tiv thaiv li 3 lossis 4 tug kab mob khaub thuas sib txawv.

Nws siv sij hawm li ntawm 2 lub lim tiam tom qab txhaj tshuaj tiv thaiv txhawm rau kev tiv thiav ruaj khov, thiab kev tiv thaiv yuav kav mus ntau lub hli mus txog li ib xyos.

Muaj qee yam mob uas tsis yog chiv los ntawm tus kab mob khaub thuas nyiam raug nkag siab yuam kev tias yog mob khaub thuas. Tshuaj tiv thaiv kab mob khaub thuas yuav tsis pov thaiv cov mob nkeeg no. Nws tsuas tuaj yeem pov thaiv tau kab mob khaub thuas xwb.

Koob tshuaj tiv thaiv kab mob khaub thuas “txhaj neeg laus” muaj siv rau cov neeg hnuv nyoog 65 xyoo thiab siab dua ntawd. Tus neeg txhaj tshuaj tiv thaiv kab mob khaub thuas rau koj tuaj yeem qhia koj ntau ntxiv ntsig txog cov tshuaj no.

Qee hom tshuaj tiv thaiv kab mob khaub thuas yuav txuam muaj mercury me ntsis-li theem kev tuav tswj tshua uas hu tias thimerosal. Cov kev kawm paub tau qhia rau pom tias thimerosal hauv cov tshuaj tiv thaiv kab mob khaub thuas tsis muaj kev phom sij, tab sis kuj tseem muaj cov tshuaj uas tsis siv kev tuav tswj tshuaj thiab.

## 3 Qee leej neeg yuav tsum txhob txhaj yam tshuaj tiv thaiv kab mob no

Qhia rau tus neeg uas muab yam tshuaj tiv thaiv kab mob rau koj:

- **Yog hais tias koj muaj qhov tsis haum heev (txog lub neej txoj sia).** Yog hais tias koj tau muaj kev sib tiv tsis haum txog lub neej txoj sia dhau los tom qab txhaj ib koob tshuaj tiv thaiv kab mob khaub thuas, lossis muaj qhov tsis haum heev nrog ib qho twg ntawm cov tshuaj tiv thaiv kab mob no, tej zaum koj yuav raug hais kom txhob txhaj. Feem ntau, tab sis tsis yog tag nrho, ntau hom tshuaj tiv thaiv kab mob khaub thuas yeej muaj me ntsis qe nrog.
- **Yog hais tias koj tau txais Guillain-Barré Syndrome los dua lawm** (mob tuag tes tuag taw phem heev, kuj tseem hu ua GBS). Qee leej neeg uas muaj keeb kwm mob GBS yuav tsum tsis txhob siv cov tshuaj tiv thaiv kab mob no. Qhov nov yuav tsum muab sab laj nrog koj tus kws kho mob.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

- **Yog hais tias koj pheej tsis tau xis neej li.** Tej zaum laww kuj yuav hais kom tos kom txog thaum koj khees me ntsis lawm. Tab sis koj yuav tsum rov qab tuaj.

#### 4 Cov kev pheej hmoo ntawm kev sib tiv ntawm tshuaj tiv thaiv kab mob

Nrog ib hom tshuaj tiv thaiv kab mob twg, xws li ib yam tshuaj twg, muaj feem uas yuav muaj qhov tsis zoo lwm yam tuaj. Cov no ib txwm tsis heev thiab nws cia li zoo nws mus lawm.

Cov kev tsis zoo lwm yam heev los kuj yog yam uas yuav muaj tau, tab sis muaj tsawg heev. Tshuaj tiv thaiv kab mob khaub thuas hom tsis muaj sia yuav tsis muaj tus kab mob khaub thuas muaj sia (live), yog li ntawd **kev tau khaub thuas mob los ntawm hom tshuaj no yuav tsis muaj kiag li.**

Yuav muaj sij hawm luv luv qaug zog me ntsis thiab muaj tsos mob uas cuam tshuam txog (xws li chua chua leeg) tuaj yeem tshwm sim tom qab txhaj tshuaj ib zaug twg, suav tej kev txhaj tshuaj tiv thaiv kab mob nrog. **Zaum lossis qhau cev pw li 15 feeb tom qab txhaj tshuaj tiv thaiv kab mob tuaj yeem pab tiv thaiv kev qaug zog thiab raug mob vim kev ntog vau.** Qhia rau koj tus kws kho mob yog hais tias koj kiv kiv taub hau lossis dias taub hau, lossis qhov muag txaj lossis pob ntseg nrov.

**Cov teeb meem me** tom qab siv tshuaj tiv thaiv kab mob khaub thuas tsis muaj sia:

- hnov mob, liab liab, lossis o ntawm thaj tsam uas txhaj tshuaj
- txhaws qa; mob, liab liab lossis khaus lub qhov muag; hnoos
- ua npaws
- mob ub no
- mob taub hau
- khaus
- qaug zog

Yog hais tias muaj cov teeb meem zoo li no tshwm sim, nws ib txhwm yuav pib sai sai tom qab txhaj tshuaj thiab tsuas nyob li 1 lossis 2 hnuv ces tag mus.

**Cov teeb meem nrab** tom qab siv tshuaj tiv thaiv kab mob khaub thuas tsis muaj sia:

- Cov menyuam me uas tau txhaj tshuaj tiv thaiv kab mob khaub thuas tsis muaj sia thiab tshuaj tiv thaiv kab mob pneumococcal (PCV13) nyob rau tib lub sij hawm tej zaum yuav muaj feem kev pheej hmoo siab ua rau tsaus muag vim kev mob ua npaws. Nug koj tus kws kho mob yog hais tias tus menyuam uas tab tom tau txhaj tshuaj tiv thaiv kab mob khaub thuas no muaj kev tsaus muag dua los lawm.

**Cov teeb meem loj** tom qab siv tshuaj tiv thaiv kab mob khaub thuas tsis muaj sia:

- **Kev sib tiv tsis haum nrog tshuaj** kuj tuaj yeem tshwm sim tau tom qab txhaj ib koob tshuaj twg (ntxim li tsawg tshaj 1 hauv ib vam (million) koob tshuaj).
- Muaj ib txoj hau kev ntxim li tshwm sim tau tsawg txog tej tshuaj tiv thaiv kab mob khaub thuas hom tsis muaj sia yuav raug cuam tshuam txog Guillain-Barré Syndrome (GBS), tsis tshaj 1 lossis 2 tug mob hauv ib vam leej neeg uas txhaj tshuaj tiv thaiv kab mob. Qhov no yog tsawg dua kev pheej hmoo tau mob nkeeg heev los ntawm kab mob khaub thuas, qhov uas tuaj yeem pov thaiv los ntawm tshuaj tiv thaiv kab mob.

Kev nyab xeeb ntawm cov tshuaj tiv thaiv kab mob ib txwm raug tshuaj ntsuam tas li. Xav paub xov xwm ntau ntxiv, ces mus saib: [www.cdc.gov/vaccinesafety/](http://www.cdc.gov/vaccinesafety/)

5

#### Yuav zoo li cas yog hais tias muaj ib qhov kev sib tiv loj heev?

**Kuv yuav tsum nrhiav dab tsi?**

- Nrhiav ib yam twg uas ua rau koj txhawj txog, xws li cov yam ntxwv qhia txog ntawm ib qhov kev sib tiv ntawm kev tsis haum loj heev, ua npaws siab heev, lossis muaj cov kev hloov tus cwj pwm.

Cov yam ntxwv qhia txog kev sib tiv ntawm kev tsis haum loj heev tuaj yeem xam muaj kev ntxhov siab, kev o ntawm lub ntsej muag thiab lub qa, ua pa nyuaj, plawv dhia ceev, kiv taub hau, thiab qaug zog. Cov no yuav pib txij ob peb feeb mus txog rau ob peb xuab moos tom qab muaj kev siv tshuaj tiv thaiv kab mob.

**Kuv yuav tsum ua li cas?**

- Yog koj xav hais tias nws yog ib qho kev sib tiv ntawm kev tsis haum loj heev lossis lwm yam xwm maj ceev uas tsis tuaj yeem tos tau, ces hu rau 9-1-1 lossis coj tus neeg ntawd mus rau lub tsev kho mob uas ze tshaj plaws. Tsis li ntawd, hu rau koj tus kws kho mob.
- Tom qab ntawd, yuav tsum muab qhov kev sib tiv ntawd ceeb toom mus rau Hom Kab Ke Ceeb Toom Xwm Txheej Tsis Zoo ntawm Tshuaj Tiv Thaiv Kab Mob (VAERS). Koj tus kws kho mob kuj yuav xa tsab ntawv ceeb toom no, lossis koj tuaj yeem ua tau los ntawm koj tus kheej mus raws lub vev xaib ntawm VAERS nyob rau ntawm [www.vaers.hhs.gov](http://www.vaers.hhs.gov), lossis hu rau **1-800-822-7967**.

*VAERS tsuas yog hais txog kev ceeb toom cov kev sib tiv nkaus xwb. Lawv tsis muab lus qhia txog kev kho mob li.*

6

#### Phiaj Xwm Kev Ntxiv Nqi Raug Mob ntawm Tshuaj Tiv Thaiv Kab Mob hauv Teb Chaws

Phiaj Xwm Kev Ntxiv Nqi Raug Mob ntawm Tshuaj Tiv Thaiv Kab Mob hauv Teb Chaws (VICP) yog ib lub phiaj xwm hauv tsoom fww teb chaws uas raug tsim los mus ntxiv nqi rau cov neeg uas tej zaum raug mob los ntawm ib cov tshuaj tiv thaiv kab mob twg.

Cov neeg uas ntseeg hais tias ntxim yog lawv raug mob los ntawm ib hom tshuaj tiv thaiv kab mob twg tuaj yeem kawm paub txog lub phiaj xwm thiab kev xa ib daim ntawv nqua thov los ntawm kev hu mus rau **1-800-338-2382** lossis kev mus saib VICP lub vev xaib ntawm [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation).

7

#### Kuv yuav tuaj yeem kawm paub ntau ntxiv tau li cas?

- Nug koj tus kws kho mob.
- Hu rau rooj tsav xwm saib xyuas kev noj qab haus huv hauv koj cheeb tsam lossis hauv xeev.
- Tiv tauj rau cov Chaw Tswj Tuav thiab Tiv Thaiv Kab Mob (CDC):
  - Hu rau **1-800-232-4636 (1-800-CDC-INFO)** lossis
  - Mus saib CDC lub vev xaib ntawm [www.cdc.gov/flu](http://www.cdc.gov/flu)

Vaccine Information Statement (Interim)  
Inactivated Influenza Vaccine

Hmong

07/26/2013

42 U.S.C. § 300aa-26

Office Use Only

