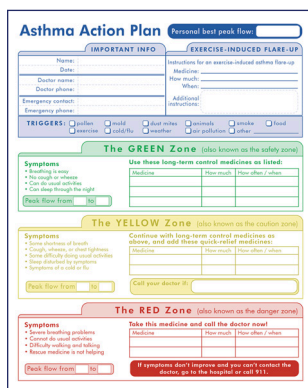


# Lus Qhia Pab thaum Rov-mus-Kawm Ntawv rau cov Me Nyuam Mob Hlab Ntsws Tsev Neeg

Thaum tswj kev mob hlab ntsws tau zoo lawm, cov me nyuam muaj peev xwm mus kawm ntawv, kawm paub, ua si nrog phooj ywg, thiab nyob kaj huv!

Cov me nyuam mob hlab ntsws muaj peev xwm npaj kawm ntawv tau zoo thawm xyoo yog ua tiav raws lus txheeb xyuas kom ua hauv qab no:

- Teem ntsib koj lub chaw kuaj mob kom kuaj kav rau ib xyoos seb koj tus me nyuam kev mob hlab ntsws puas raug tswj tau zoo.**
- Kom tau ib daim Ntawv Npaj Tswj Mob Hlab Ntsws (Asthma Action Plan) tshiab los ntawm koj lub chaw kuaj thiab muaj ib daim luam rau koj tsev kawm ntawv tus neeg ntsuam mob. Qhov nov koj tsev kawm ntawv tus neeg ntsuam mob thiaj muab tau tshuaj uas nws yuav tau noj.**
- Kom muaj ib lub nqus pa pab thib 2 (albuterol) rau siv tom tsev kawm ntawv.**
- Kom muaj ib lub raj nruab (spacer) lub nqus pa pab rau siv tom tsev kawm ntawv.**
- Xyuas kom koj tus me nyuam txhaj tshuaj tiv kab mob txhua xyoo.**



Ntawv Npaj Tswj Kab Mob (Action Plan)



Lub nqus pa pab



Lub nqus pa pab muaj raj nruab

Yog koj tsis muaj lub raj nruab rau tsev kawm ntawv, cuag nrog tsev kawm ntawv tus neeg ntsuam mob kom tau lus qhia pab.