

Ntshauv Saum Taubhau

Ntshauv saum taubhau yog dabtsi?

Tus ntshauv saum taubhau yog ib hom kab uas tuaj yeem los nyob rau ntawm tibneeg tau. Cov kab me me no (ntev li 1/8") ua lawv lub tsev nyob rau ntawm tibneeg cov plaub hau thiab nqus lawv cov ntshav. Ntshauv saum taubhau ua menyuum tau sai, nws nthu cov qe me me daj lis (hu ua qe ntshauv) nplaum rau ntawm cov hauv paus plaub hau. Ntshauv saum taubhau kis tsis tau kab mob.

Leejtwg thiaj muaj ntshauv saum taubhau tau?

Txhua tus neeg tuaj yeem muaj ntshauv saum taubhau tau. Nws tsis yog txhais tau tias ib tus neeg twg qias tsis huv. Cov neeg feem ntau yeej tsis paub tias lawv muaj ntshauv los nyob saum taubhau yog lawv tsis pom cov qe ntshauv lossis tus ntshauv. Yeej pom muaj ntshauv nyob thoob ntiaj teb, feem ntau yog muaj nyob rau ntawm cov menyuum yaus.

Ib tug ntshauv los nyob saum taubhau tau li cas?

Ntshauv saum taubhau tsis muaj tis thiab ya tsis tau lossis dhia tsis tau, tiamsis tuaj yeem nkag lossis khiav mus los saum cov plaubhau tau ceev. Feem ntau, kis tau ntshauv saum taubhau los ntawm taubhau rau taubhau ntawm tug neeg muaj ntshauv. Nws kuj kis los ntawm kev siv khoom ua ke xws li cov zuag, cov ntsis plaubhau, lwm cov khoom tu plaubhau, cov phuum so, cov tog hauv ncoo, cov kaus mom, thiab lwm cov khoom ntoo saum taubhau. Dev, miv, thiab lwm cov tsiaj yug hauv tsev kis tsis tau ntshauv.

Cov yeeb yam muaj ntshauv los nyob saum taubhau yog zoo li cas?

Saib cov qe ntshauv nyob ntawm txoj plaub hau uas nyob sab tom qab ntawm lub taubhau thiab lub caj dab thiab sab tom qab lub pob ntseg. Tsis txhob xav yuam kev tias cov tshuaj txuag plaubhau, tshuaj nplaum plaubhau, lossis plhaws taubhau, uas tshem tau yooj yim ntawm cov plaubhau yog qe ntsauv; cov qe ntshauv tshem tsis tau yooj yimvim nws nyob ruaj khov rau ntawm cov plaub lawm.

Ib qho yuav ua rau paub tias muaj ntshauv saum taubhau yog hnov khaus rau saum taubhau, qee zaus pom muaj tawv nqaij taubhau hlaws lossis pom muaj pob xoo liab.

Yog koj muaj lus nug txog kev kuaj xyuas ntshauv saum taubhau, hu rau koj tus kws kho mob.

Koj yuav tswj cov ntshauv saum taubhau li cas?

Tuaj yeem siv cov tshuaj tua ntshauv uas yuav tau tom tej khw muag tshuaj (OTC) lossis siv cov tshuaj uas yuav raws li daim ntawv sau yuav tshuaj (tshuaj tua ntshauv). Cov tshuaj tua ntshauv tau zoo muaj xws li:

- “Nix,” ib yam tshuaj zawv plaubhau uas muaj muag raws OTC uas muaj cov tshuaj permethrin nyob rau hauv, yog ib hom tshuaj tua kab
- Muaj ntau yam tshuaj pyrethrin-tshuaj zawv plaubhau (“Rid,” “R&C,” “Triple-X,” thiab lwm yam.) nws kuj muaj nyob raws OTC
- “Ovide,” ib hom tshuaj yuav raws daim ntawv sau yuav tshuaj uas muaj cov tshuaj malathion.

Nrog ntawm cov tshuaj tua ntshauv no, tsuas siv ib yam tshuaj xwb los yeej tua ntshauv tau lawm; txawm li cas los xij, yuav tsum tau siv tshuaj tua zaum thib ob ntxiv tom qab tua thawj zaug ntev li xya txog 10 hnuv thiaj li tua tau txhua cov qe ntshauv kom tag. Vim ntau leej hais qhia tias kev siv tshuaj tua ntshauv uas yuav raws OTC tsis tshua zoo, yog li ntawd yuav tsum tau ua tib zoo siv raws li cov lus qhia siv tshuaj tua ntshauv thiab tham nrog koj tus kws kho mob yog tua ntshauv tsis tuag. Yeej muaj lwm cov tshuaj tua ntshauv uas yuav los tua tau.

Lwm yam tshuaj tua ntshauv yog dabtsi?

Tau muaj ntau hom tshuaj raws OTC lossis ntawv sau yuav tshuaj tua ntshauv uas twb hais qhia tas lawm. Txawm tias tsis tau muaj ntau ntawv qhia pom tseeb tias cov tshuaj no zoo siv, kuj muaj tej tug tau hais qhia tias kuj pab tau lawv hloov siv lwm yam thaum siv tshuaj tua ntshauv tsis ua hauj lwm, lossis thaum txhawj tias cov tshuaj tua ntshauv muaj ceem thiab tsis

zoo siv zawv plhaubhau ntau zaus. Minnesota Department of Health (lub tsev haujlwm saib xyuas kev noj qab haus huv) tsis tuaj yeem qhia kom siv cov kev tua ntshauv no tau yog tsis pom muaj pov thawj tias siv cov tshuaj no ntxim. Tiamsis, peb xav tias yog ib qho tseem ceeb uas yuav tau qhia txog qee yam kev tua ntshauv uas nquag siv.

Cov tswv yim tua ntshauv uas muaj npe nyob hauv qab no yog cov tshuaj ua kom ntshauv ua pa tsis taus. Thaum siv, cov tshuaj ua kom ntshauv ua pa tsis tau thiab/lossis ua kom ntshauv nyob tsis taus saum taubhau.

- Cov tshuaj kua nplaum Petroleum (Vaseline®)
- Kua nyeem thiab dawb Mayonnaise
- Roj (xws li roj zaub, roj olive, lossis roj mineral)

Kev rhuav tshem ntshauv los ntawm cov niam txiv siv tes rho lossis cov kws tua ntshauv kuj yog ib txoj kev los tua ntshauv uas yam tsis siv cov tshuaj yuav raws OTC thiab cov tshuaj yuav raws li daim ntawv sau yuav tshuaj.

Koj yuav tu ib puag ncig kom huv si tau li cas?

Ntshauv saum taubhau yuav tsis muaj sia nyob ntev tshaj ob hnuv yog tias dua mus ntawm tibneeg lub cev lawm. Cov ntshauv ntes tsis tau qe tau rau ntawm tibneeg lub cev. Cov ntshauv nyob tsis tau rau ntawm cov tsiaj yug hauv tsev. Txhua lub qe ntshauv uas poob saum taubhau los yeej daug tsis tau lossis rov qab mus dhos saum taubhau tsis tau. Kev tswj xyuas ntshauv saum taubhau feem ntau yog saib xyuas kom ntshauv tsis txhob ntau zuj zus, tiamsis kuj muaj qee yam kev tu ib puag ncig thaj tsam:

- Siv dej kub ntxhua pam vov pam pua (kub siab dua 130°F) thiab muab tso lub ciav ziab kub ua kom qhuav. Siv dej kub ntxhua ris tsho thiab muab ziab kom qhuav (xws li cov tsho tiv no, cov kaus mom, thiab cov phuum kauv caj dab) rau kom kub siab heev.
- Siv cov dej kub txog 130°F los tsau tej zuag thiab lwm yam khoom siv ntsis plaubhau kom ntev txog li 10 feeb.
- Tsuas siv lub tshuab nqus plua av los tu cov npoo tsev, cov ntaub pua tsev, thiab cov rooj tog xwb. Qhov siv cov tshuaj txuag tua ntshauv tsis txhob siv.

Yuav tsum tu rau thaum thawj hnuv uas tua ntshauv thiab thaum pom tseem muaj ntshauv nyob rau ntawm tus neeg ntawd lub taubhau. Npaj tu thaj chaw thiab yam khoom uas tus neeg nrog nyob ua ke thiab tej khoom nws tau siv hauv lub sijhawm 48 xaub moos dhau los ua ntej yuav tua ntshauv.

Koj yuav tiv thaiv kom txhob muaj ntshauv saum taubhau li cas?

Xav kom cov niam txiv nquag kuaj xyuas cov ntshauv saum lawv cov menyuam lub taubhau tas li. Tej tsev neeg yuav tsum tsis txhob tos lwm tus neeg los kuaj xyuas lawv tus menyuam lub taubhau – qhov no yuav ua rau ncuav kev tua ntshauv tau. Nco ntsoov tias yog ib tug neeg hauv ib tsev neeg, ib thaj chaw, lossis lub tsev kawm ntawv muaj ntshauv, yuav ua rau kis rau lwm tus neeg tau. Kuaj xyuas txhua leej, thiab siv kev tua ntshauv zoo tib yam nkaus yog ua tau. Tsis tas siv tshuaj tua ntshauv rau cov neeg uas tsis muaj ntshauv lossis tsis muaj qe ntshauv.

Cov tsev kawm ntawv yuav tswj xyuas ntshauv saum taubhau li cas?

Cov tsev kawm ntawv yuav tsum txhawb kom cov niam txiv nquag kuaj xyuas lawv cov menyuam seb puas muaj ntshauv tom tsev. Kev kuaj xyuas cov ntshauv sib kis saum taubhau los ntawm cov tsev kawm ntawv yeej pom tias ua tsis tau zoo.

Thaum poob siab tias muaj ntshauv saum taubhau, yuav tsum qhia rau cov niam txiv rau hnuv ntawd kom kuaj xyuas lawv cov menyuam seb puas muaj ntshauv thiab yog pom muaj ntshauv ces yuav tsum tau nrhiav kev kho. Cov menyuam uas muaj ntshauv tseem mus tom tsev kawm ntawv los tau.

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Head Lice – Hmong (4/11/19)

Yog xav tau tej ntaub ntawv no uas lwm yam, hu rau: 651-201-5414. Luam tawm los ntawm cov ntawv raug tsim rov qab los siv dua.