

Mob hlab ntsws (Hmong)

Bronchiolitis yog dab tsi?

Bronchiolitis yog ib yam mob rau ntawm hlab ntsws (hlab cua me nyob hauv lub ntsws). Qhov nov ua tau kom muaj hnoo qeev ntau tuaj thiab cov hlab cua o, ua rau nws ua pa nyuab. Feem ntau nws ua mob los ntawm khaub thuas. Nws tsis muaj tshuaj kho qhov no kom zoo hlo, tab sis muaj tej yam tshuaj ua kom qhov nyob taus zoo mintsis.

Yam dab tsi tshwm sim thiaj yog mob hlab ntsws (bronchiolitis)?

Qee yam los yog tag nro txhua yam no yuav pib ob peb hnub tom qab ib qho khaub thuas:

- hauv siab ceev thaum noos, los ntswg
- ua pa ceev
- ua pa muaj suab nrov, hawb pob
- kub tob hau mintsis
- muaj teeb meem noj mov, los yog pw
- tsis qab los

Kuv yuav tu xyuas kuv tus me nyuam li cas?

Ua ntej thaum pub noj, pws tsaug zog, thiab raws lis xav tau: siv lub taub nqus ntswg roj hmab nqus cov ntswg tawm ntawm qhov ntswg thiab qhov ncauj.

Muab dej kom ntau rau haus. Qhov no tiv thaiv kom lub cev muaj dej (txhob quav), thiab ua kom cov hnoos qeev sab mintsis es thiaj li noos tau tawm hauv lub ntsws los.

Bronchiolitis (English)

What is bronchiolitis?

Bronchiolitis (bron-kee-oh-**lite**-iss) is an infection of the bronchioles (**bron**-kee-oles, the small airways in the lungs). This can cause increased mucus and swelling in the airways, making it hard to breathe. It is most often caused by a virus. There are no medicines that will cure it, but some medicines may help your child feel better.

What are the signs of bronchiolitis?

Some or all of these signs may start a few days after a cold begins:

- congested cough, runny nose
- breathing fast
- noisy breathing, wheezing
- low grade fever
- trouble eating or sleeping
- poor appetite

How should I care for my child?

Before feeding, sleeping, and as needed: use a bulb syringe to remove mucus from a baby's nose and mouth.

Encourage extra fluids. This will prevent dehydration (getting dried out), and make the mucus thinner so it can be coughed out of the lungs.

Rau mob npaws, muab acetaminophen los yog ibuprofen raws li qhia. Saib ntawm nplooj ntawv qhia mob npaws, “Fever.” Yog hais tias koj tus me nyuam tsim nyog siv lwm yam tshuaj, koj tus kws kho mob, los kws muab tshuaj yuav piav cov tshuaj rau koj. Tsis txhob muab tshuaj hnoos los tshuaj npaws rau me nyuam ua ntej tshawb xyuas nrog koj tus me nyuam tus kws kho mob.

Tsis txhob pub leej twg haus luam yeeb hauv tsev los yog hauv tshob. Yog haus luam yeeb, mus hau nraum zoov, thiab hnav ib lub tsho loj haus luam yeeb, thiab cia lub tsho loj rau nraum zoov.

Thaum twg thiaj tsim nyog kuv hu tus kws kho mob?

- kub siab tshaj 101° F hauv caj tw (38.4° C)
- tsis haus dej los noj mov xws li qub
- ntsia ntxim mob heev
- hnoos tau aub ncaug heev, los sis hnoos li daig caj pas los sis txhaws caj pas
- **yam qhia tau ib ce qhuav:**
 - pw tsaug zog ntau tshaj li ib txwm
 - tsis los kua muag thaum quaj
 - zis ntub diapers txawg dua li ib txwm
- **yam qhia tau ua pa nyuab:**
 - nyob tsis tswm los yog tswj tsis tau
 - noj tsis tau mis hauv taub mis
 - ua pa ceev thiab nrov; hawb pob
 - sib sib zog ua pa
 - txog siav (tawv saus qhwv tav thaum ua pa)
 - qhov ntswg nthuav dav thaum ua pa
 - di ncauj los rau tes xiav los yog txho
 - **hu 911**

For fever, give acetaminophen or ibuprofen as directed. See the education sheet, “Fever.” If your child needs other medicines, your nurse, doctor, or pharmacist will explain them to you. Do not give cough or cold medicines without checking with your child’s doctor.

Do not allow anyone to smoke in the house or car. If you smoke, do it outdoors, wear a smoking jacket, and keep the jacket outside.

When should I call the doctor?

- temperature higher than 101° F (38.4° C) rectally
- not drinking or eating normally
- looks sick
- severe coughing spells, or coughing with choking or gagging
- **signs of dehydration:**
 - sleeping a lot more than normal
 - no tears when crying
 - less urine than normal
- **signs of difficult breathing:**
 - fussy or hard to comfort
 - unable to drink or suck
 - fast or noisy breathing; wheezing
 - working hard to breathe
 - retractions (skin pulling in around ribs with breaths)
 - nostrils open wider with breathing in
 - blue or gray lips or fingernails - **call 911**

Tshuav dab tsi ntxiv uas kuv yuav tsum paub?

Pab koj tus me nyuam kom zoo thiab nyob tsis muaj mob, yuav tsum ntxuav koj tej tes tsis so thiab muab ntaub so tes so kom qhuav. Txhob nyob ze cov neeg muaj khaub thuas los yog los ntswg. Xaiv lub chaw zov me nyuam muaj me nyuam tsawg.

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.

Rau tej ntaub ntawv nyeem ntxiv txog qhov no thiab lwm yam mob/kev noj qab haus huv, thov hu los yog mus saib ntawm Lub Chaw Loj Pab Tsev Neeg lub Chaw Cia Ntawv los yog mus saib peb qhov Web site: www.childrensmn.org.

What else do I need to know?

To help your child get better and stay healthy, wash your hands often and dry them with paper towels. Avoid people with colds or the flu. Choose a day care center with a small number of children.

Questions?

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

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our Web site: www.childrensmn.org.

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