

Hawm txog cov Niam Txiv/Tus Saib Xyuas,

Ib hom khaub thua txhiab 2009 hu ua H1N1 yog pib tshwm sim rau lub caij nplooj ntoo hlav dhau los no nyob rau Wisconsin, thiab tseem ua rau neeg mob los txog rau lub caij nplooj ntoo zeeb no. Tus khaub thuas no ua rau neeg mob ntxhuj ntxhoo mus txog rau mob nyhav. Nws ua tau rau mob nyhav raug mus pws tsev kho mob loj thiab kuj ua cov me nyuam yau thiab cov laus tuag tau. Txhaj tshuaj tiv thaiv yog ib yam zoo heev yuav tiv thaiv tau koj tus me nyuam los ntawm tus khaub thuas yuav ua tau mob nyhav no. Yog koj mus tau, mus txhaj koob tshuaj tiv thaiv ntawm koj tus kws kho mob.

Tsev Noj Qab Hau Hu- Madison thiab Dane County yuav tuaj rau tom koj tus me nyuam lub tsev kawm ntawv tuaj txhaj tshuaj tiv thaiv tus kab mob khaub thuas no sai tom ntej no. Ntawm no yog cov lus qhia txog qhov txhaj tshuaj rau hauv koj tus me nyuam lub tsev kawm ntawv.

Nyob rau tsab ntawv no koj yuav pom:

- **Ntawv Tso Cai:** Nyeem thiab teb kom tag nrho cov lus nug
 - Kos lub voj qhia rau peb tias koj xav los sis tsis xav kom koj tus me nyuam tau txhaj tshuaj. Peb tsuas txhaj rau tus me nyuam nws nqa daim ntawv rov qab tuaj, ko lub voj tias kam, thiab niam txiv los sis tus saib xyuas sau npe xwb.
 - **Sau npe rau daim ntawv tso cai.**
 - Ces xa daim ntawv rov mus rau tom koj tus me nyuam lub tsev kawm ntawv sai li sai tau.
- **“Yam koj yuav tsum tau paub “ yog daim ntawv qhia txog cov tshuaj tiv thaiv.** Thov nyeem. Nws muaj ob daim ntawv, ib daim qhia yam tshuaj txau rau qhov ntswg thiab ib daim qhia yam tshuaj txhaj. Cov lus koj teb nyob rau cov lus nug ntawm daim ntawv tso cai yuav qhia rau peb paub muab hom tshuaj twg rau koj tus me nyuam.
- **Tsev Noj Qab Haus Huv Tsab Cai Siv Yus Tug.** Thov nyeem.

Cov me nyuam hnuv nyoog qis dua 10 xyoo yuav tau txhaj cov tshuaj no ob koob. Koj yuav tau txais daim ntawv tso cai zaum ob ua ntej peb yuav rov tuaj txhaj tshuaj tom koj tus me nyuam lub tsev kawm ntawv, ib hli tom tab txhaj thawj koob tas.

Pab koj tus me nyuam npaj kom txhij mus txhaj tshuaj:

- Qhia rau koj tus me nyuam txog ntawm cov tshuaj tiv thaiv. Qhia rau nws tias yooj yim thiab sai heev thiab zoo dua thaum raug tus mob khaub thuas.
- Nco ntsoov muab tshais rau koj tus me nyuam noj hnuv tuaj txhaj tshuaj. Cov me nyuam ua tau zoo zog yog lawv noj tshais lawm.
- Koj tus me nyuam yuav tau txhob hnav tsho npab ceev tuaj mus kawm ntawv hnuv yuav txhaj tshuaj es peb thiaj qaws tau nws ntxhais npab.

Hnuv txhaj tshuaj:

- yuav koj koj tus me nyuam mus nyob nws ib chav thiab tsis qhia lwm tus paub hnuv txhaj tshuaj tom tsev kawm ntawv.
- Cov me nyuam tau txhaj tshuaj lawm yuav tau ntau ib lub thwj kob rau lawv sab caj npab.
- Txawm tias tau kev tsos cai los, tej zaum peb txhaj tsis tau tshuaj rau tus me nyuam. Peb yuav ua txhua yam peb ua tau kom koj tus me nyuam txhob ntshai, thiab maj mam tuav kom zoo txhaj tshuaj. Yog peb tuav tsis tau nws txhaj tshuaj, peb yuav muab ib daim ntawv rau koj tus me nyuam nqa los tsev qhia rau koj txog lwm qhov chaw koj mam coj mus txhaj tshuaj.

Peb yuav saib cov me nyuam 15 feeb tom qab txhaj tshuaj tag kom lawv tsis txhob muaj dab tsis. Thov mus seb peb qhov Website qhia txog tus khaub thuas thiab lub tswv yim ua li cas rau koj thiab koj tsev neeg kom noj qab nyob zoo: www.publichealthmdc.com/h1n1news. Hu Public Health Madison & Dane County's Flu Line ntawm 243-0555 yog muaj lus nug los sis txhawj xeeb dab tsi. Ua Tsaug **Public Health Madison & Dane County**