

**COV TSWV YIM QHIA TIV THAIV TUS MOB:  
CEEV KOM OB TXHAIS TES THIAB DAIM  
TAWV NQAIJ KOM HUV SI**

*Ceev kom koj ob txhais tes thiab daim tawv nqaij huv si kom pab tiv thaiv qhov kis tau tus mob.*

- ▶ Ntxuav koj ob txhais tes tsis so.
- ▶ Tsis txhob mus rau ntawm cov tsev gyms los yog chaw qoj ib ce yog hais tias koj muaj pob kiav txhab rau ntawm daim tawv nqaij uas muab ntaub los qhwv tsis tau los yog qhwv tsis tau tej kua faj siv ntawm cov kiav txhab.



- ▶ Mus yaug dej kom sai tam sid tom qab mus qoj ib ce los yog mus ua kis las los.
- ▶ Tsis txhob sib qev siv tus chais hwj txwv, phuam da dej, los yog khaub ncaws hnav nrog lwm tus.

- ▶ Muab tshuaj los ntxuav tej chaw siv qoj ib ce thiab cov cuab yeej siv ua kis las ua ntej thiab tom qab siv tas. Nug qhov chaw gym kom muab cov khoom siv tso ze cov cuab yeej xwv thiaj yooj yim thaum tu qhov chaw thiab cov cuab yeej siv.



- ▶ Muab dej kub thiab cov xab npum ntxhua khaub ncaws los ntxhua cov khaub ncaws hnav.

- ▶ Muab cov khaub ncaws ziab kom kub rau hauv lub tshuab ziab khaub ncaws ua ntej muab rau lwm tus siv.

**COV LUS NUG THIAB LUS NCO CIA**

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**YOG XAV PAUB NTXIV MUS SAIB:**

**Wisconsin Department of Health Services**

<https://www.dhs.wisconsin.gov/disease/aro.htm>

**Centers for Disease Control and Prevention**

<http://www.cdc.gov/mrsa/community/>

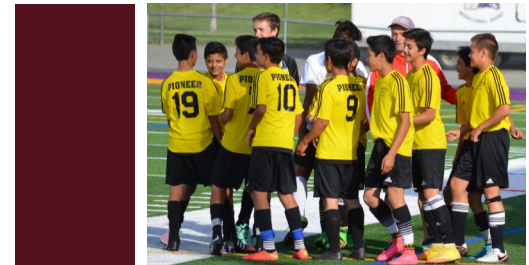
<http://www.cdc.gov/handhygiene/providers/training/>

**Wisconsin Department of Health Services**

**Division of Public Health**

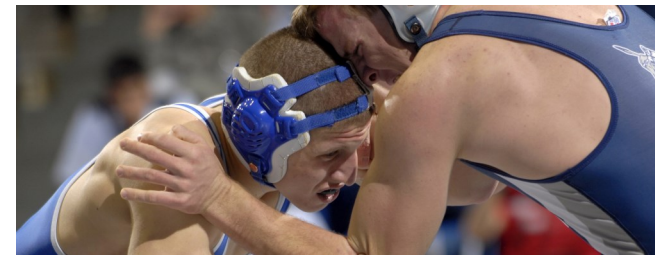
**Bureau of Communicable Diseases**

**P-42170H (12/2016)**



**Tus Mob Community  
Associated Methicillin  
Resistant  
*Staphylococcus aureus*  
(CA-MRSA)**

**Lus Qhia Rau Cov Neeq  
Mob thiab Cov Tswv Yim  
Qhia Tiv Thaiv Tus Mob**



## STAPH YOG DAB TSI?

“Staph” yog lo lus kheev siv rau *Staphylococcus aureus*. Nws yog ib tus mob uas pom muaj nyob ntawm koj cov tawv nqaij los yog nyob hauv koj lub qhov ntswg. Cov neeg feem coob yuav muaj tus kab mob staph nyob ntawm lawv cov tawv nqaij yam tsis pom cov cim qhia tias muaj tus mob li. Tab sis, thaum tus kab mob staph nkag tau mus rau hauv lub qhov nqaij to los yog khawb to ntawm koj daim tawv nqaij yuav ua tau mob rau cov tsiq nqaij muag los yog daim tawv nqaij.

## MRSA YOG DAB TSI?

MRSA yog txhais hais tias methicillin resistant *Staphylococcus aureus*. Nws yog ib hom mob uas tawm tsam ntau hom tshuaj tua kab mob. Cov neeg uas pw hauv tsev kho mob thiab hauv cov chaw tu mob mus sij hawm ntev yog cov yuav kis tau tus mob MRSA zoo tshaj.

## CA-MRSA YOG DAB TSI?

CA-MRSA txhais hais tias community-associated MRSA. Qhov no yog ib hom tshiab ntawm tus mob MRSA uas kheev pom muaj rau tsoom neeg sawv daws. Leej twg los yeej kis tau tus mob CA-MRSA, tab sis koj yuav kis tau tus mob sai dua yog koj cov tawv nqaij chwv tau lwm tus cov tawv nqaij, tawv nqaij to thiab khawb to, los yog kov tau tej cuab yeej siv qoj ib ce uas coob tus siv. Cov neeg ua football, cov sib ntswg sib qhau cev (wrestlers), cov neeg uas siv cov chaw qoj ib ce, cov me nyuam tsis tau muaj ob xyoos, thiab cov raug kee mus ua tub rog yog cov yuav kis tau tus mob CA-MRSA zoo tshaj.



Methicillin-resistant *Staphylococcus aureus* (MRSA)

## KUV YUAV UA LI CAS YOG TIAS KUV MUAJ CA-MRSA?

- ▶ **NTXUAV KOJ OB TXHAIS TES.** Muab xab npum thiab dej ntxuav koj ob txhais tes, txhuam ob txhais tes kom ntev tsawg kawg 20 fiab (seconds) ua ntej muab yaug. Nco ntsoov ntxuav ua ntej yuav mus kov lwm tus thiab tom qab kov tau tej chaw uas muaj tus kab mob nyob ntawd, cov ntaub qhwv kiav txhab uas twb siv lawm, los yog kov tau tej kua dej hauv nruab nrog cev uas muaj kab mob. Koj siv tau cov tshuaj ntxuav tes muaj cawv xyaw thaum yus ntsia tsis pom tias txhais tes dub.
- ▶ **TXHAWB KOM LWM TUS NTXUAV LAWV OB TXHAIS TES.** Lwm tus los yuav tau ntxuav lawv ob txhais tes thaum kov tau koj xws li pab tu koj lub qhov nqaij to, thiab kov tau cov ntaub qhwv kiav txhab los yog tej kua dej hauv nruab nrog cev uas muaj kab mob.
- ▶ **TSIS TXHOB MUS DA DEJ.** Tsis txhob siv cov pas dej uas sawv daws da, cov dab dej kub, los yog cov dab dej whirlpools yog hais tias koj muaj ib lub qhov nqaij to ntawm daim tawv nqaij, txawm tias twb muaj daim ntaub qhwv lub qhov nqaij lawm.
- ▶ **QHWV LUB QHOV NQAIJ.** Siv cov ntaub uas qhuav qhawv los qhwv lub qhov nqaij kom zoo.
- ▶ **LO COV NTAUB QHWV KIAV TXHAB KOM NTOM NTI.** Muab cov ntaub qhwv kiav txhab uas twb siv lawm tso rau hauv cov hnab yas uas lo tau ntom nti *ua ntej* muab pov tseg rau hauv lub thoob ntim khoom qias (trash) uas yus ib txwm siv.
- ▶ **NYOB TWJ YWM HAUV TSEV YOG HAIS TIAS DAIM NTAUB QHWV TSIS TAU LUB QHO NQAIJ KOM TXHOB NROG KUA FAJ SIV.** Tsis txhob mus ua hauj lwm, mus kawm ntawv, los yog mus hauv qhov chaw zov me nyuam kom txog rau thaum muab ntaub qhwv tau lub qhov nqaij tsis muaj kua faj siv nrog lawm tso.
- ▶ **TU THIAB MUAB TSHUAJ NTXUAV COV CHAW UAS MUAJ TUS KAB MOB.** Siv cov tshuaj uas siv

siv hauv tsev los mus ntxuav cov chaw uas muaj tus kab mob, xws li hom tshuaj bleach (piv txwv, siv 1/4 khob bleach nrog 2 khob dej). Cov chaw uas yuav tau tu kom huv kuj muaj xws li cov txiag thaiv tuaj saum toj hauv chav ua noj thiab chav dej, cov pob qhov rooj, lub dab tso quav, los yog lwm cov chaw uas ib tus neeg muaj tus mob ob txhais tes los yog daim tawv nqaij kov tau los yog chwv tau.

## COV TSWV YIM QHIA TIV THAIV TUS MOB: CEEV KOM DAIM TAWV NQAIJ TSIS MUAJ MOB

*Tus kab mob staph yuav tsis tshua ua tau mob yog hais tias daim ntawv nqaij nyob huv si tsis muaj qhov to, khawb to, los yog hle tawv qaij. Ceev kom koj daim tawv nqaij txhob muaj mob uas yog ua kom koj paub tseeb tias koj ua raws li cov nqe lus nram qab no:*

**RAU HNAB LOOJ TES.** Rau hnab looj tes thaum koj ua hauj lwm ntawm tog vaj tog tsev los yog rau cov hnab looj tes siv ua kis las thaum koj siv cov cuab yeej nyob tom tsev gym.



**SIV PHUAM DA DEJ.** Siv ib txoj phuam da dej los yog ib daim ntaub khaub ncaws los mus thaiv koj cov tawv nqaij thiab cov cuab yeej siv qoj ib ce thaum koj mus rau hauv ib lub tsev gym los yog qhov chaw qoj ib ce.

**NPOG KOJ COV TAWV NQAIJ.** Hnav cov tsho tes ntev thiab cov ris ntev tiv thaiv koj daim tawv nqaij thaum koj ua cov dej num uas yuav ua tau koj daim tawv nqaij to.



**SIV NTAUB QHWV KIAV TXHAB.** Muab ntaub qhwv kiav txhab los qhwv cov qhov nqaij to los yog cov qhov nqaij mob uas nyob cuab lug.

**SIV TSHUAJ PLEEV.** Siv cov tshuaj pleev thiab lwm yam tshuaj los pleev koj tej tawv nqaij tsis so kom cov tawv nqaij noo tsis tawg pleb.