

## Tej Kev Xyuam Xim ntawm Ntsws tom Tsev rau cov Neeg Mob uas Tej Zaum Muaj Tus Kab Mob Ntsws Qhuav

Tus neeg mob lub npe: \_\_\_\_\_ Hnub Yug: \_\_\_/\_\_\_/\_\_\_

Lub koom haus saib xyuas tib neeg kev noj qab nyob zoo: \_\_\_\_\_

Xov tooj: (\_\_\_\_) \_\_\_\_\_

Tus kws kho mob rau kev mob ntsws qhuav (TB): \_\_\_\_\_

Xov tooj: (\_\_\_\_) \_\_\_\_\_

Lwm zaum uas teem caij mus ntsib tus kws kho mob rau kev mob ntsws qhuav TB: \_\_\_\_\_

Tus uas nrog tus neeg mob tham txog tej no yog \_\_\_\_\_ thaum (hnub tim) \_\_\_/\_\_\_/\_\_\_

Koj tej kev kuaj mob qhia hais tias tej zaum koj muaj yam kab mob ntsws qhuav (TB) uas txawj kis rau lwm tus neeg. Tas sim no koj tsis tas tuaj pw hauv lub tsev kho mob. Tej zaum koj tus kws kho mob twb sau tshuaj rau koj noj uas pab tua kev mob TB no. Tej zaum cov kws kho mob yuav looj ib daim npog qhov ncauj qhov ntswg tiv thaiv lawv tus kheej thaum lawv nyob hauv koj lub tsev.

Koj yuav tsum tsis txhob nyob ze cov me nyuam mos liab, cov me nyuam yaus los sis tib neeg uas tiv tsis taus kab mob kev nkees vim lawv muaj tej yam kab mob zoo li HIV los sis khas xawj (cancer). Nov yog vim lawv lub cev muaj teeb meem tiv tej yam kab mob. Cov me nyuam uas muaj 5 xyoos rov hauv uas nyob hauv koj lub tsev tseem nrog koj nyob tau tom qab tus kws kho mob twb kuaj seb lawv puas mob TB thiab lawv tab tom noj cov tshuaj uas pab tiv thaiv lawv kom lawv tsis txhob mob TB thiab.

Nov yog ob peb yam tseem ceeb uas koj yuav tsum ua kom thiaj tsis txhob kis koj tej kab mob TB rau lwm tus neeg:

- Yuav tsum npog koj lub qhov ncauj thiab taub ntswg thaum twg koj hnoos los sis txham. Ib txhia neeg tsis tshua hnoos thaum uas lawv haus tej yam dej sov.
- Thaum nyob hauv tsev, tsis txhob siv sij hawm ntau hauv tej chav tsev uas lwm tus neeg siv zoo li chav dej los sis chav ua mov noj. Koj tsis tas looj ib daim npog qhov ncauj qhov ntswg thaum nyob ze koj tsev neeg uas ib txwm nrog koj nyob.
- Tsis txhob cia neeg qhuas tuaj xyuas koj tsev tsuas pub cov neeg kho mob tuaj xwb. Tsis txhob mus xyuas lwm tus neeg.
- Yog tias ua tau ces, siv ib lub kiv cua los sis qhib tej qhov rais hauv koj tsev. Qhov no pab cov cua khiav mus ub mus no. Koj muaj cai tawm ntawm koj lub tsev mus nraum zoov tsis tas yuav looj koj daim npog qhov ncauj qhov ntswg.
- Directly Observed Therapy (DOT) yog txoj kev kho mob zoo tshaj plaws uas yuav kho koj txoj kev mob TB. Koj tus kws kho mob thiab tus nais maum mam li qhia koj txog qhov DOT no. Ib tug neeg kho mob yuav nqa koj cov tshuaj tua tus kab mob TB no rau koj thiab yuav saib ntsoov thaum koj noj. Yuav tsum qhia koj tus neeg kho mob no yog tias koj muaj teeb meem los sis lus nug dab tsi txog koj cov tshuaj tua tus kab mob TB no.
- Tsis txhob mus ua hauj lwm, kawm ntawv, rau koj qhov chaw teev ntuj, lub tsev khaws ntawv, los sis lwm qhov chaw uas muaj tib neeg coob zoo li lub kiab khw thiab lub tsev xa ntawv.
- Tsis txhob caij cov tsheb luam zoo li cov tsheb npav, tshev tha xiv, tsheb nqaj hlau, thiab cov dav hlau.
- Koj yuav tsum mus kuaj mob raws li tau teem tseg. Koj tus kws kho mob yuav xyuas koj thiab xyuas seb cov tshuaj tua tus kab mob TB puas pab. Yog tias koj tsis mus raws li teem tseg, tej zaum yuav ntev zog koj qhov mob ntsws TB thiaj zoo mob.



Tuberculosis Prevention and Control Program  
P.O. Box 64975  
St. Paul, MN 55164-0975  
1-877-676-5414, 651-201-5414  
[www.health.state.mn.us/tb](http://www.health.state.mn.us/tb)

# Tej Kev Xyuam Xim ntawm Ntsws tom Tsev rau cov Neeg Mob uas Tej Zaum Muaj Tus Kab Mob Ntsws Qhuav – 2

---

- Koj tus kws kho mob los sis tus nais maum yuav muab ib daim npog ntsej muag tshwj xeeb rau koj. Looj daim no thaum twg koj mus hauv lub tsev kuaj mob los sis lub tsev kho mob.
- Koj tus kws kho mob los sis tus nais maum mam li qhia koj seb thaum twg koj tsis tas looj daim npog no lawm thiab mam li rov qab ua ub ua no los tau.

Yog koj muaj lus nug dab tsi txog kev mob TB los sis txoj kev kho mob no cia li nrog koj tus kws kho mob los sis tus nais maum tham.

**Muab kho los ntawm:** New York City Department of Health. Hospitalization and Community Discharge of TB Patients Protocol in Clinical Practices Manual, 2004.

**Ntaub Ntawv:** Centers for Disease Control and Prevention. Guidelines for Preventing the Transmission of *Mycobacterium tuberculosis* in Health-Care Settings, 2005. MMWR 2005; 54(No. RR-17): [38, 45].

Centers for Disease Control and Prevention. Controlling tuberculosis in the United States: recommendations from the American Thoracic Society, CDC, and the Infectious Diseases Society of America. MMWR 2005; 54(No. RR-12): [28].