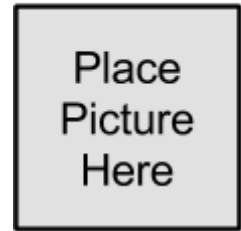




MENYUAM NTAWV TXIAV TXIM PAB THAUM MUAJ KEV FAB KEV PHIV (Kab, Khoom Noj los sis Yas Roj Hmab ua rau Fab los Phiv) Anaphylaxis – Hmong



MeNyuum Npe _____ Hnub Yug _____

Tsev Kawm Ntawv _____ Qib _____ Xibhwb/Chav Kawm _____

Niam Txiv/Tus Tswj Fwm _____

Chaw Nyob _____

Xovtooj (tsev) _____ Xovtooj (ntawm tes) _____ Xovtooj (haujlwm) _____

Niam Txiv/Tus Tswjhwm _____

Chaw Nyob _____

Xovtooj (tsev) _____ Xovtooj (ntawm tes) _____ Xovtooj (haujlwm) _____

Thaum muaj kev kub ntxhov hu rau _____ Txheeb ze li cas _____

Xovtooj (tsev) _____ Xovtooj (ntawm tes) _____ Xovtooj (haujlwm) _____

Kws Kho Mob _____ Xovtooj _____

KEV NPAJ TSWJ RAU THAUM MUAJ KEV FAB KEV PHIV

Koj tus me nyuam fab phiv rau yam dab tsi: _____

Yog koj tus menyuum muaj kev fab rau roj hmab (latex), puas yuav tau muab cov khoom muaj roj hmab no tshem tawm hauv nws qhov chaw kawm ntawm mus?

- Yuav tau muab Tsis thas muab Sob lus no tsis hais txog kuv

Khij cov tsos mob tau tshwmsim rau koj tus menyuum yav tas los thaum nws tau fab:

- Ua Xua. Khaus Hauv siab Ceev Cee Ua Pa Nyuab Nyuab Tus Nplaig O Kiv Taub Hau Ntshav Qis Hnov qab lawm es tsis nco tom ntej tom qab O ntawm qhov chaw Liab liab ntawm qhov chaw Lwm Yam

Yog thaum cov tsos mob no tshwm sim, yuav tshwmsim sai npaum li cas thiab yuav kom tsev kawm ntawv cov neeg ua hauj lwm pab li cas? _____

Koj tus menyuum puas muaj tus mob hawb pob ua pa tsis nto (Asthma):

- Muaj (muaj feeb ua rau mob lojheev tuaj) Tsis muaj

Menyuam hnyav li cas: _____ lbs.

Koj tus menyuum puas yuav tau siv tshuaj thaum nws muaj qhov mob fab los phiv? Yuav tau siv Tsis siv ***Yuav tsum ua Daim Ntawv Tso Cai Siv Tshua Hom tshuaj dab tsi? _____

Koj tus menyuum puas muaj koob tshuaj Epi Pen? Muaj Tsis Muaj

Koj tus menyuum puas muaj koob tshuaj Epi Pen nyob rau tom tsev kawm ntawv? Muaj Tsis Muaj Nyob qhov twg? _____

Yog yuav tau siv tshuaj tom tsev kawm ntawv, yuav tsum ua Daim Ntawv Tso Cai Siv Tshuaj kom tiav

***Yog koj tus menyuum yuav tau caiv qee yam khoom noj los sis yuav tau hloov lwm yam khoom noj vim ua tau rau nws fab, koj yuav tsum hais qhia rau Tsev Kawm Ntawv Chav Noj Qab Haus Huv (School Nutrition) ntawm (920) 208-4587

Niam Txiv/Tus Tswjhwm Kos Npe _____ Hnub Tim _____

Rau TEJ yam mob hauv qab no TSOS MOB HNYAV

NTSWS: Ua pa luv, Hawb pob, Hnoos tas li
PLAWV: muag daj, xiav, tsis muaj zog, plawv dhia qeeb, kiv kiv
QA: Nruj nruj, Txhaws qa, ua pa nyuab/Nqos nyuab
QHOV NCAUJ: Ua rau nplaig o thiab/los yog di ncauj o loj
TAWV NQAIJ: Ua pob xua thoob plaws ib ce, liab thooj plaws
PLAB HNYUV: Ntuav tas ntuav dua, raws plab hnyav
LWM YAM: Xav zoo li yuav muaj xwm txheej phem tshwm sim, muaj kev ntxhov siab ntshai ntshai, ntxhov siab tsi feeb meej
 Los sis **OB PEB TSOS MOB** tshwm tej qhov chaw ntawm lub cev.

- 1. TXHAJ TSHUAJ PAB UA PA (EPINEPHRINE) TAM SIV**
- 2. Hu xov tooj rau 911.** Qhia rau lawv paub tias tus me nyuam tab tom fab hnyav heev (anaphylaxis) thiab tej zaum yuav tau siv cov tshuaj pab ua pa (epinephrine) thaum lawv tuaj txog.
 - *Xam seb yuav muab tshuaj li cas ntxiv lawv cov tshuaj ua pa (epinephrine):
 - *tshuaj txhaum (antihistamines)
 - * kav tshuaj nqus pab ua pa (bronchodilator) yog hawb pob ua pa tsis nto
 - *Muab tus neeg tso pw tiaj tiaj, muab ob sab ceg tsa thiab nyob kom sov. Yog ua tsis tshuam taus pa los sis lawv ntuav, ces cia lawv zaum ntsug los sis pw tig rau ib sab.
 - *Yog cov tsos mob tsis zoo zus, los sis cov tsos mob rov qab tshwm sim, kuj muab tau cov tshuaj pab ua pa (epinephrine) ntxiv rau tom qab li ntawm 5 feeb los sis ntau dua nas this (minutes) tom qab tshaj koom tshuaj tag los.
 - *Hais qhia rau cov neeg txheeb ze ua yuav tau hu rau thaum muaj kev kub ntxho.

TSOS MOB ME NTSIS

TAUB NTSWG: khaus/los ntswg, txham ntswg
QHOV NCAUJ: Khaus qhov ncauj
TAWV NQAIJ: Ua pob xua me ntsis, khaus me ntsis
PLAB HNYUV: xeeb siab/tsis xis nyob me ntsis

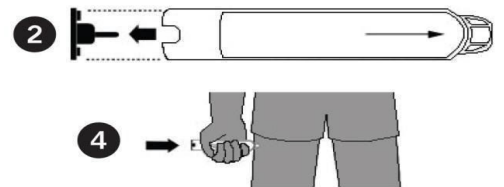
RAU COV TSOS MOB ME NTSIS NTAWM OB QHOV LOS SIS NTAU QHOV CHAW, MUAB TSHUAJ (EPINEPHRINE) RAU.

- RAU COV TSOS MOB ME NTSIS RAU IB QHOV CHAW, UA RAWS LI COV LUS TAW QHIA HAUV QAB NO:
1. Muab tau cov tshuaj txhaum (Antihistamines) rau, yog tias tso cai los ntawm tus kws kho mob.
 2. Nyob nrog tus me nyuam; hais qhia rau cov neeg txheeb ze yuav tau hu thaum muaj kev kub ntxhov.
 3. Saib xyuas kom zoo zoo seb puas txawv txav dab tsi. Yog cov tsos mob heev tuaj, ces muab tshuaj pab ua pa rau (epinephrine).

Ntawv Qhia: Tsis txhob cia siab rau cov tshuaj txhaum hu (antihistamines) los sis cov kav tshuaj pab ua pa (bronchodilators) los kho tso mob hnyav. SIV COV TSHUAJ CAWM HU EPINEPHRINE!

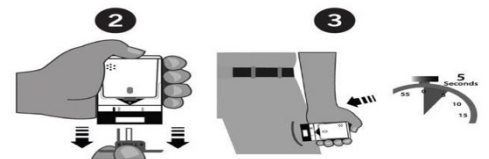
COV LUS TAW QHIA TXHAJ RAJ TSHUAJ EPIPEN® (EPINEPHRINE) NKAUG NCAJ KHA (auto-injector)

1. Tshem koob tshuaj EpiPen Auto-Injector ntawm kav yas ntim ntawd.
2. Rub tawm lub hau kob xim xiav
3. Fiax thiab nias khov khov lub hau koob kob xim txiv kab ntxwv rau ntawm sab nruab nrab nraum ntug ncej puab.
4. Tuav mus li 10 chib (vib nas thi; 10 seconds).
5. Muab rho tawm thiab zuaj qhov chaw ntawm li10 chib (vib nas thi).



COV LUS TAW QHIA TXHAJ RAJ TSHUAJ AUVI-Q™ (EPINEPHRINE INJECTION, USP)

1. Tshem lub kav looj sab nraum koob tshuaj Auvi-Q tawm. Ua li no ces lub kav yuav tso lus hais taw qhia.
2. Rub tawm qhov hau kob xim liab.
3. Muab tog kob xim dub twb rau sab nruab nrab nraum ntug ncej puab
4. Nias khov khov thiab tuav li 5 chib (vib nas thi; seconds)
5. Muab tshem tawm ntawm sab ncej puab.



COV LUS TAW QHIA TXHAJ RAJ TSHUAJ ADRENACLICK®/ADRENACLICK®

1. Tshem lub hnab qhwv sab nrauv tawm.
2. Tshem lub hau kob xim tshauv sau "1" thiab "2".
3. Muab lub ntsis kob xim liab kheej kheej tso puab rau sab nruab nrab nraum ntug ncej puab.
4. Niam mus hauv kom txog thaum rab koob tshab.
5. Tuav cia li ntawm 10 chib (vib nas thi; seconds) Muab tshem tawm los ntawm sab ncej puab.



Daim ntawv no tej zaum kuj yuav muab faib rau (cov) xib fwb hauv chav kawm, tus neeg tsav tshab npav, thiab lwm tus neeg ua hauj lwm nyob rau hauv tsev kawm ntawv tau saib yog tsim nyog xav paub txog.

www.foodallergy.org/document.doc?id=234