

# NCAUJ LUS QHIA TXOG KEV MOB NTSWS ASTHMA THIAB KAB MOB COVID-19

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Ntawm no yog ib co ncauj lus sau ua ke los ntawm Children's Minnesota pab neeg kho kev mob ntsws asthma uas yog qhia txog koj txoj kev npaj kev tu xyuas zoo tshaj plaws rau ib tug me nyuam muaj kev mob ntsws asthma rau thaum lub caij muaj tus kab mob kis thoob ntiaj teb COVID-19. Thov mus xyuas cov vas sab nram no kom paub ntxiv txog cov ncauj lus qhia txog tus kev mob ntsws asthma:

- [Cov Koom Haum Tswj thiab Tiv Thaiv Kab Mob \(Centers for Disease Control and Prevention \(CDC\)\) cov lus qhiantxog kev mob ntsws asthma](#)
- [Children's Minnesota cov ncauj lus qhia rau neeg mob kawm txog asthma](#)

Thaum tu xyuas koj tus me nyuam hauv tsev, koj yuav npaj txhij dua yog koj coj raws cov tswv yim nram no.

- Coj Raws Nkaus li koj Lub Tswv Yim Tswj Kev Mob Ntsws Asthma.
- Siv koj cov tshuaj kho asthma raws nkaus li qhia.
- Nws tseem ceeb heev uas yuav tsum siv koj cov tshuaj txhua hnuv los yog tshuaj tswj hlab ua pa txhua hnuv yog tias koj muaj qhov tshuaj.
- Mus nqa kom muaj cov tshuaj tswj hlab ua pa thiab cov tshuaj cawm siav kom txaus siv luv kawg li 2-3 lub hlis.
- Muaj qhov tshuaj Decadron los yog Prednisone nyob rau hauv tsev txhawm rau thaum kev mob ntsws asthma huam loj tuaj.
- Npaj kom muaj cov tshuaj thiab cov khoom siv uas tsis yog kws kho mob sau txaus siv txog 30 hnuv nyob rawv ntawm tes.
- Muaj cov xov tooj rau koj pab neeg kho kab mob kev nkeeg, lub khw muag tshuaj thiab lub chaw pov hwm them nqi kho mob kom muab kiag tau siv.
- Sau kom muaj cov npe tshuaj thiab kev siv nws npaum li cas (nrog rau cov tshuaj qab los vivtasmeeb thiab tshuaj txhawb cev) uas muab kiag tau siv.

## Paub siv koj lub raj tshuaj nqus

Siv cov raj tshuaj nqus thaum nyob rau hauv tsev yuav txo tsawg cov pa ya thiaj tiv thaiv tau cov neeg muaj feem mob taus (cov neeg laus thiab cov neeg muaj lwm cov kev mob).

- [Children’s Minnesota daim duab yeeb yaj kiab qhia txog lub raj tshuaj nqus rau kev mob ntsws asthma](#) (Lus Askiv)
- [Children’s Minnesota daim duab yeeb yaj kiab qhia txog lub raj tshuaj nqus rau kev mob ntsws asthma](#) (Lus Mev)

## Xyeej cov [tsim zes kom muaj kev mob ntsws asthma](#).

- Tsis txhob haus luam yeeb los yog raj yeeb.
- Tsis txhob haus luam yeeb hauv tsev.
- Tsis txhob haus raj yeeb hauv tsev.
- [Ntxuav thiab tua tshuaj rau](#) tej chaw nquag chwv txog li cov rooj noj mov, cov pob qhov rooj, cov chaw taws teeb, cov txee, cov nqaj tuav, cov rooj saib ntawv, cov xov tooj, cov qhov dej tso zis tso quav, cov kais dej thiab cov dab ntxuav tes ntxuav muag kom tiv thaiv tau koj tus kheej ntawm tus kab mob COVID-19.
- Xyeej cov tshuaj tua kab uas ua rau ntsws txhaws.
- Siv koj cov tshuaj tiv thaiv kev tsis haum cev raws nkaus li qhia.

**Hu cuag koj pab neeg kho kab mob kev nkeeg yog tias koj tus me nyuam cov kev mob tshwm sim los ntawm txoj kev mob ntsws asthma huam loj zus.**