

**MMR** (Kab mob qhua pias, Kab mob ua qog & Rubella)

**Txhaj Tshuaj**

**Dab Tsi Koj Xav Paub**

Many Vaccine Information Statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis).  
 Feem ntau cov ntaub ntawv qhia txog kev txhaj tshuaj muaj rau lus Mev thiab lwm hom lus.  
 Mus saib [www.immunize.org/vis](http://www.immunize.org/vis).

**1 Vim li cas ho mus txhaj tshuaj?**

Kab mob qhua pias, kab mob ua qog, thiab rubella yog ib tug kab mob tseem ceeb. Ua ntej txhaj tshuaj lawv yeej zoo ib yam, feem ntau txhwj xeeb rau cov menyuam yaus.

**Kab mob qhua pias**

- Kab mob qhua pias ua tau pob khaus, hnoos, los ntswg, ua rau qhov muag khaus, thiab ua daus no.
- Nws ua rau qhov ntsej ua paug, kab mob ntsws, qaug dab peg (fiav thiab ntsia), hlwb puas, thiab kev tuag.

**Kab mob ua qog**

- Kab mob ua qog ua daus no, mob taub hau, mob nqaj leeg, tsis qab lo, thiab cov kua dej yug lub cev o.
- Nws ua rau lag ntseg, meningitis (ua paug rau lub hlwb thiab tus txha caj qaum), mob thiab o ntawm noob qes los yog zau qe menyuam, thiab muaj tsis tau menyuam.

**Rubella (German Measles)**

- Rubella ua tau pob khaus, ua mob raws pob txha (feem ntau nyob rau pojniam), thiab ua daus no me ntsis.
- Yog ib tug pojniam muaj tus kab mob rubella thaum nws lub cev xeeb menyuam, nws nchuav tau menyuam los yog nws tus menyuam yuav yug tau los muaj tej yam tsis zoo.

Cov kab mob no kis rau ib tug neeg mus rau ib tug neeg saum cua. Koj yuav kis tau yooj yim yog koj nyob ze ib tug neeg twb muaj tus kab mob no lawm.

Kab mob qhua pias, kab mob ua qog, thiab rubella (MMR) txhaj tshuaj yuav tiv thaiv menyuam (thiab cov neeg laus) los ntawm peb tug kab mob no.

Ua ntsaug rau qhov chaws txhaj tshuaj no zoo heev cov kab mob no tsis tshua muaj ntau nyob rau U.S. zoo li thaum ib lawm. Tab sis yog peb tsis txhaj tshuaj lawm lawv yuav rov qab tshwm si.

**2 Leej twg thiaj li yuav tau txais qhov MMR txhaj tshuaj no thiab yog thaum twg?**

**Menyuam** yuav tsum tau 2 dose ntawm cov MMR txhaj tshuaj:

- **Qhov Dose Ib:** hnuv nyoog 12-15 hli

MMR VIS (4/20/12) - Hmong

- **Qhov Dose Ob:** hnuv nyoog 4-6 xyoo (txhaj ntxov los yeej tau, yog twb tau 28 hnuv tom qab qhov dose ib)

Tej txhia menyuam mos liab hnuv nyoog me tshaj 12 hli yuav tsum tau txhaj ib dose ntawm cov MMR yog lawv yuav mus txawv teb chaws. (Qhov dose no yuav tsis suav nrog lawv cov mus kuaj txhua zaum.)

**Tej txhia neeg laus** yuav tsum txhaj qhov MMR no thiab: Yog leej twg muaj 18 xyoo los yog laus dua yug tom qab 1956 yuav tsum txhaj ib dose ntawm cov MMR no, los tsis li lawv yuav tsum qhia tau tias lawv twb txhaj tag lawm los yog twb muaj peb tug kab mob no dua lawm.

Cov MMR txhaj tshuaj no yeej muab tau ib lub sijhawm li lwm cov txhaj tshuaj thiab.

Menyuam ntawm 1 thiab 12 xyoo yeej txhaj tau “ua ke” cov txhaj tshuaj hu uas MMRV, muaj cov MMR thiab varicella (ua qoob) txhaj tshuaj. Qhov no yog cov ntawv qhia txog qhov txhaj tshuaj nws muaj nws rau MMRV.

**3 Tej txhia tib neeg yuav tsum tsis txhob txhaj qhov MMR no los yog yuav tsum tos.**

- Yog leej twg tau muaj qhov yuav tuag tsis haum rau cov tshuaj neomycin, los yog lwm cov MMR txhaj tshuaj, yuav tsum tsis txhob siv cov txhaj tshuaj no. Qhia rau koj tus kws kho mob yog koj muaj tej tsis haum no.
- Yog leej twg muaj qhov yuav tuag tsis haum rau cov dose los ntawm MMR los yog MMRV cov txhaj tshuaj no yuav tsum tsis txhob txhaj ntxiv lawm.
- Tej cov tib neeg ua mob thaum teem tau sijhawm mus txhaj yuav tsum tau tos kom lawv zoo ua ntej mus txhaj MMR.
- Cov poj niam ua xeeb menyuam yuav tsum tsis txhob mus txhaj cov MMR. Cov poj niam ua xeeb menyuam yog xav cov txhaj tshuaj no yuav tsum tos tom qab lawv yug menyuam tag. Poj niam yuav tsum tsis txhob pub muaj menyuam los ntawm 4 av thiv tom qab cov txhaj cov MMR.
- Qhia rau koj tus kws kho mob yog tias tus neeg yuav tau cov txhaj tshuaj:
  - Muaj tus kab mob HIV/AIDS, los yog lwm hom kab mob tsis zoo rau lub cev



- Tseem noj tshuaj yuav tsis zoo rau lub cev, xws li tshuaj muaj zog
- Muaj tus kab mob ua qog lwm yam
- Tseem raug kho rau tus kab mob ua qog nrog raws siv hluav taws xob los yog tshuaj
- Yeej tau muaj cov ntshav platelet qis (ib tug kab mob ntshav)
- Twb tau txhaj tshuaj lwm qhov los tau 4 av thiv lawm
- Twb tau mus lim ntshav los yog twb tau txais lwm hom ntshav

Cov no yog tej txhia yuav tsum tsis txhob mus txhaj cov tshuaj no, los yog tos kom ntev zaug.

**4**

### Tej yam tshwm sim los ntawm cov txhaj tshuaj MMR yog?

Qhov txhaj tshuaj, zoo li lwm hom tshuaj, yeej ua tau muaj teeb meem, xws li ua tsis haum.

Qhov tshwm sim los ntawm qhov txhaj tshuaj MMR no ua rau mob lwm yam, los yog kev tuag, me heev.

Tau qhov txhaj tshuaj MMR no yeej zoo tshaj qhov tau tus kab mob qhua pias, kab mob ua qog, los yog rubella.

Feem ntau cov tib neeg tau qhov txhaj tshuaj MMR no tsis muaj teeb meem dab tsi.

#### Teeb Meem Me

- Ua daus no (mus rau ib tug neeg ntawm raws tug)
- Pob khaus me me (li ib tug neeg los ntawm 20 tus)
- Cov pob ntawm sab plhu los yog caj dab o (li ib tug neeg ntawm 75 tus)

Yog cov teeb meem no tshwm sim, yuav yog los ntawm 6-14 hnuv tom qab tau qhov txhaj tshuaj no. Nws tshwm sim tsawg tshaj tom qab qhov dose thim ob.

#### Teem Meem Haum Sim

- Qaub dab peg (fiav thiab ntsia) los ntawm ua daus no (li ib mus rau 3,000 doses)
- Mob tsis ntev thiab txhav nyob rau cov pob txha, feem ntau rau cov neeg hluas los yog cov poj niam laus (rau ib mus rau plaub)
- Cov platelet suav qis tsis ntev, nws ua tau tus kab mob los ntshav (li ib mus rau 30,000 doses)

#### Teeb Meem Hnyav (Tsis Tshua Muaj)

- Muaj qhov tsis haum phem heev (tsawg tshaj ib los ntawm ib lab doses)
- Tej txhia teeb meem tau sau tseg tom qab ib tug menyuum tau qhov txhaj tshuaj MMR no muaj:
  - Lag ntseg
  - Qaug dab peg ntev heev, coma, los yog tsis hnob
  - Lub hlwb tsis ua hauj lwm lawm

Cov no tsis tshua muaj ua rau nyuaj qhia tsis tau tias puas yog vim cov txhuaj tshuaj no.

**5**

### Yog muaj ib qhov tsis haum tshwm sim?

#### Kuv yuav saib qhov twg?

- Yog muaj dab tsis txawv, xws li ua daus no siab los yog tus cwj pwm txawv. Muaj qhov tsis haum li ua pas nyuaj, ua suab txawv los yog ua pas txawv, tshees, daj ntseg, tsis muaj zog, lub plawv dhia ceeb los yog kiv kiv.

#### Kuv yuav ua li cas?

- **Hu** rau tus kws kho mob, los yog koj tus neeg mus ntsib kws kho mob sai sai.
- **Qhia** rau kws kho mob yog tshwm sim li cas, lub hnuv thiab sij hawm nws tshwm sim, thiab thawm twg twb tau txhaj tshuaj lawm.
- **Noog** koj tus kws kho mob qhia qhov tsis haum mus rau Vaccine Adverse Event Reporting System (VAERS) ntawv. Los yog koj ua ntawv mus rau VAERS web site ntawm [www.vaers.hhs.gov](http://www.vaers.hhs.gov), los yog hu rau **1-800-822-7967**.

*VAERS tsis kho mob.*

**6**

### Qhov Txhaj Tshuaj Raug Mob Hom Phiaj Pab Nyiaj Txiaj

Qhov Txhaj Tshuaj Raug Mob Hom Phiaj Pab Nyiaj Txiaj (VICP) ntsim rau 1986.

Cov tib neeg ntseeg tias lawv raug mob los ntawm cov txhaj tshuaj no kawm tau los ntawm lub program no thiab yuav sau ntawv hu rau **1-800-338-2382** los yog mus saib qhov VICP website ntawm [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation).

**7**

### Kuv xav paub ntxiv?

- Noog koj tus kws kho mob.
- Hu rau koj lub state health department.
- Hu rau Centers for Disease Control thiab Prevention (CDC):
  - Hu rau **1-800-232-4636 (1-800-CDC-INFO)** los yog
  - Mus saib CDC's website ntawm [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

## Vaccine Information Statement (Interim) MMR Vaccine

Hmong

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42 U.S.C. § 300aa-26

