

Tswjfwm tej yam ua kom mob hawb pob (Hmong)

Tej yam ua kom mob hawb pob yog dab tsi?

Tej yam ua kom mob hawb pob rov tuaj kuj yuav ua kom tus mob hawb pob no mob heev ntxiv. Qhov ua mob tej zaum yuav yog khaub thuas (mob hlab ntsws), fab txhaum (paj ntoos, tsiaj) pa luam yeeb, ntxhiab txham (tsw phem heev), huab cua hloov (cua txias), los yog ua si.

Nws tseem ceeb yuav tau kawm txog yam ua tau koj tus me nyuam mob hawb rov tuaj. Zam tej yam uas yuav ua mob rov tuaj yuav txo qhov mob asthma ntau rau koj tus me nyuam thiab yuav txo koj tus me nyuam qhov siv tshuaj ntau. Tej ub no ua kom neeg mob hawb pob yuav sib txawv ntwam ib tug rau ib tug, nug koj tus menyuam tus kws khomob seb yam ab tsi tsis ua rau koj tus menyuam mob asthma rov tuaj.

Hauv qab no yog tej yam yuav ua kom mob hawb pob rov tuaj thiab tej kev zam.

Khaub thuas

Khaub thuas thiab kab mob paug yog tej yam pheej hom ua kom mob rov tuaj, tshaj plaws yog menyuam yaus. Kev zam khaub thuas yog:

- Ntxuav tes kom huv thiab ib sij ntxuav.
- Nyias siv nyias phuum, thiab phuum ntxuav muag, los yog siv ntwav so tes thaum nyob hauv tsev, tom tsev zov me nyuam thiab tsev kawm ntwav.
- Txhawb kom menyuam cia tes kom deb ntsej muag/txhob kov kov ntsej muag.
- Zam cov neeg tau khaub thuas.

Asthma trigger control (English)

What are asthma triggers?

Triggers cause an asthma episode to occur or get worse. Triggers may be colds (viral respiratory infections), allergies (pollens, pets), smoke, irritants (strong odors), weather changes (cold air), or exercise.

It is important to learn what triggers your child's asthma. Avoiding triggers can reduce the chances of an asthma episode for your child and may decrease your child's need for more medicine. Everyone's triggers are different; ask your child's doctor to help you identify your child's triggers.

Below are listed some triggers and ways to avoid them.

Colds

Colds and infections are common triggers, especially for children. Ways to avoid colds include:

- Wash hands well and often.
- Use separate towels and washcloths or use paper towels at home, day care and school.
- Encourage children to keep their hands away from their face.
- Avoid people with colds or "the flu."



- Mus txhaj koob tshuaj tiv thaiv khaub thuas thaum lub caij nplooj ntoo zeeg.
- Xaiv ib lub chaw zov menyuum uas zov tsawg leej mintsis.

Kev dhia ua si

Nrog rau qhov siv tshuaj kom raws ua ntej ua sis los yog muvs ua sport, koj tus menyuum yuav tsum dhia ua sis tau tsis hawb pob, tsis hnoos, los yog txog siav. Nov yog tej yam koj tus menyuum yuav ua tau:



- Siv cov tshuaj “inhaled bronchodilators” ua ntej yuav mus dhia ua si. (Nug koj tus menyuum tus kws khomob txog kev npaj siv tshuaj.)
- Thaum pib dhia ua si maj mam ua ntej thiab thaum yuav tsum maj mam tsum.
- Siv phuum kauv caj dab npog ntsej muag thaum tiv cua txias.

Fab/phiv

Qhov fab yog ib qho tshaj plaws ua-thev tsis tau tej ntshiab paj tsw, puas plav, thiab ntshiab tsiaj txhu. Yog tias tsw ntshiab ub no ua rau mob hawb pob rov tuaj, nej yuav tau hloov tej yam hauv nej tej vaj tsev kom zam dhau tej no.

Kab laum

Neeg coob leej fab tej quav thiab tej plhaub ntawm kab laum. Yog tias lawv yog ib qho teeb meem:



- Hus ib lub chaw tua tshuaj rau nej lub tsev.
- Khaws tej khoom noj thiab khoom pov tseg rau tej thauv ua kaw ntom.
- Tsis txhob khaws tej hnav ntim khoom noj tom tab laj, nkev ntawv, ntawv newspapers, los yog tej fwj thiab tuab yas qhuav hauv nej tsev.

- Get an influenza vaccine (flu shot) in the fall.
- Choose a daycare provider who cares for a small number of children.

Exercise

With proper treatment before exercise or sports, your child should be able to play without wheezing, coughing, or shortness of breath. Here are some things your child can do:

- Take an inhaled bronchodilator before exercise (ask your child’s doctor to work out a medicine plan).
- Warm up before exercise and cool down afterwards.
- Wear a scarf over the face in cold air.

Allergies

An allergy is a super-sensitivity to a substance such as pollen, dust, or animal dander. If allergies are a trigger, you need to make some changes in your home to avoid them.

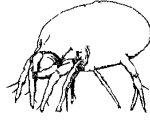
Cockroaches

Many people are allergic to the dried droppings and remains of cockroaches. If they are a problem:

- Call an exterminator for your home.
- Keep food and garbage in closed containers.
- Do not store grocery bags, cardboard boxes, newspapers, or empty bottles in your home.

Plua plav los ntawm me kab me ntsaum

Tej plua plav los ntawm tej kab me me ua siab tsis pom, uas nyob hauv tej plua plav ntawm cov ntaub pua tsev, pam pua chaw, thiab ntawm tej rooj tog zaum. Nej yuav tsum txhob pub kom muaj pluas plav ntawm tej chaw nej tus menyuam nyob ua si saib TV thiab chaw pw.



Yog tias tej nyuag pluas plav no ua kom nej tus menyuam mob “asthma” los yog ua pa nyuab rov tuaj, nej yuav tau ua li nram no:

- Muab ntaub yas los plooj nej tus menyuam diam txaj hauv qab, daim saum toj, thiab tej tog hauv ncoo los sis siv cov ntaub vinyl uas muaj txoj swb los looj rau.
- Muab nws tej pam pua chaw, plhaub tog hauv ncoo coj mus ntxhua txhua as thiv siv cov dej kom kub li 130° F.
- Txhob cia nej tus menyuav pw ntawm tej rooj zaum tsis muaj ntaub pua, thiab hauv cov ntaub pua tsev.

Ua li tej no yuav pab khoj tej kab plua plav:

- Muab cov ntaub pua tsev hauv nej tus menyuam chaw chaw pw yaws tawm thiab muab cov ntaub vinyl los hloov los sis cias ua plag tsev ntoo.
- Yog nej ho yaws tsis tau daim ntaub pua tsev tawm, nug nej tus kws khomob txog cov tshuaj coj los nphoo rau daim ntaub pua tsev.
- Txhov siv lub tshuab tshuab dej “humidifier.”
- Txwv tej khoom ua si mintsis thiab muab lawv ntxuav ib as thiv ib zaug.

Dust mites

Dust mites are tiny bugs, too small to be seen, that live in the dust in carpeting, bedding, and upholstered furniture. You need to control dust mites wherever your child sleeps, plays, and watches TV.

If dust mites trigger your child’s asthma, you need to do these things:

- Encase your child’s mattress, box spring, and pillows in plastic or vinyl covers with a zipper.
- Wash sheets, blankets, and comforter from your child’s bed in hot water (130° F) weekly.
- Do not let your child sleep on upholstered furniture and carpeting.

These actions will also help control dust mites:

- Remove carpeting in your child’s bedroom and replace with vinyl or hard-surface flooring.
- If you cannot remove the carpeting, ask your doctor about dust mite powder to treat the carpeting.
- Do not use a humidifier.
- Limit stuffed toys and wash them weekly.

Tuaj pwm

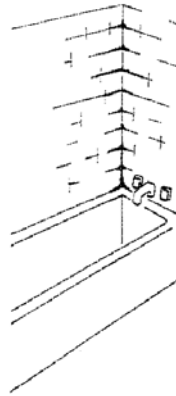
Tuaj pwm mas muaj nyob rau ntawm tej qhov chaw sov thiab noo. Pwm kuj muaj nyob nraum zoo thiab, nyob rau tej chaw ntxoov, noo, thiab ntawm tej uas muaj nplooj ntoos lwj. Pwm kuj muaj nyob rau hauv tsev xws li hauv chav tsev dej thiab hauv qab lawj.

Yog cov ntxhiab ntawm cov tuaj pwm no ua kom nej tus menyuam mob hawb pob ua pa nyuab rov tuaj, nej yuav tau ua li no:

- Txob muab kas pev puas saum toj cov plag tsev ntoo los yog xis mas.
- Txhob siv lub tshuab ntshawj fws dej
- Nrhiav ib tus pas ntsuas (gauge) los ntsuas nej lub tsev seb noo npaum cas. Qhov noo yuav tsum qis tshaj 50 feem pua
- Siv lub tshuab nqus fws kom txob noo (dehumidifier) los nqus hauv qab lawj.
- Siv lub tshuab cua txias thaum lub caij ntuj sov.
- Txhuam chav tsev dej thiab chav tsev mov txhua as thiv thiab cia kom tauj cua ntxiag.
- Tu/nqus tej qhov cua kub cua txias ib xyoos ib zaug.
- Zam ntoo Christmas uas yog tsob tiag tiag thiab txwv tej nroj cog hauv vaj tse mintsis.
- Tus neeg uas muaj tej kev fab no yuav tsum zam txhob mus kaus nplooj ntoos thiab ua si nrog plooj ntoos.

Rau nrhiav tej xov xwm ntxiv txog nrhiav thiab tshem kom txhob tuaj pwm hauv tsev, qhov chaw hauv web site no kuj yuav pab thiab: www.health.state.mn.us/divs/eh/indoorair/mold

Molds



Molds are fungi that grow best in warm humid areas. Molds can be found outside, in shady, damp areas and on decaying leaves. Molds can also be found in the home in areas of high humidity such as bathrooms and basements.

If molds or mildews trigger your child's asthma, you need to do these things:

- Do not have carpet over concrete floors.
- Do not use a humidifier.
- Obtain a gauge to measure humidity in your home. Humidity should be kept at less than 50%.
- Use a dehumidifier in a damp basement.
- Use an air conditioner in the summer months.
- Clean the bathroom and kitchen weekly and keep them well aired.
- Have the heating and air conditioning ducts in your home cleaned yearly.
- Avoid live Christmas trees and limit houseplants.
- A person with this allergy should avoid raking or playing in the leaves.

For further information about finding and removing mold in your home, this web site may be helpful: www.health.state.mn.us/divs/eh/indoorair/mold

Tsiaj

Tej tsiaj yug xws li miv, aub, noog los yog tej uas zoo li nas tso tej ntxhiab fab los ntawm lawv tej quab ncaug, tej zis, thiab tej plhaws. Nws yeej tsis muaj hais tias yuav tsis muaj ib tus aub los yog miv uas yuav tsis muaj ntxhiab fab li. Cov plaub ntev plaub luv ntawm tus tsiaj los yeej tsis txawv.



Pets

Pets such as cats, dogs, birds, or rodents release allergens in saliva, urine, and dander. There is no such thing as an allergen-free dog or cat. The length of the pet's hair does not matter.

Yog tej tsiaj ua kom nej tus menyuam tus mob hawb pob rov tuaj, nej yuav tsum ua li tej no:

- Muab nej cov tsiaj pub lwm tsev neeg los yog cia nej cov tsiaj nyob nraum zoov xwb.
- Yog nej ho tsis kam muab nej cov tsiaj rau lwm tsev neeg, nej yuav tau ua li no:
 - Tsis zoom cia cov tsiaj mus hauv tus menyuam chav chaw pw
 - Cia cov tsiaj nyob ntawm tej chaw uas tsi pua kas pev xwb.
 - Ntxuas nej cov miv thiab aub txhua txhua as thiv (weekly).

If pets trigger your child's asthma, you need to do these things:

- Find a new home for pets or keep them outside.
- If you cannot give the pet up yet, then you must:
 - Never allow them in the child's room.
 - Limit pets to non-carpeted areas of the home.
 - Wash cats and dogs weekly.

Ntxhiab nroj tsuag

Ntxhiab nroj tsuag yog tej hmoov me me los ntawm tej paj, tej ntoo nroj tsuag, thiab nyom uas nws tsuas ua teeb meem rau nej tus menyuam tej lub caij xwb. Yog ntxhiab nroj tsuag ua kom nej tus menyuam tus mob hawb pob rov tuaj nej yuav tsum ua li tej no:



Pollens (trees, grass, weeds)

Pollens are small particles produced from grass, ragweed, or trees that can cause seasonal problems. If pollens trigger your child's asthma, you need to do these things:

- Zawv plaub hau txhua txhua hmo tom qab mus nyob nraum zoov los thaum lub caij nroj tsuag hlav.
- Txhob ziab ris tsho nraum zoov.
- Txhob txav ze cov nyom uas nyuam qhuav txiav tshiab tshiab. Ib tug neeg uas muaj qhov kev fab no tsis txhob mus txiav nyom.
- Kaw qhov rooj thiab qhov rai.
- Nrog kws khomob tham hais txog qhov pib siv tshuaj rau nej tus menyuam ua ntej lub caij fab yuav los txog.
- Wash hair nightly after being outdoors during the pollen season.
- Do not dry clothes outdoors.
- Avoid freshly cut grass. A person with this allergy should not mow the lawn.
- Keep doors and windows closed.
- Talk to the doctor about starting allergy medicine **before** your child's allergy season starts.

Pa luam yeeb

Pa luam yeeb ncho tuaj yog cov pa ncho thaum hlawv tus tw luam yeeb, luam yeeb loj, los yog yeeb thooj. Nws muaj ntau yam lom qaug nyob hauv thiab tej khoom ua tau mob cancer. Pa luam yeeb muaj peev xwm ua tau hawb pob thiab twv kom huam tej hawb pob tuaj.

- Yog koj haus luam yeeb, haus nraum zoov. **Txhob haus luam yeeb hauv tsev los yog hauv tsheb.**
- **Cov neeg muaj mob hawb pob txhob haus luam yeeb.**
- Zam tej chaw sawv daws haus luam yeeb.
- Thaum xyuas nrog koj lub tuam txeem kev khomob txog kev tso tseg kev haus luam yeeb.

Pa tsw ntxhiab ub no

Tej ntxhiab pa hais nram qab no kuj ua tau kom mob hawb pob rov tuajj; yog li, yuav tau zam:

- Cov ntxhiab tsw qab (perfume) thiab tej tshuaj pleev ntsej muag zoo nkauj.
- Cov ntxhiab ntawm tej tshuaj txhuam ub no.
- Cov ntxhiab ntawm cov xim tha tsev.
- Cov ntxhiab ntawm cov tshuaj tsuag tsev.
- Ntaub pua tsev los sis rooj tog muaj tsos tsw ntxhiab.
- Tej cua tsis huv thiab tej pa roj los ntawm tsheb.
- Qhov cub rauv taws ntoo.

Lus nug?

Daim ntawv no tsis cob coos rau koj tus menyuam nkaus xwb, tab sis yog muab xovxwm thoob plaws. Yog koj muaj lus nug ab tsi, thov hu rau nej lub chaw khomob.

Smoke



Secondhand smoke is the smoke given off by the burning end of a cigarette, cigar, or pipe. It contains many poisons and cancer-causing agents. Smoke can cause asthma and trigger asthma episodes.

- If you smoke, do it outside. **Do not smoke in the home or car.**
- Persons with asthma **should not** smoke.
- Avoid smoky public places.
- Check with your health plan about stop-smoking programs

Irritants

The following irritants may also be triggers; if so, avoid them:

- perfume, cosmetics
- scented cleaning products
- paint products
- aerosol sprays
- new carpeting or furniture with odors
- air pollution and car exhaust
- wood-burning stoves

Questions?

This sheet is not specific to your child, but provides general information. If you have any questions, please call your clinic.

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