

## **Cab** (Hmong)

### **Dab tsi yog pinworms?**

Ib tug pinworm yog ib tug me soob, dawb ntev li ¼ ntv. (Saib zoo zoo: yog tsis nti, koj yuav pom zoo li ib txoj xov, tsis yog ib tug cab.) Cov cab no yog ib txwm pom nyob ntawm qhov quav thiab thaj tsam ntawm pob tw, feem ntau hmo ntuj los yog sawv ntxov. Muaj tej zaum pom tej tug nyob ntawm cov quav (thaum tso quav).

### **Zoo li cas thaum muaj cab?**

Yog ib tug minyuam lub qhov quav los yog chaw mos khaus khaus los yog mob, nrhiav xyuas cov cab no. Cov kev tshwm sim no yuav muaj heev rau lub caij pw. Tshawb nrhiav cov cab rau li 2 los 3 teev tom qab tus me nyuam tsaug zog. Rua ob sab pob tw thiab tsom teeb saib ntawm lub ncauj qhov quav.

### **Yuav kho cov cab li cas?**

Muab ib hom tshuaj txawv rau noj ntawm qhov ncauj mus tua cov cab. Vim rau qhov cov cab txawj kis rau lwm tus, yuav muab cov tshuaj rau cov neeg hauv tsev noj thiab. Tej zaum yuav muab ib qho rau noj li 2 vas thiv tom qab.

Ua kom xis nyob, tso tus minyuam zaum tau rau dej sov kom ntev li 20 rau 30 nas this, 3 los 4 zaug ib hnub. Tsis txhob siv xab npus ua npuas rau da vim yuav ua tsis xis nyob.

## **Pinworms** (English)

### **What are pinworms?**

A pinworm is a very thin, white parasite (worm) about 1/4 inch long. (Look carefully: if it's not moving, you may be seeing a bit of thread or lint, not a pinworm.) Pinworms are usually seen in the rectal and buttocks area, especially at night or early in the morning. Sometimes one is found on the surface of a stool (bowel movement).

### **What are the signs of pinworms?**

If a child has rectal or vaginal itching or soreness check for pinworms. These signs can be worse at bedtime. Look for pinworms about 2 or 3 hours after the child falls asleep. Separate the buttocks and shine a flashlight at the rectal area.

### **What is the treatment for pinworms?**

A special medicine is given by mouth to kill the pinworms. Because pinworms can spread, the medicine may also be prescribed for other family members. Sometimes another dose is prescribed 2 weeks later.

For comfort, your child can sit in warm water for 20 to 30 minutes, 3 or 4 times a day. Do not use bubble bath because it can be irritating.

## **Kuv yuav tiv thaiv cov pinworms no li cas kom txhob kis?**

Txhua tus neeg hauv tsev yuav tsum ntxuav lawv cov tes thiab ntxuav hauv cov qab rau tes kom zoo ua ntej noj mov thiab tom qab tso quav los yog hloov diapers. Ib tug txhuam rau tes me me los yeej pab tau zoo.

Txiav koj tus minyuam cov rau tes kom luv, tiv thaiv qhov khawb to thiab ua mob voos.

Ntxuav koj tus minyuam pob tw kom zoo nrog xab npus thiab dej tom qab tso quav.

Ntxhua tus minyuam cov ntaub pua txaj, ris tsho, thiab phuam da dej nrog dej kub hnuv koj muab tshuaj rau. Txhuam lub qhov tso quav nrog rau cov tshuaj cleanser hnuv muab tshuaj rau, thiab hnuv tom qab.

## **Thaum twg thiaj tsim nyog kuv hu rau chaw kho mob?**

- tawv nqaij cig lub qhov quav liab los yog nruj
- qhov khaus tis zoo ntev li ib vas thiv tom qab muab tshuaj kho

## **Lus nug?**

Daim ntawv no tsis yog hais txog koj tus me nyuam xwb, tab sis qhia rau tag nro sawv daws. Yog koj muaj lus nug, thov hu rau chaw kho mob.

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](http://www.childrensmn.org).

## **How can I prevent pinworms from spreading?**

All family members must wash their hands and clean under the fingernails carefully before meals and after using the toilet or changing diapers. A small nail brush is helpful.

Keep your child's fingernails short to prevent scratching and creating skin sores.

Wash your child's bottom with soap and water after bowel movements.

Wash the child's bed linen, clothes, and towels in hot water the day you give the medicine. Scrub the toilet with a cleanser on the day the medicine is given, and the day after.

## **When should I call the clinic?**

- skin around the rectum becomes red or tender or has open sores
- itching is not better within 1 week after treatment

## **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](http://www.childrensmn.org).