

TUS MOB HUMAN METAPNEUMOVIRUS



hMPV yog ib tus kab mob uas ua tau mob rau hauv koj cov ntsws thiab ua rau ua pa nyuaj. Txhua tus neeg tsis hais hnuv nyoog li cas yuav kis tau tus mob hMPV, tab sis cov me nyuam tsis tau muaj 5 xyoos, cov muaj hnuv nyoog siab dua, los yog cov uas tej roj ntsha tiv thaiv kab mob hauv nruab nrog cev tsis muaj zog yog cov uas yuav tau tus mob hnyav dua. Koj yuav kis tau tus mob hMPV ntau tshaj ib zaug. Nyob hauv Wisconsin, tus mob no kheev pom muaj rau thaum lub caij ntuj no yuav los xaus thiab lub caij nplooj ntoos hlav.



Tus mob no kis tau li cas?

- ▶ Cov neeg uas muaj tus mob hMPV yuav kis tau tus mob rau lwm tus thaum lawv hnoos los yog txham. Tus kab mob no yog pom muaj nyob hauv cov ncos ua pa uas tawm los ntawm lub caj pas thiab lub qhov ntswg. Thaum ib tus neeg hnoos los yog txham, cov neeg uas nyob ib ncig lawv yuav nqus tau cov ncos ua pa uas lawv tso tawm los ntawd.
- ▶ Tus kab mob kuj tseem kis tau thaum ib tus neeg kov tau ib yam khoom uas muaj tus kab mob nyob ntawd thiab. Ces tom qab ntawd yog tus neeg no siv nws ob txhais tes los kov nws lub ntsej muag, lub qhov ncauj, los yog ob lub qhov muag, tus kab mob yuav ua tau rau nws mob.



Dab tsi yog cov cim qhia tias yog tus mob thiab cov tsos mob?

Cov tsos mob kheev yuav pib tshwm sim tuaj li 3–6 hnuv tom qab nqus tau hMPV cov ncos ua pa.

Cov Tsos Mob Hauj Sim:

- ▶ Ua npaws
- ▶ Mob qa
- ▶ Los ntswg los yog txhaws ntswg
- ▶ Hnoos

Cov Tsos Mob Hnyav:

- ▶ Kub ib ce heev
- ▶ Hnoos heev (hawb pob)
- ▶ Ua pa nyuaj
- ▶ Mob hawb pob
- ▶ Txhaws qa hais lus tsis nrov
- ▶ Mob ntsws muaj dej



Cov kev kho tus mob yog li cas?

- ▶ Nws tsis muaj tshuaj txhaj tiv thaiv tus mob hMPV.
- ▶ Tsis muaj cov tshuaj tua kab mob los yog cov tshuaj tiv thaiv kab mob uas ua hauj lwm tawm tsam tus mob hMPV. Feem coob ntawm cov neeg uas muaj tus mob hMPV yuav cia li zoo lawv tus kheej yam tsis tas siv tshuaj dab tsi. Tab sis li cas los, nws kuj muaj ib cov kauj ruam uas koj ua tau los mus txo cov tsos mob, xws li noj cov tshuaj daws mob thiab cov tshuaj zoo khaub thuas, so kom txaus, haus dej kom ntau, thiab siv cov tshuaj pab rau kev ua pa (raws li koj tus kws kho mob pom zoo).



Yuav tiv thaiv li cas thiaj tsis kis tau tus mob?

- ▶ Ntxuav koj ob txhais tes tsis so nrog xab npum thiab dej. Siv cov tshuaj ntxuav tes yog koj tsis muaj dej thiab xab npum.
- ▶ Siv ib daim ntawv los npog koj lub qhov ntswg thiab qhov ncauj thaum koj hnoos los yog txham, ces muab daim ntawv pov tseg. Yog koj tsis muaj daim ntawv, hnoos rau hauv koj lub tes tsho.
- ▶ Tsis txhob qev ib yam khoom uas koj muab tso rau hauv koj qhov ncauj rau lwm tus, xws li khob haus dej, kav yas nqus dej haus, los yog tais diav noj mov.
- ▶ Nyob twj ywm hauv tsev txhob mus ua hauj lwm los yog mus kawm ntawv yog koj mob xwv koj thiaj tsis kis tus mob hMVP rau lwm tus.

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