

Khoom daig caj pas ntawm cov me nyuam (1 mus txog 8 xyoo) (Hmong)

Kuv yuav tiv thaiv tau khoom daig caj pas li cas?

Khoom daig caj pas yog tshwm sim heev tshaj nyob rau cov me nyuam me tshaj 5 xyoos. Txhoov lawv cov khoom noj ua tej daim me me, thiab saib lawv kom zoo thaum lawv noj. Txhob cia lawv npuav zaub mov los yog khoom ub no hauv lawv qhov ncauj thaum lawv khiav, hais lus, quaj, los yog lawv luag. Cov khoom daig me nyuam caj pas heev muaj li nram no:

- khawm ris khawm tsho, txiaj npib
- cov txiv grapes
- hnyuv ntxwm nqaij hot dogs
- txiv npawm npoos tawv tawv
- txiv laum huab xeeb
- paj pob kws
- zaub ntug nyoos carrots
- cov zais roj hmab latex balloons
- khoom ua si me los sis tej daim khoom ua si me

Khoom daig caj pas zoo li cas?

- tus minyuam tuav nws lub ncaj pas
- ua pa nrov lub suab soob soob
- hnoos yau yau heev
- hais tsis taus lus los sis ua suab sab
- xim hloov ntawm liab, mus rau liab dub hnyoo, mus rau xiav
- ua tsis tau pa

Choking child (1 to 8 years)

(English)

How can I prevent choking?

Choking is most common in children younger than 5 years. Cut up their food into small pieces, and be sure to watch them closely when eating. Do not allow them to have food or small objects in their mouth while running, talking, crying, or laughing. Some common things children choke on include:

- buttons, coins
- grapes
- hot dogs
- hard candy
- peanuts
- popcorn
- raw carrots
- latex balloons
- small toys or pieces of toys

What are the signs of choking?

- child clutches his or her neck
- high-pitched noisy breathing
- cough is very quiet
- cannot talk or make sounds
- color changes from red to purple to blue
- cannot breathe

Kuv yuav ua li cas?

Nug, “Pua yog abtsis txhaws koj?” Yog tus minyuam ncaws hau tias yog, hais rau tias koj mam li pab. Ua raws li cov kev qhia no, kom txog thaum tus minyuam mos ua tau pa, hnoos, quaj, los sis tsis xeev li lawm.

Nias plab:

1. Sawv los yog txhos caug nraum tus minyuam nrob qaum, thiab muab koj ob txhais tes tso hauv qab nws ob txhais.
2. Nyem ua lub nrig tso tus ntiv tes xoo rau ntawm koj tus minyuam plab saum lub qaum ntaws ntiv. Muab sab tes tov los tuav vov koj lub nrig ntawm thawj sab.
3. Nias nrawm nrawm lawm hauv plab thiab nqa nce toj.



What should I do?

Ask, “Are you choking?” If child nods yes, say you’re going to help. Follow these steps until the object comes out and the child can breathe, cough, or talk, or does not respond.

Abdominal thrusts (Heimlich maneuver)

1. Stand or kneel behind the child and put your arms under his or her arms.
2. Put the thumb-side of your fist against the child’s abdomen (belly) just above the belly button. Put your other hand over your fist.
3. Press into the abdomen with quick inward and upward thrusts.

Yog tus me nyuam tsis nco qab lawm

1. Qw, “**Pab – hu 911!**”
2. Ua CPR, tab sis txhua zaus koj qhib lub caj pas tshuab pa, xauj xyuas seb puas muaj khoom hauv qhov ncauj. Yog koj pom dab tsi, muab tshem tawm. Yog tsis pom ab tsi, **tsis txhob cev koj cov ntiv tes rau hauv qhov ncauj.**
3. Ua CPR kom txog thaum tus me nyuam yaus hnov tso, los sis tus neeg txawj los hloov.

Tseem ceeb

Daim ntawv no tsim los tau saib ntxiv kev qhia txog rau qhov npaj kev pab txog khoom daig caj pas. Nws yuav piav tsis tiav rau ntawm no. Koj yuav tsum xyaum cov kev qhia no nrog ib tug kws qhia. **Tsis txhob** xyaum cov kev qhia no rau ib tug neeg.

If the child does not respond

1. Yell, “**Help – call 911!**”
2. Do CPR, but each time you open the airway to give breaths, look for an object in the mouth. If you see something, remove it. If nothing is seen, **do not put your fingers in the mouth.**
3. Continue CPR until the child responds, or trained help takes over.

Important

This sheet is a review of techniques taught in a class on managing choking. It is not complete in itself. You must practice these techniques on a manikin with an instructor. **Do not** practice techniques on a person.

Children’s Hospitals and Clinics of Minnesota
Patient/Family Education
2525 Chicago Avenue South
Minneapolis, MN 55404
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