

Cov mob ua qoob: Yam Uas Cov Niam Txiv Yuav Tsum Tau Paub

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Cov mob ua qoob yog cov kab mob sib kis zoo heev uas tau tshwm sim los ntawm tus vais lav mob ua qoob Kev kis mob tuaj yeem ua rau muaj cov kev rov ua mob loj qub loj thiab qee zaum tuag taus. Hmoov zoo, cov mob ua qoob yog cov mob uas tuaj yeem tiv thaiv tau ntawm tshuaj tiv thaiv.



Peb tswj tau cov mob ua qoob nyob rau hauv Teb Chaws Mes Kas, tab sis peb tab tom pom cov mob ua qoob pib kis ntxiv tuaj rau tej thaj chaw uas tibneeg tsis txhaj tshuaj tiv thaiv kab mob. (Saib Puas tsim nyog cov me nyuam uas tsis tau txais qhov tshuaj tiv thaiv cov mob ua qoob mus kawm ntawv nyob rau ncuaj sij hawm muaj kev kis mob? hauv qab no.)

Vim yog cov mob ua qoob sib kis tau yooj yim, cov [kev sib kis mob](#) tshwm sim ceev. Feem ntau lawm, cov me nyuam uas kis tau cov mob ua qoob tsis tau txais cov tshuaj tshiab tshaj plaws raws li [tau qhia \(/English/safety-prevention/immunizations/Pages/Recommended-Immunization-Schedules.aspx\)](#) cov tshuaj tiv thaiv los sis cov me nyuam tsis tau [laus txaus \(/English/safety-prevention/immunizations/Pages/Protecting-Your-Baby-from-a-Measles-Outbreak-FAQs.aspx\)](#) txhawm kom tau txais qhov tshuaj tiv thaiv cov mob ua qoob.

Lub khoos kas txhaj tshuaj tiv thaiv thaum tseem yog me nyuam yaus thiab tub ntxhais hluas nyob rau hauv Tebchaws Mes Kas ua rau cov neeg mob cov mob ua qoob txo nqis li 99% txij thaum xyoo 1963. Txawm li cas los xij, cov neeg nto ncig uas mus xyuas los sis rov qab mus rau hauv Tebchaws Meskas tuaj ntawm lwm cov teb chaws tuaj yeem kis tau cov kab mob ua qoob mus rau lwm cov neeg tus uas muaj kev pheej hmoo thiab ua rau muaj [kev sib kis mob \(https://www.cdc.gov/global-measles-vaccination/data-research/global-measles-outbreaks\)](https://www.cdc.gov/global-measles-vaccination/data-research/global-measles-outbreaks).

Tom qab tau txais kev tshaj tawm txog qhov kev kis cov mob ua qoob xub thawj nyob rau hauv lub zej zog, yuav raug xam tias yog kev sib kis mob vim yog cov mob ua qoob muaj cov kev sib kis ceev heev npaum li cas. Cov kws kho mob tshwj xeeb saib xyuas kev noj qab haus huv hauv zos ua hauj lwm yam uas ceev txhawm rau txheeb xyuas lwm cov neeg uas phav raug cov mob txhawm kom lawv thiaj li tsis muaj kev kis cov mob ua qoob mus rau lwm cov neeg lawm.

Cov lus qhia txog kev ntoj ncig lwm teb chaws rau cov tsev neeg muaj me nyuam mos

- **Cov me nyuam tseem hnuv nyooq qis dua 6 hli** tsis tuaj yeem txhaj tshuaj tau tab sis yuav muaj kev qee yam kev pov thaiv tau los ntawm cov tshuaj tiv thaiv kab mob xa rau tus me nyuam ncuu sij hawm cev xeeb me nyuam. (Saib "[Cov Tshuaj Tiv Thaiv Kab Mob Siv Zoo Li Cas.](#)") Xav txog qhov tias tsam ho qeeb rau kev mus rau thaj chaw ntawd nrog rau muaj cov puas mov los zam kom txhob muaj qhov pheej hmoo ntawm cov kev ua mob loj.
- **Cov me nyuam me nyuam hnuv nyooq 6 txog 11 hlis tsim nyog** tau txais lawv thawj koob tshuaj MMR (thiab tshuaj tiv thaiv kab mob siab A). Lawv tseem yuav tau txhaj hom 2 koob yog tias lawv tau txais ib koob ua ntej muaj hnuv nyooq 12 lub hlis.
- **Cov me nyuam hnuv nyooq 12 hlis thiab cov loj dua** tsim nyog tau txais lawv thawj koob tshuaj MMR nyob rau lwm qhov ntxiv [pom zoo kom txhaj lwm cov tshuaj ntxiv](#) nyob rau lub hnuv nyooq ntawd. Cov me nyuam mos 12 hlis thiab loj dua lawm los kuj yuav tau txais koob tshuaj thib ob ntawm tshuaj tiv tshuaj tiv thaiv kab mob MMR kom sai li sai tau 28 hnuv tom qab thawj koob tshuaj.
- **Ua ntej yuav mus**, saib rau cov lus qhia txog kev noj qab haus huv hais txog [Cov Chaw rau Tswj thiab Pov Thaiv Kab Mob Cov Lus Ceeb Toom Txog Kev Noj Qab Haus Huv Rau Kev Mus Los](#) lub vev saib.

Cov mob ua qoob muaj kev sib kis li cas?

Cov mob ua qoob yog ib ntawm cov kab mob sib kis feem ntau nyob rau hauv lub ntiaj teb. Muaj tseeb, [9 ntawm 10 cov neeg](#) (<https://www.cdc.gov/measles/resources/measles-is-highly-contagious-infographic.html>) uas tau phav raug cov mob ua qoob yuav kis tau cov mob ib yam nkaus, yog tias tsis tau txhaj tshuaj tiv thaiv cov mob ua qoob ntawd, tsis muaj kab mob ua ntej los sis muaj teeb meem nrog lawv txheej teg ua hauj lwm ntawm roj ntshav tiv thaiv kab mob. Tab txawm tias kev phav raug tus neeg uas kis kab mob ncuu sij hawm luv-luv nyob rau hauv cov chaw sib koom nyob ua ke xwb los yeej muaj kev pheej hmoo siab rau cov neeg uas tsis muaj roj ntshav tiv thaiv kab mob.

Qee tus neeg muaj cov mob ua qoob sib kis tau ntev npaum li cas?

Cov neeg uas muaj cov mob ua qoob yog muaj kev sib kis ua ntej lawv paub tias lawv mob. Tus neeg uas tau kis mob tuaj yeem kis cov mob ua qoob tau yooj yim heev rau lwm cov neeg nyob rau 4 hnuv ua ntej muaj pob liab tshwm tuaj, thiab lawv tseem yuav muaj cov kev kis mob li 4 hnuv tom qab muaj pob liab tshwm tuaj.

Cov mob ua qoob sib kis li cas?

Cov mob ua qoob sib kis los ntawm tus neeg rau tug neeg thiab los ntawm huab cua los ntawm qhov los ntswg los ntawm tus me nyuam qhov hnoos los sis txham. Tus kab mob vais lav tuaj yeem nyob ntev txog ob teev nyob rau hauv cov npoo thiab tshem tawm nyob ntawm huab cua. Qee cov neeg uas nkag mus rau hauv chav uas muaj qee cov neeg uas muaj cov mob ua qoob ua ntej tuaj yeem kis tau tus kab mob. Tus kab mob vais lav tuaj yeem muaj kev sib kis raws huab cua nyob rau tam sim no thiab kis rau cov neeg nyob rau hauv lwm chav.

Tab txawm tias kev phav raug cov kab mob vais lav nyob rau ncuaj sij hawm luv-luv xwb los yeej muaj kev pheej hmoo siab txog kev kis kab mob rau lwm tus neeg uas tsis tau txais tshuaj tiv thaiv cov mob ua qoob tshiab tshaj plaws los sis tsis muaj cov mob ua qoob ua ntej. Cov neeg uas muaj cov yam ntxwv mob uas ua rau txheej teg kev ua hauj lwm ntawm roj ntshav tiv thaiv kab mob tsis muaj zog yog muaj kev pheej hmoo siab txog kev kis kab mob.

Cov tsos mob ntawm cov kab mob ua qoob yog dab tsi?

Cov tsos mob li ib txwm ntawm kev kis cov mob ua qoob suav nrog qhov ua npaws thiab ua pob liab siab. Feem ntau lawm qhov ua pob liab pom tshwm 3 txog 5 hnuv tom qab cov tsos mob xub thawj. Nws pib nyob ntawm lub taub hau thiab kis mus rau qhov seem ntawm lub cev.

Dhau ntawm qhov ua npaws thiab ua pob liab lawm, tej zaum lwm cov tsos mob ntawm cov mob ua qoob yuav muaj nrog:

- Hnoos, los ntswg, thiab qhov muag liab, los kua muag
- Cov pob me-me nyob rau hauv sab plhus sab hauv lub qhov ncauj, uas hu ua cov pob Koplik
<https://medlineplus.gov/ency/imagepages/2558.htm>
- Diarrhea
- Kev kis mob pob ntseg



Cov mob ua qoob tuaj yeem ua rau [muaj cov kev rov ua mob loj dua qub loj](https://www.cdc.gov/measles/signs-symptoms) (<https://www.cdc.gov/measles/signs-symptoms>), xws li mob ntsws o, mob hlwb ua paug (paj hlwb o), lag ntseg, kev xiam oob qhab fab kev txawj ntse thiab tuag taus.

Yuav ntev npaum li cas mam mob ua qoob tom qab phav raug qhov mob ua qoob ntawd?

Feem ntau lawm cov tsos mob ntawm cov mob ua qoob pib thaj tsam li 8 txog 12 hnuv tom qab koj tus me

nyuam phav raug tus kab mob vais lav. Yog tias koj tus me nyuam phav raug lwm tus neeg uas muaj cov mob ua qoob, ces hu rau koj tus kws kho mob kiag tam sim ntawd. Lawv tuaj yeem ntsuam xyuas koj tus me nyuam cov ntaub ntawv sau tseg fab kev kho mob. Yog tias tsim nyog, koj tus kws pab kho mob tuaj yeem kom koj tus me nyuam kuaj yam tsis muaj kev ua rau lwm cov neeg muaj kev pheej hmoo.

Tus me nyuam uas muaj cov mob ua qoob tsim nyog nyob ntawm tsev kawm ntawv ntev npaum li cas?

Cov me nyuam uas muaj cov mob ua qoob tsim nyog nyob ntawm tsev kawm ntawv los sis lub chaw saib xyuas me nyuam kom txog thaum yam tsawg kawg yog 4 hnuv puv tom qab pib mob pob liab, thaum lawv tsis kis mob ntxiv.

Puas tsim nyog cov me nyuam uas tsis muaj tshuaj tiv thaiv cov mob ua qoob mus kawm ntawv nyob rau ncuaj sij hawm muaj kev sib kis kab mob?

Nyob rau ncuaj sij hawm muaj kev sib kis cov mob ua qoob, nco cia:

- Cov me nyuam tsis tsim nyog tau txais tshuaj tiv thaiv cov mob ua qoob (tshuaj tiv thaiv MMR los sis MMRV) tsim nyog tau txais kev zam los ntawm tsev kawm ntawv.
- Cov me nyuam uas tsis muaj roj ntshav tiv thaiv kab mob thiab tsis tau phav raug qee tus neeg uas muaj cov mob ua qoob tuaj yeem rov qab mus kawm ntawv los sis lub chaw saib xyuas me nyuam kiag tam sim ntawd tom qab lawv tau txhaj ib koob tshuaj tiv thaiv MMR los sis MMRV.
- Cov me nyuam uas tsis muaj roj ntshav tiv thaiv kab mob uas tau phav raug qee tus neeg uas muaj cov mob ua qoob tab sis tau txhaj ib koob tshuaj tiv thaiv MMR los sis MMRV nyob rau hauv 72 teev tom qab lawv qhov kev phav raug xub thawj tuaj yeem rov qab mus kawm ntawv kiag tam sim ntawd.
- Cov me nyuam uas tsis muaj roj ntshav tiv thaiv kab mob uas tau phav raug qee tus neeg uas muaj cov mob ua qoob tab sis tau txhaj ib koob tshuaj tiv thaiv MMR los sis MMRV ntau tshaj 72 teev tom qab lawv qhov kev phav raug xub thawj tsim nyog tau txais kev zam los ntawm tsev kawm ntawv rau 21 hnuv txij lub sij hawm phav raug kawg (tshiab tshaj plaws).
- Cov me nyuam uas tsis muaj roj ntshav tiv thaiv kab mob uas tsis tau txais qhov tshuaj tiv thaiv MMR los sis MMRV nyob rau ncuaj sij hawm muaj kev kis mob, yam tsis quav ntsej txog tias lawv yuav paub los sis tsis paub txog qhov phav raug los xij, tsim nyog tau txais kev zam 21 hnuv tom qab pib muaj pob liab nyob rau hauv qhov xwm txheej kawg ntawm cov mob ua qoob nyob rau hauv tsev kawm ntawv los sis hauv lub zej zog.

Koj tus kws kho mob tuaj yeem qhia koj paub thaum muaj kev nyab xeeb rau koj tus me nyuam uas yuav mus kawm ntawv los sis lub chaw saib xyuas me nyuam. Qhov no yuav pab koj zam kev kis cov mob ua qoob rau lwm cov neeg uas tej zaum tsis tuaj yeem tau txais tshuaj tiv thaiv vim yog lawv lub hnuv nyoog los sis vim yog qhov xwm txheej uas cuam tshuam rau lawv qhov txheej teg kev ua hauj lwm ntawm roj ntshav tiv thaiv kab mob.

Koj yuav tiv thaiv kev kis cov mob ua qoob li cas?

Cov mob ua qoob yog qhov kev kis mob uas tuaj yeem tiv thaiv tau ntawm tshuaj tiv thaiv. Thaj tsam 95 ntawm txhua 100 cov neeg yuav tau txais kev pov thaiv tom qab txhaj ib koob tshuaj tiv thaiv MMR. Ob koob tshuaj tiv thaiv MMR pov thaiv 97-99 ntawm txhua 100 cov neeg.

Txhawm rau ua kom txhob muaj kab mob, roj ntshav tiv thaiv kab mob uas ua raws li [keu teem caij uas tau qhia \(/English/safety-prevention/immunizations/Pages/Recommended-Immunization-Schedules.aspx\)](https://www.aap.org/en/safety-prevention/immunizations/Pages/Recommended-Immunization-Schedules.aspx)—thaum tus me nyuam muaj hnuv nyoog 12 txog 15 hli thiab txhaj koob tshuaj thib ob thaum lawv [qhov kev tuaj kuaj \(/English/ages-stages/Your-Childs-Checkups/Pages/your-checkup-checklist-4-years-old.aspx\)](https://www.aap.org/en/ages-stages/Your-Childs-Checkups/Pages/your-checkup-checklist-4-years-old.aspx) thaum lawv muaj hnuv nyoog 4 txog 6 xyoo. Tej zaum qee cov me nyuam uas muaj kev pheej hmoo siab yuav tau txhaj 3 koob tshuaj yog tias muaj kev sib kis kab mob.

Cov me nyuam me uas muaj hnuv nyoog 6-12 xyoo tuaj yeem tau [txais tshuaj tiv thaiv cov mob ua qoob \(/English/safety-prevention/immunizations/Pages/Protecting-Your-Baby-from-a-Measles-Outbreak-FAQs.aspx\)](https://www.aap.org/en/safety-prevention/immunizations/Pages/Protecting-Your-Baby-from-a-Measles-Outbreak-FAQs.aspx) nyob rau ncuaj sij hawm muaj kev sib kis mob los sis ua ntej yuav taug kev mus rau hauv qhov chaw [thoob teb chaws \(https://www.cdc.gov/measles/travel/index.html\)](https://www.cdc.gov/measles/travel/index.html) uas muaj kev sib kis cov mob ua qoob tas li.

Nco ntsoov

Cov me nyuam uas tau txais kev txhaj tshuaj MMR yuav txhim kho kev tiv thaiv kab mob uas kav ntev thiab pov thaiv lwm cov neeg. Thaum peb feem coob muaj kev tiv thaiv rau cov mob ua qoob, nws muaj feem sib kis tsawg. Yog tias koj xav tias koj tus me nyuam phav raug cov mob ua qoob, ces hu rau koj tus kws kho mob kiag tam sim ntawd.

Hais Txog Dr. Hashikawa



Andrew Hashikawa, M.D., M.S., FAAP, yog ib tug kws kuaj mob fab chaw kuaj mob nyob rau hauv cov tuam tsev hauj lwm ntsig txog Tshuaj Kho Mob Xwm Txheej Ceev thiab Cov Kws Kho Mob ntawm Michigan Medicine thiab kev ua tus kws kho mob xwm txheej ceev rau me nyuam ntawm Mott Children's Hospital ntawm University of Michigan. Nws yog tus tswv cuab ntawm Xab Phas Kev Kho Mob Rau Me Nyuam Yaus Ntawm Mes Kas hais txog Pab Pawg Thawj Coj Saib Xyuas Thaum Tseem Yog Me Nyuam Yaus (American Academy of Pediatrics Council on Early Childhood Executive Committee) thiab yog tus neeg yeej kev sib tw thaum tseem yau thiab tus kws pab sab laj txog kev noj qab haus huv kev saib xyuas me nyuam. Nws qhov kev tshawb nrhiav tsum kwm rau kev soj ntsuam kab cov mob txog cov kev sib kis nyob rau hauv cov khoos kas saib xyuas me nyuam yaus.

Hais Txog Dr. Ratner



Adam Ratner, MD, MPH, FAAP, yog ib tug kws kho mob tshwj xeeb fab kab mob txog kev sib kis rau tus me nyuam ntawm New York University Grossman School of Medicine thiab Hassenfeld Children's Hospital, New York. Nws yog ib tug tswv cuab ntawm Pab Pawg Thawj Coj Kev Kho Mob Rau Me Nyuam Ntawm Mes Kas hais txog Cov Kab Mob Sib Kis (American Academy of Pediatrics Committee on Infectious Diseases).

Tau Hloov Kho Tshiab Zaum Kawg 3/1/2024

Lub Chaw American Academy of Pediatrics (Copyright @ 2024)

Tsis tsim nyog siv cov ntaub ntawv uas muaj nyob rau hauv Lub Vev Xaib hloov kev saib xyuas fab kev kho mob thiab lus qhia ntawm koj tus kws kho mob. Tej zaum yuav muaj cov kev hloov pauv kev kho mob uas tej zaum koj tus kws kho mob tau qhia saib raws li cov muaj tseeb thiab cov xwm txheej ntiag tug.