

Kev ua CPR rau me nyuam (1 mus txog 8 xyoo)

(Hmong)

Cov ntawv CPR no yog tshuab pa rau plawv thiab ntsws cawm kom rov ciaj sia.

C = cardiac (plawv)

P = pulmonary (ntsws)

R = resuscitation (ua kom rov qab ciaj sia)

Nws yuav yooj yim nco tau dua qhov yuav ua li cas yog koj xav rau qhov ABCs ntawm CPR.

Hlab pas (Airway)

1. Txheem pab lub taub hau thiab caj dab, muab tus me nyuam pw kom ncaj ncaj, tig ntxeev tiaj rau qhov chaw tiaj tawv.

2. Npuaj npuaj thiab qw, “Koj puas ua li cas?”

3. Yog tsis teb li, qw, “**Pab os!**”

- Yog muaj neeg los, hais kom ib tug neeg mus hu 911 thiab mus muab lub tsho hluav taws xob tom kom lub plawv dhia (AED) yog muaj.
- Yog tsis muaj neeg los, pib ua CPR.

4. Qhib txoj hlab pas nrog rau plim pliaj tsa puab tsaig.

CPR for children (1 to 8 years)

(English)

CPR stands for cardiopulmonary resuscitation.

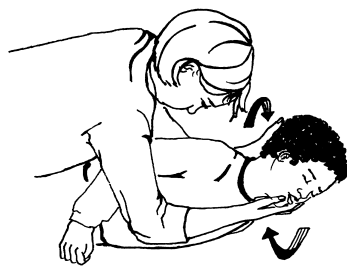
C = cardiac (heart)

P = pulmonary (lungs)

R = resuscitation (to recover)

It is easier to remember what to do if you think of the ABCs of CPR.

Arouse/Airway



1. Supporting the head and neck, turn the child so he or she lies flat, face-up, on a hard surface.

2. Tap and shout, “Are you okay?”

3. If no response, yell, “**Help!**”

- If someone comes, send person to call 911 and get automatic external defibrillator (AED) if available.
- If no one comes, start CPR.



4. Open airway with a head-tilt / chin-lift.

Ua pa (Breathing)

B

Breathing

1. Cia txoj hlab pas qhib, xyuas qhov ua pa 5 rau 10 seconds ib zaug:
 - Muab koj lub pob ntseg tso ze ze ntawm qhov ntswg thiab qhov ncauj.
 - **Saib seb** hauv siab pua nqa.
 - **Mloog** seb puas hno ua pa.
 - Muab koj sab plhu **mloog** seb puas ua pa.
2. Yog tus menyuam tsis ua pa:

- Muab koj lub qhov ncauj npuav nws lub. Nyem qhov ntswg.
- Tshuab 2 pas, tshuab kom txaus lub hauv siab nqa xwb (kwv yees li 1 second ib zaug).
- Saib seb hauv siab puas su raws li qhov tshuab pa.



3. **Yog hauv siab su tuaj**, ua ntxiv mus rau qhov C.
 - **Yog hauv siab tsis su tuaj**, kho lub taub hau dua thiab sim tshuab 2 pas ntxiv. Yog tias lub hauv siab tseem tsis su tuaj thiab, ua mus rau qhov C, tab sis txhua zaug koj qhib txoj hlab ua pa, saib hauv qhov ncauj. Yog koj pom dab tsi, muab tshem tawm.

1. Keeping the airway open, check for breathing for 5 to 10 seconds:
 - Put your ear next to the nose and mouth.
 - **Look** to see if chest rises.
 - **Listen** for breaths.
 - **Feel** for breaths on your cheek.
2. If the child is not breathing:

- Seal the mouth with your mouth. Pinch the nose.
- Give 2 breaths, just enough to make the chest rise (about 1 second each).
- Watch for chest to rise with breaths.

3. **If the chest rises**, proceed to section C.
 - **If the chest does not rise**, reposition the head and try 2 more breaths. If the chest still does not rise, proceed to section C, but each time you open the airway to give breaths, look in the mouth. If you see something, remove it.

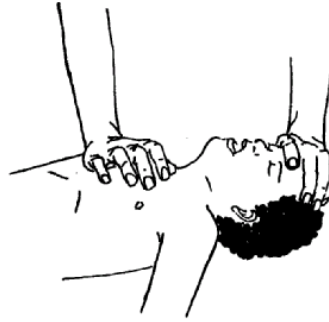
Nias hauv siab

1. Hle tsuag tsuag tej khaub ncaws ntawm hauv siab.
2. Muab lub qab xib teg tso ntawm ntu nruab nrab uas ncaj ob lub txiv mis ntawm tus pob txha nyom mis. Siv ob sab tes los tau yog yuav tsum ua li.
3. Nias sib zog thiab ceev ceev:
 - Nias ncaj ncaj lawm hauv
 - Nias li $\frac{1}{3}$ rau $\frac{1}{2}$ tob ntawm hauv siab.
- Nias li 30 zaus nrawm li ntawm 100 zaus hauv ib nas this.
- Cia lub hauv siab su rov tuaj thaum nias txhau zaus tag.
4. Tshuab 2 pas thaum nias 30 zaus.
5. Ua 5 lwm ntawm qhov nias 30 zaug thiab tshuab 2 pas. Qhov nov tsuas siv li 2 nasthis.
6. Yog tseem tsis tau hu no ces **hu 911**. Nqa lub tso hluav taws xob tom kom lub plawv dia (AED) nrog yog tus me nyuam muaj thiab siv rau.
7. Ua CPR kom txog thaum tus me nyuam hnov (pib nti), los yog txog thaum tus neeg txawj los hloov.

C

Chest pushes

1. Quickly open chest clothing.
2. Place the heel of one hand between the nipples on the breastbone. Put the other hand on top if needed.
3. Push hard and fast:
 - Push straight down.
 - $\frac{1}{3}$ to $\frac{1}{2}$ the depth of the chest.
- 30 pushes at a rate of about 100 per minute.
- Let the chest come up after each push.
4. Give 2 breaths after each 30 pushes.
5. Do 5 sets of 30 compressions and 2 breaths. This should take about 2 minutes.
6. If not already done, **call 911**. Bring automatic external defibrillator (AED), if available, to child and use it.
7. Do CPR until child is responding (starting to move), or until trained help takes over.



Yog ua pa tab sis tsis hnov xwb:

- Txhob ua CPR lawm.
- Saib xyuas qhov ua pa kom txog thaum tus neeg txawj tuaj txog.
- Yog tsis raug mob, muab tus menyuum tig ua ntsais. Tsis txhob ntswj lub caj dab, los yog lub cev thaum koj tig nws ua ntsais.
- Txawm tias ua pa thiab hnov lawm los, yuav tau cia tus me nyuam rau tsheb thauj neeg mob coj mus ntawm Chaw Khomob Ceev uas nyob ze nej tshaj.

Tseem ceeb

Daim ntawv no tsim tawm los ua xws li tau saib dua kev qhia txog CPR me nyuam yaus xwb. Nws kuj yuav tsis qhia ub no tas tas hauv daim ntawv no. Koj yuav tsum xyaum cov kev ua no ntawm tus me nyuam roj hmab nrog rau ib tug kws qhia. **Tsis txhob** xyaum nrog ib tug neeg.



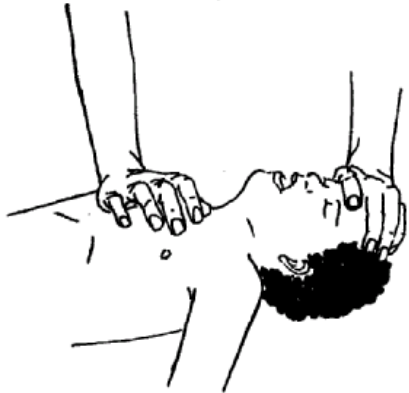
If breathing but not responding:

- Stop CPR.
- Watch the breathing until trained help arrives.
- If no injuries, roll the child onto one side. Do not twist the head, neck, or body while rolling.
- Even if breathing and responding, the child should be taken to the nearest Emergency Room by ambulance.

Important



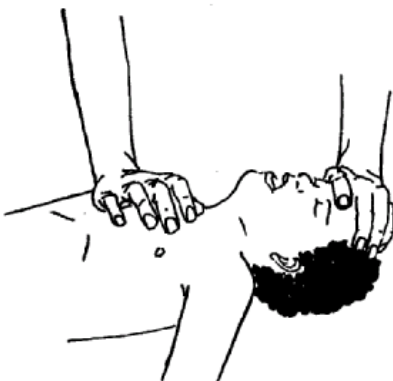
This sheet is a review of techniques taught in a pediatric CPR class. It is not complete in itself. You must practice these techniques on a manikin with an instructor. **Do not** practice techniques on a person.

Kev ua CPR rau menyuam (muaj 1 xyoos txog rau 8 xyoo)
Qhia saib ceev ceev (Quick reference) (Hmong)

<p>A Tsa:</p> <ul style="list-style-type: none"> • Muab tig ntxeev tiaj ntawm tej qhov chaw tawv. • Npuaj npuaj thiab hu nrov, “Koj puas ua cas?” <p>Npaj tos:</p> <ul style="list-style-type: none"> • Qw, “Pab—hu 911!” <p>Hlab pas:</p> <ul style="list-style-type: none"> • Qhib nrog muab tobhau plim / tsa qab puab tsaig. 	
<p>B Xyuas qhov ua pa:</p> <ul style="list-style-type: none"> • Saib, mloog, thiab kov: 5 rau 10 xeesnkoos. • Tshuab 2 pas. • Yog hauv siab su tuaj lawm, mus rau qhob C. <p>Yog hauv siab tsis su:</p> <ul style="list-style-type: none"> • Rov kho lub tobhau thiab tshuab dua • Yog huav siab tseem tsis su thiab, mus rau qhob C, tab sis txhua zaus koj qhib lub qhov ncauj tshuab pa, saib hauv qhov ncauj. 	
<p>C Nias hauv siab:</p> <ul style="list-style-type: none"> • Hle tej khaub ncaws ntawm hauv siab. • Tso lub qab sib teg ntawm ntu nruab nrab uas ncaj ob lub txiv mis ntawm tus pob txha nyom mis. Siv ob sab tes los tau yog yuav tsum tau ua li. • Nias sib zog thiab nrawm nrawm: <ul style="list-style-type: none"> - nias kom mhlos li $\frac{1}{3}$ rau $\frac{1}{2}$ qhov tob ntawm nws lub hauv siab - nias 100 zaus tauj 1 nas this - nias 30 zaus ces tshuab 2 pas <p>Tom qab 5 lwm (li 2 nas this)</p> <ul style="list-style-type: none"> • Hu rau 911 yog koj ib leeg xwb. • Sib lub tshuab AED yog muaj. • Ua CPR kom txog thaum tus me nyuam hnov, los yog txog thaum tus neeg txawj los hloov. 	

CPR for children (1 to 8 years)

Quick reference (English)

<p>A</p> <p>Arouse:</p> <ul style="list-style-type: none"> • Turn back on hard surface. • Tap and shout, “Are you OK?” <p>Alert:</p> <ul style="list-style-type: none"> • Yell, “Help—call 911!” <p>Airway:</p> <ul style="list-style-type: none"> • Open with head-tilt / chin-lift. 	
<p>B</p> <p>Check for breathing:</p> <ul style="list-style-type: none"> • Look, listen, and feel: 5 to 10 seconds. • Give 2 breaths. • If chest rises, go to C. <p>If chest does not rise:</p> <ul style="list-style-type: none"> • Reposition head and try breaths again. • If chest still does not rise, go to C, but each time you open the airway to give breaths, look in the mouth. 	
<p>C</p> <p>Do chest pushes:</p> <ul style="list-style-type: none"> • Open chest clothing. • Put the heel of 1 hand between the nipples on the breast bone. Use two hands if needed. • Push hard and fast: <ul style="list-style-type: none"> - 1/3 to 1/2 the depth of the chest - 100 pushes per minute - 30 pushes to 2 breaths <p>After 5 cycles (about 2 minutes):</p> <ul style="list-style-type: none"> • Call 911 if you are alone. • Use AED if available. • Do CPR until child is responding, or until trained help takes over. 	

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