

## Khaub thuas mob hlab

**pas** (Hmong)

### Cov mob khaub thuas RSV yog dab tsi?

RSV yog ib yam khaub thuas mob hlab pa rau laus hluas txhua lub hnuv nyoog. Nyob hauv Minnesota feem ntau cov khaub thuas RSV no muaj thaum nruab nrab lub 10 hli mus rau lub 4 hlis. Raws li ib txwm cov me nyuam loj thiab cov laus tsuas los ntswg xwb, tab sis cov me nyuam mos thiab me nyuam me kuj yuav ua rau muaj lwm yam mob qa ua pa nyuab.

Qhov mob RSV no tej zaum kuj yuav ua mob nyhav rau cov me nyuam mos los yog cov me nyuam ua yug los tsis tau txwm hli, cov me nyuam mob plawv los yog ntsws thiab cov roj ntsha tsis muaj zog tiv thaiv mob nkeeg. Me nyuam mos thiab me nyuam me, RSV yog ib yam mob ntxiav ua kom mob ntsws o thiab muaj dej nyob hauv ob lub ntsws. Cov me nyuam loj thiab cov neeg laus tej zaum kuj yuav raug muaj hlab ntsws o los ntawm RSV.

## Respiratory syncytial

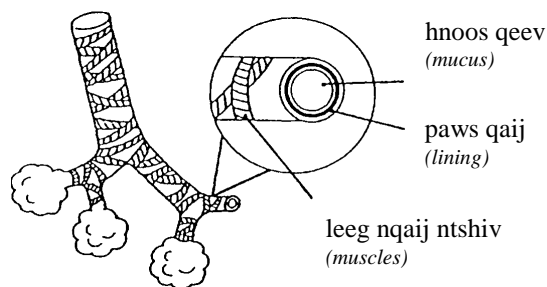
**virus** (English)

### What is respiratory syncytial virus?

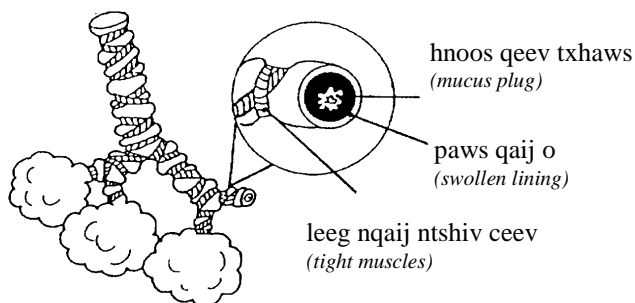
Respiratory syncytial (sin-sye-shul) virus, or “RSV,” is a virus that causes respiratory infections in people of all ages. In Minnesota most RSV infections occur between October and April. Usually older children and adults will have only a cold, but in infants and young children it can cause other respiratory illnesses.

An RSV illness can be especially severe in very young or premature infants, those with heart or lung disease, and those with compromised immune systems. In infants and young children, RSV is a common cause of pneumonia and bronchiolitis—inflamed airways in the lungs. (See the education sheets, “Pneumonia” and “Bronchiolitis”.) Older children and adults may get bronchitis from RSV.

**Hlab cua zoo**  
(Normal airways)



**Hlab cua mob lawm**  
(Inflamed airways)



Cov mob RSV feem ntau rau cov me nyuam yaus sij hawm lawv muaj hnuv nyoog 3 xyoos. Cov mob RSV no tsis mob ntev thiab tej zaum nej raug lawm los yuav rov raug dua.

## **Cov khaub thuas RSV no mob zoo li cas?**

### **Niam qhuav yug thiab me nyuam yug ua ntej txog caij:**

- quaj txuj txwv (chim siab)
- tsis noj mis zoo
- tej zaum kuj tau khaub thuas me-ntsis xws li txhaws ntswg
- nkees nkees (tsa tsis sawv)
- tej zaum kuj ua pa tsis nto

### **Me nyuam mos thiab me nyuam me:**

- hnoos
- ua pa ceev ceev
- hawb pob
- ua pa nyuab nyuab

### **Me nyuam loj thiab neeg laus:**

- los kua muag
- los kua ntswg
- hnoos

## **Cov khaub thuas RSV no kis li cas?**

Cov RSV no kis tau yooj yim ntawm ib tug neeg mus rau lwm tus, feem ntau yog thaum thawj ob peb hnuv. Ib tug neeg twg nws yuav mob li 2 rau 8 hnuv tom qab nws kis tau cov khaub thuas no.

Neeg kis tau RSV no los ntawm tej hnoos nqeev (ob ncaug) los yog tej yam khoom uas muaj cov mob no lo rau ntawd. Cov mob no yuav muaj sia nyob tau ntau ntau teev ntawm tej khoom ub no thiab li 30 nas this los yog tshaj ntawm neeg ob txhais tees.

RSV infects most children during their first 3 years of life. Immunity to RSV is short-lived, and it is common to get it again.

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

### **Newborns and premature babies:**

- irritable (crabby)
- poor feeding
- may have slight cold symptoms such as a stuffy nose
- lethargic (very sleepy, hard to arouse)
- may have episodes of apnea (breathing stops)

### **Infants and young children:**

- coughing
- fast breathing
- wheezing
- hard time breathing

### **Older children and adults:**

- watery eyes
- runny nose
- coughing

## **How is RSV spread ?**

RSV is easily spread from person to person, especially during the first few days. A person will get the illness 2 to 8 days after being exposed to it.

People catch RSV by direct contact with respiratory secretions (saliva and mucus), or things that have been in contact with it. The virus can live on surfaces for many hours, and for a half-hour or more on the hands.

Ntxuav tes yog txoj kev tseem ceeb tshaj plaws yuav ua kom txo tawm cov mob RSV no txhob sib kis. Tag nrho nej tsev neeg yuav tsum ntxuav tes kom zoo nrog xab npum thiab dej li 15 xavkeem, los yog siv cov tshuaj ntxuav tes cawv cuaj caum xws li Purell®, thiab txhob kov qhov ntswg thiab qhov muag.

Qhia menyuam txhob sib koom noj zaub mov los yog haus dej ua ke, thiab lawv xuas txhais caj npab los npog qhov ncauj thaum lawv txham los yog hnoos.

### **Yuav kho cov khaub thuas RSV no li cas?**

Yog me nyuam mos thiab me nyuam me mob heev, lawv yuav kuaj seb puas yog cov mob RSV no. Qhov ntsuas kuaj, yuav tau siv ib lub raj nyias ntim cov kua ntswg mus kuaj. Nug nej tus kws kho mob seb lawv kuaj tau li cas.

Feem ntau cov me nyuam raug cov khaub thuas no tsis tas mus pw hauv tsev khomob. Cov me nyuam uas yuav tsum tau mus pw hauv tsev khomob mas yog cov me nyuam muaj lwm yam mob thiab cov me nyuam mos mos uas tsam cov khaub thuas RSV no ua kom lawv ob lub ntsws ua paug thiab hlab ntsws o.

Me nyuam yaus feem ntau uas raug cov mob RSV no tsis tas noj tshuaj los ntawm kws kho mob los kuj tau. Vim rau qhov cov mob RSV no yog khaub thuas xwb, tshuaj tiv thaiv kab mob rau lub cev yuav tsis zoo. Thaum nej kho nej tus me nyuam hauv tsev, tej qhov mob yuav tau tu li nram no:

### **Ua npaws**

Muab tshuaj acetaminophen (Tylenol® los yog lwm yam) raws li lawv qhia ntawm lub kav ntawv. **Txhob muab cov tshuaj aspirin.**

Frequent hand hygiene is the most important way to prevent the spread of RSV. All family members should wash hands well with soap and water for at least 15 seconds, or use an alcohol hand sanitizer, such as Purell®, and avoid touching their nose and eyes.

Teach children not to share food or beverages, and to cover their mouth with their forearm when they sneeze or cough.

### **How is RSV treated?**

If an infant or young child is very ill, mucus from the nose will be tested to see if RSV is the cause. Check with your doctor about the results of this test.

Most children with RSV do not need a hospital stay. The children who do need to be in the hospital are those with other health problems or very young infants who are prone to develop pneumonia and bronchiolitis.

Most children with RSV do not need prescribed medicines. Because RSV is a virus, antibiotics do not help. When caring for your child at home, symptoms may be treated as follows:

### **Fever**

Give acetaminophen (Tylenol® or another brand) according to package directions. **Do not give aspirin.**

## Txhaws ntswg

- Muab lub taub hau txaj tsa.
- Yuav cov dej qab ntsev hauv khw muag tshuaj, los yog muab ¼ dia (teaspoon) ntsev los tov nrog ½ khob dej (½ cup).
- Muab tus me nyuam pw ntseev tiaj, nrog li 2 rau 3 tee rau ib sab qhov ntswg.
- Tos li ½ nas this koj muab lub nqus ntswg los nqus cov dej tawm.
- Ua li no ua ntej pub mis rau noj thiab pw tsaug zog, ua li no kom ntau zaus raws li ua tau.

Txhob muab cov tshuaj yuav hauv khw muag tshuaj tsis yog kws kho mob sau ntawv rau nws noj yam tsis tau nug kws kho mob. Yog koj tus me nyuam hawb pob thiab mob pob ntseg, tej zaum kws kho mob kuj yuav sau ntawv yuav tshuaj rau koj.

**Nyob hauv tsev kho mob,** menyuam feem ntau uas mob RSV no lawv yuav tso cov cua “oxygen” thiab tshuab tshuaj pab kom txog thaum lawv ua pa zoo tau zoo lawm tso. Cov dej “IV” lawv tso thiab tso zaub mov rau nej tus menyuam lub cev kom txog thaum nej tus menyuam noj taus zaub mov thiab haus taus dej rau lub cev. Kev tiv thaiv kom txhob kis RSV rau lwm tus, koj tus menyuam yuav raug cais pw nws ib chav tsev los yog koom nrog lwm tus neeg uas raug tib hom khaub thuas no. Cov neeg ua hauj lwm hauv tsev kho mob yuav tau hnav tsho ntev, looj hnab tes, thiab npog qhov ncauj thaum mus ze.

## Stuffy nose

- Raise the head of the crib.
- Buy saline nose drops at a drug store, or stir ¼ teaspoon salt into ½ cup water.
- Lay the child on the back and put 2 or 3 drops of saline into the nose.
- Wait about ½ minute and suction the nose with a bulb syringe.
- Do this before feeding and sleeping and as often as needed.

**Do not** give any non-prescription medicine without checking with your doctor. If your child is wheezing or has an ear infection, your doctor may prescribe medicine.

**In the hospital,** most children with RSV will receive oxygen and breathing treatments until they are breathing better. An intravenous line (IV) will provide liquids until your child can eat and drink well. To prevent the spread of RSV, your child will be in an isolation room or share a room with another patient with RSV. Hospital staff will wear a gown and gloves, and a mask for close contact.

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

- yog tus me nyuam mos tshaj ib xyoos thiab muaj mob plawv los yog mob ntsws thaum tau khaub thuas
- tsis kam haus dej haus mis
- ntuav, haus tsis tau dej rau hauv plab
- rub rub nws ob lub pob ntseg
- ua pa nyuab nyuab
- hawb pob los yog peej huas pa
- ua pa ceev (tshaj li 60 zaus ntawm 1 nas this)
- tsis kam sawv ua si
- thaum ua pa sib sib zog nqus pa ua tav tawm tas
- di ncauj xiav los yog thim xem tas (**hu xov tooj rau 911**)

## Thaum twg kuv tus me nyuam thiaj rov mus tau rau qhov chaw zov me nyuam?

Menyuam yuav rov mus tau rau chaw zov me nyuam thiab ua si lwm yam yog thaum lawv tsis ua npaws, noj taus li qub, thiab xis nyob (tej zaum lawv kuj tseem los ntswg).

## Lus nug?

Daim ntawv no tsis yog hais txog nej tus me nyuam nkaus xwb, tab sis nws hais txog kev tau khaub thuas lwm yam thiab. Yog koj muaj lus nug ab tsi, thov hu rau nej lub chaw khomob.

## When should I call the doctor?

- a child younger than 1 year old with heart or lung disease develops a cold
- refusing to drink
- vomiting, not able to keep liquids down
- pulling at the ears
- hard time breathing
- wheezing or gasping for air
- breathing fast (more than 60 times per minute)
- hard time staying awake
- sucking in on the spaces between the ribs with each breath
- has a bluish or grayish tinge around or inside the lips - **call 911**

## When can my child return to day care?

Children may return to day care and other group activities when they have no fever, feed normally, and feel well—even if they still have a cough or a runny nose.

## Questions?

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

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