

Tiv Thaiv Koj Tus Menyuam los ntawm Measles

HMONG TRANSCRIPT

Kev tiv thaiv koj tus menyuam ntawm kab mob qhua taum yooj yim heev nrog koob tshuaj MMR. Qhua taum yog ib tug kab mob ua rau menyuam yaus mob tau hnyav heev. Menyuam yaus yog cov muaj feem ntau tshaj plaws raug tau tus mob no thiab tej zaum yuav tau mus pw tom tsev kho mob yog muaj kev cuam tshuam los ntawm kab mob qhua taum xws li lub cev qhuav dej, kis mob rau ob lub ntsws, ua npaws kub taub hau, mob ntsej rag thiab lwm yam ntxiv.

Mob qhua taum cheem tau nrog koob tshuaj tiv thaiv mob qhua taum, mob qog pob tsaig, thiab mob qhua maj (los yog measles, mumps, thiab rubella) muaj ib lub npe hu ua koob tshuaj MMR. Koob tshuaj MMR tau raug kuaj xyuas zoo thiab tau siv thoob qab ntuj los lawm tshaj 50 xyoo. Nws ua hauj lwm zoo heev thiab yog ib yam zoo tshaj plaws peb muaj los mus tawm tsam kab mob qhua taum.

Thawj koob tshuaj MMR pom zoo kom txhaj rau cov menyuam me thaum muaj 1 xyoos thiab rov txhaj dua ua ntej menyuam pib kawm ntawv thaum muaj 4 mus txog rau 6 xyoo. Yog koj tus menyuam tsis tau txhaj koob tshuaj MMR dua li thiab yog nws tau mus chwv raug kab mob qhua taum ces nws yuav tsum nyob tsev twj ywm txhob mus rau tom chaw zov menyuam, tom tsev kawm ntawv, los yog mus ua lwm yam, thiab yuav tsum nyob kom nrug deb lwm tus puv 21 hnuv.

Koj mus txhaj koob tshuaj MMR tau rau ntawm koj lub tsev kho mob. Yog koj muaj lus nug lossis kev txhawj ces nug rau koj tus kws kho mob! Koj tus kws kho mob qhia tau rau koj hais tias yuav muaj dab tsi tom qab txhaj tshuaj tag, thiab muab Daim Ntawv Qhia Txog Koob Tshuaj Tiv Thaiv Kab Mob rau koj, nrog rau cov ntaub ntawv no.

Menyuam yaus yuav muaj feem kis tau kab mob qhua taum yog lawv tsis tau txhaj tshuaj tiv thaiv. Saib xyuas kom meej seb koj cov menyuam puas tau txhaj tshuaj tiv thaiv, peb sawv daws koom tes sib pab kom txhua leej txhua tus noj qab nyob zoo.

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