

# Mob Qhua Pias (Rubeola)

## Mob qhua pias yog dab tsi?

Kab mob qhua pias, kuj tseem muab hu ua kab mob rubeola, yog ib tug kab mob kis tau zoo heev los ntawm ib tug kab mob. Tus kab mob qhua pias kis tau yooj yim thiab tuaj yeem ua rau muaj teeb meem loj rau ib tug neeg twg txoj kev noj qab haus huv. Kev txhaj tshuaj tiv thaiv ncu ntev tau ceev kom tus mob qhua pias tsis txhob kis tau dav-dav hauv Tebchaws Meskas, tab sis tseem tuaj yeem muaj kev sib kis tau thiab tshwm sim tau. Thaum qib kev txhaj tshuaj tiv thaiv hauv zej zog muaj tsawg los sis poob qis, ces qhov kev pheej hmoo txog kev kis tus kab mob yuav nce siab tuaj. Cov kab mob qhua pias muaj nyob rau ntau qhov chaw hauv lub ntiaj teb no thiab tuaj yeem coj tuaj tau rau hauv Tebchaws Meskas los ntawm cov neeg ncig teb chaws uas tsis tau txais kev txhaj tshuaj tiv thaiv. Kev tswj kom muaj kev duav txog kev txhaj tshuaj tiv thaiv tau siab yog qhov tseem ceeb los tiv thaiv cov tib neeg thiab cov zej zog kom tsis txhob muaj kev sib kis.

## Cov tsos mob qhua pias yog dab tsi?

- Pob Liab THIAB
- Ua Npaws THIAB
- Hnoos LOSSIS los ntswg LOSSIS Kua muag/kua ntswg los

Cov tsos mob tshwm sim kwv yees li ntawm yim txog 12 hnuv tom qab tus neeg kws tau mob qhua pias. Thawj tug yam ntxwv mob ces feem ntau yog ua npaws. Qhov kev xoo pob feem ntau yuav tshwm sim ob mus rau peb hnuv tom qab pib ua npaws thiab xaus mus thaum txwm tsib mus txog rau hnuv. Cov pob liab pib tshwm ntawm taub hau ua ntej, nqis mus rau hauv lub ntsej muag thiab saum caj dab ces nqis mus rau hauv lub cev.

## Yog tias koj los yog koj tus menyuam muaj cov tsos mob qhua pias koj yuav ua li cas?

Nco ntsoov nyob hauv tsev thiab zam tsis pub muaj cov qhua tuaj saib kom txog thaum koj tau tham nrog koj tus kws kho mob lossis lub chaw kuaj mob. Koj tus kws kho mob lossis lub chaw kuaj mob yuav qhia koj seb puas yog koj yuav tsum tuaj ntsib.

## Qhua pias yog yam mob hanyav npaum cas?

Qhua pias tuaj yeem yog yam mob hanyav uas tuaj yeem tau mus pw hauv tsev kho mob thiab tuag tau. Ntau tus neeg muaj mob qhua pias tau muaj mob raws plab, mob pob ntseg, mob ntsws muaj dej, lossis mob hlwb (kis mob rau cov hlwb uas tuaj yeem ua rau puas hlwb mus ib txhis) ntxiv. Cov mob ntxiv no feem ntau yog tshwm sim rau cov menyuam yaus hnuv nyoog qis dua 5 xyoo thiab cov neeg loj hnuv nyoog ntau dua 20 xyoo.

Mob qhua pias thaum lub sij hawm cev xeeb tub ua rau muaj kev pheej hmoo rau ua tsis tau hauj lwm thaum tseem hluas, ho me nyuam, thiab cov menyuam mos sib. Mob qhua pias tuaj yeem ua rau mob hanyav rau cov neeg uas muaj kev tiv thaiv lub cev qis.

## Mob qhua pias sib kis tau li cas?

Mob qhua pias sib kis tau hla kev ua pa thaum ib tus neeg uas muaj mob ua pa thiab hnoos. Nws yog yam mob sib kis tau sai. Koj tsis tuaj yeem mob qhua pias ntau dua ib zaug, vim tias tom qab koj mob qhua pias koj lub cev muaj qhov tiv thaiv lawm.

## Ntev npaum cas tus neeg muaj mob qhua pias tuaj yeem kis mob rau lwm tus tau?

Tus neeg uas tau tus mob qhua pias tuaj yeem kis tau mus rau lwm tus suav txij lub sijhawm plaub hnuv ua ntej nws cov pob tshwm sim mus txog rau plaub hnuv tom qab uas nws tshwm sim.

## **Puas muaj hauv kev kho tau mob qhua pias?**

Tsis muaj, tsis muaj ib txoj hauv kev tshwj xeeb kho cov mob qhua pias. Cov neeg muaj mob qhua pias yuav tsum tau so, haus dej kom ntau, thiab tswj tus mob ua npaws. Lawv kuj tseem yuav tau kho tej yam mob ntxiv tuaj xws li raws plabb, mob pob ntseg, lossis mob ntsws muaj dej.

## **Puas yog muaj tshuaj txhaj tiv thaiv kab mob qhua pias?**

Yog. Cov tshuaj txhaj tiv thaiv kab mob qhua pias feem ntau txhaj ua ke nrog tshuaj tiv thaiv mob ua qog thiab mob qhua maj (MMR).

- Cov menyuam yaus tau txhaj cov tshuaj MMR thaum muaj hnuv nyoog 12-15 hli thiab thaum muaj 4-6 xyoo; koob tshuaj MMR thib ob yuav txhaj sai sai lub hli tom qab txhaj thawj koob.
- Thawj koob tshuaj MMR yuav tshum tau txhaj rau cov menyuam muaj hnuv nyoog 6-12 hli uas yuav taug kev mus ncig txawv tebchaws lossis qhov chaw uas yuav muaj kev sib kis tau.
- Cov neeg loj uas tseem tsis tau mob qhua pias dua lossis tsis tau txhaj tshuaj tiv thaiv mob qhua pias yuav tsum tau txhaj ib koob tshuaj tiv thaiv mob MMR, tshwj xeeb mas yog cov uas yug xyoo 1957 lossis tom qab ntawv.
- Cov menyuam kawm ntawv (suav nrog cov kawm tsev kawm qeb siab), cov neeg ua haujlwm saib xyuas noj qab haus huv, thiab cov ncig txawv tebchaws yuav tsum tau txais kev txhaj tshuaj tiv thaiv mob MMR, yog tias lawv tseem tsis tau txhaj, lawv yuav tsum tau txhaj tshuaj tiv thaiv kab mob.
- Tham nrog koj tus kws kho mob yog tias koj muaj lus nug ntsig txog yam tshuaj tiv thaiv kab mob uas koj lossis koj tus menyuam yuav tsum tau txhaj

## **Yog tias koj lossis koj tus menyuam muaj mob qhua pias, koj yuav tsum ua li cas?**

- Hu rau koj tus kws kho mob lossis lub chaw kuaj mob kiag tam sim. Lawv yuav qhia rau koj seb puas yog koj yuav tsum tau mus ntsib kws kho mob.
- Yog tias koj tseem tsis tau txhaj tshuaj tiv thaiv, ces kev txhaj tshuaj MMR tsis pub dhau peb hnuv tom qab uas nphav txog tus mob tuaj yeem tiv thaiv tau kom tsis txhob kis tau tus mob qhua pias.
- Yog tias koj tau txais ib koob tshuaj globulin tiv thaiv kab mob (cov khoom siv rau ntshav uas muaj cov tshuaj tiv thaiv tus kab mob qhua pias) tsis pub dhau rau hnuv tom qab nphav txog tus mob qhua pias, ces nws kuj yuav tiv thaiv tau los sis txo tau qhov hnyav ntawm tus mob qhua pias.

## **Yuav uas li cas yog tias muaj neeg mob qhua pias hauv tsev kawm ntawv lossis lwm qhov chaw (xws li chaw ua si caij ntuj sov, chaw zov menyuam, chaw ua hauj lwm, chaw kuaj mob)?**

MDH thiab cov chaw saib xyuas kev noj qab haus huv hauv zos yuav ua haujlwm nrog qhov chaw kho mob los txheeb xyuas cov neeg uas tej zaum yuav nphav txog tus kab mob, tshuaj xyuas lawv lub zog tiv thaiv tus kab mob qhua pias, thiab pab qhia kom siv cov tshuaj prophylaxis tom qab nphav txog tus kab mob raws qhov tsim nyog rau qhov xwm txheej ntawd.

Minnesota Department of Health  
PO Box 64975, St. Paul, MN 55164-0975  
651-201-5414 | [www.health.state.mn.us/measles](http://www.health.state.mn.us/measles)

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*Yog xav tau cov ntau ntawv no ua lwm hom, hu rau: 651- 201-5414.*