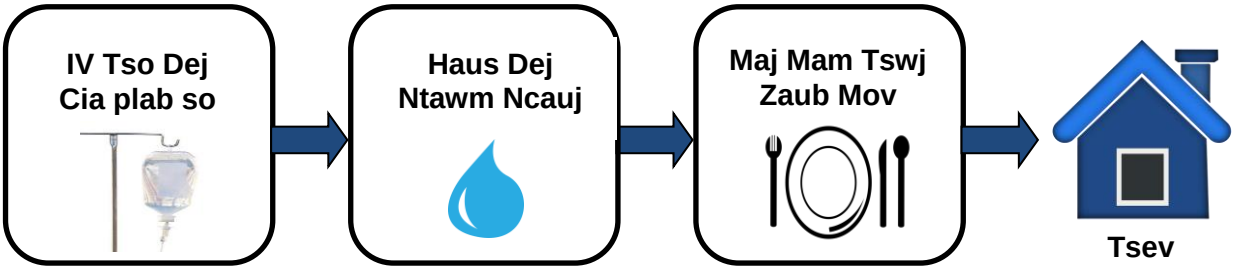
Haus Dej Ntawm Ncauj Kom Lub Cev Rov Muaj Dej
(Loj dua li 10 kg los sis 22 phaus)



Dab tsi yog Oral Rehydration Therapy (ORT)?

Koj tus me nyuam muaj tus kab mob plab nyhuv los yog "stomach flu". Nws yog ib qho mob khaub thuas ua rau ntuav, zawv plab thiab qee zaus ua lub cev qhuav dej. Ua pab kom koj tus me nyuam rov qab muaj dej rau lub cev dua, koj yuav tau muab dej me me rau nws haus li ib zaug li ob peb ntiv ntiag. Qhov no hu hais tias Oral Rehydration Therapy.

Hom dej koj yuav siv yog **Pedialyte®.** Hom dej no muaj ntsev thiab piam thaj txaus nyob hauv, uas pab cov nyhuv rov qab xam tau dej (nqus tau) dej. Yog koj tus me nyuam tsis kam haus, peb mam sim tov ib nrab dej thiab ib nrab kua apple.

Muab dej ntawm qhov ncauj yuav siv sij hawm ntev li **1 thaus.** Koj tus neeg tu mob mam qhia koj tias thaum twg koj thiaj muab tau dej rau ntaw ncauj. Qhov no feem ntau muab rau 4 thaus tom qab tso dej IV thiab cia lub plab so, los yog nruab hnub yog tias koj tus me nyuam pw tsev kho mob hmo ntuj.

Txawm tias koj tus me nyuam xav haus ntau, nws tseem ceeb heev uas **tsuas muab npaum li qhov uas pom zoo xwb.** Qhov no cia sij hawm rau lub plab nqus xam cov dej thiab pab tiv thaiv kom txhob ntuav.

Koj tus me nyuam yuav tsis kam haus cov dej thaum ntej, tab sis qhov nov yuav haus tau zoo zuj zus tom qab pub rau ob peb zaug.

Qhia koj tus neeg tu mob paub yog koj tus me nyuam:

- Tsis kam haus cov dej
- Ntuav
- Zawv plab tau quav ntau heev

Koj yuav siv dab tsi?

- Ib lub khob rau tshuaj los yog tus raj nqus yeem dej tsawg tsawg
- Ib lub thaus los yog lub twj los saib sij hawm
- "Phau ntawv sau" cov kev qhia no
- Ib tus mem kua los yog mem ncaig qhua

Daim Zwm Caij Rau Kev Haus Dej Ntawm NCauj

Sij Hawm Sim nrug deb li 5 ntiv ntiag (Sau rawv nraim li sij hawm koj muab rau haus)	**Dej Ntau Li (ml)** (Tua tawm qhov muab tas rau lawm)	**Ntuav?** (Kos vaj voog yog ntuav los tsis ntuav)
Piv Txwv: 8:15 a.m.	**~~10 ml~~**	**Ntuav/Tsis ntuav**
	10 ml	**Ntuav/Tsis ntuav**
	10 ml	**Ntuav/Tsis ntuav**
	10 ml	**Ntuav/Tsis ntuav**
	10 ml	**Ntuav/Tsis ntuav**
Tham nrog koj tus me nyuam tus neeg tu mob ua ntej yuav muab dej nce kom ntau ntxiv		
	20 ml	**Ntuav/Tsis ntuav**
	20 ml	**Ntuav/Tsis ntuav**
	20 ml	**Ntuav/Tsis ntuav**
	20 ml	**Ntuav/Tsis ntuav**
	20 ml	**Ntuav/Tsis ntuav**
	20 ml	**Ntuav/Tsis ntuav**
	20 ml	**Ntuav/Tsis ntuav**
	20 ml	**Ntuav/Tsis ntuav**
Tham Nrog koj tus me nyuam tus neeg tu mob thaum kawg nram qab no lawm		