

## Zawv plab (Hmong)

### Zawv plab yog dab tsi?

Zawv plab yog ib yam mob ua kom neeg mus tso quav heev thiab tso cov quav ua kua dej xwb. Nws yuav txawv ntawm qhov tso quav ntau zaus nkos nkos los mus rau qhov ntau zaus quav ua kua dej. Tso ib ob zaug quav tsis khov xwb tsis yog zawv plab, thiab tsis tas yuav siv tshuaj dab tsi kho.

Zawv plab feem ntau yog tshwm sim los ntawm kab mob ciaj sia los yog noj zaub mov tsis haum rau hauv lub plab (ntsim hwv, nyeem hwv los khoom noj tshiab). Yog zawv plab los ntawm kab mob, muaj cab, los yog ib yam kab mob ciaj sia dab tsi, saib ntawm daim ntawv qhia, “Diarrhea reference chart.”

Qhov txaus ntshai ntawm kev zawv plab yog **lub cev qhuav dej** (“qhuav tawv” tuaj lawm).

Tus minyuam yim mos, yim muaj qhov no tshwm sim tau sia . Yog koj tus mosab **mos tshaj 3 hlis**, hus rau koj lub chaw kho mob pab tswv yim ua ntej muab tej tshauj rau tom tsev. Yog pom koj tus minyuam muaj tej cim lub cev qhuav dej hu rau kws khomob.

**Tej cim lub cev qhuav dej mintsis mus rau qhuav heev tsawv lawm:**

- tsis muaj zis (los pawm tsis ntub) li 8 teev lawm
- di ncauj qhuav
- hauv qhov ncauj qhuav qhuav los yog nplaum nplaum

## Diarrhea (English)

### What is diarrhea?

Diarrhea is a sudden increase in the number and looseness of stools (bowel movements). It can vary from several loose or mushy stools to many watery stools. One or two loose stools is not diarrhea, and no treatment is needed.

Diarrhea is often caused by a viral infection or eating food that does not “agree” with the stomach (too spicy, too rich, or new foods). If the diarrhea is caused by a bacteria, parasite, or specific virus, see the education sheet “Diarrhea reference chart.”

The main danger of diarrhea is **dehydration** (becoming “dried out”). The younger the child, the more quickly this can happen. If your baby is **younger than 3 months**, call your clinic for advice before beginning home treatment. If your child shows **signs of dehydration** call the doctor.

**Signs of mild to moderate dehydration:**

- no urine (or wet diaper) for 8 hours
- dry lips
- the inside of the mouth is dry or sticky

### **Tej cim lub cev qhuav dej heev:**

- quaj los tsis muaj kua muag
- qhov ncauj qhuav heev (tsis muaj qaub ncaug)
- qhov muag tho
- poob phaus
- nkees nkees (lub zog tsawg tsawg)
- pheej zawv tsim los nyuaj nyuaj
- tsis mee pem
- tsis muaj zog (zaum los yog taug kev nyuab, xeev ntuav)

### **Kuv yuav tu kuv tus minyuam li cas?**

Lub hom phiaj yog kho kom tiv thaiv lub cev qhuav dej los ntawm muab dej mus ntxiv rau qhov uas raws plab lawm. Qhov no tseem ceeb heev yog tias muaj qhov ntuav thiab. Yog koj tus minyuam ntuav thiab, ua raws daim ntawv qhia “Ntuav”, ua ntej muab tshauj rau qhov zawv plab.

Yog tias tsis ntuav, ua raws li cov lus taw qhia nov. Koj yuav ua tsis tau kom qhov raws plab zoo hlo los ntawm qhov hloov tej khoom noj tab sis yuav txo tau qhov raws plab thiab qhov mob plab nyob nyuaj.

Pib muab tshauj rau tom qab koj tus minyuam tso quav 4 zaug ua kua ntawm 24 teev. Nws kuj yuav siv li ob peb hnuv cov quav mam rov zoo li qub dua. Khaub thuas zawv plab feem ntau yog li 5 rau 9 hnuv tab sis yuav tsum tso quav raws plab tsawg zaus zuj zus thiab cov quav tsawg dua nrog rau qhov muab tshauj.

Ua kom nrov muaj cov phajnyaj zoo hauv cov nyug, koj muab tau cov lactobacillus GG, (xws li Culturelle®) muaj muag nyob ntawm tej tsee tom khw muag tshauj, 1 lub tshauj sib dhos ob zaug ib hnuv muab ncho ncho rau tej khoom noj. Lwm hom lactobacillus tsis tau pom muaj tiam pab tau pes tsawg.

### **Signs of severe dehydration:**

- no tears when crying
- the inside of the mouth is very dry (no saliva)
- eyes seem sunken
- weight loss
- listless (has little energy)
- hard to awaken
- confused
- weakness (hard to sit up or walk, floppy)

### **How should I care for my child?**

The goal of treatment is to prevent dehydration by giving liquids to replace fluids that are lost in the diarrhea. This is especially important if vomiting is also present. If your child is vomiting, follow the instructions in the education sheet, “Vomiting”, before treating for diarrhea.

If there is no vomiting, follow these instructions. You cannot cure the diarrhea with diet changes but you can decrease symptoms and discomfort.

Start treatment after your child has 4 or more loose stools in 24 hours. It may take several days for stools to be normal again. Viral diarrhea often lasts 5 to 9 days but diarrhea stools should be less frequent and smaller in size with treatment.

To help restore the normal healthy bacteria in the bowel, you can give lactobacillus GG, (such as Culturelle®) available over the counter at the drug store, 1 capsule twice a day sprinkled in food. Other types of lactobacillus have not been shown to be as helpful.

## Minyuam mos (txog rau 12 hlis)

- Cia koj tus mosab noj niam mis los yog muab mis mos rau kom ntau li qhov nws xav noj.
- Yog qhov raws plab tsis zoo zuj zus los sis quav ua kua nkaus xwb, muab tej yam rau haus kom lub cev mauj dej( Pedialyte® los yog lwm hom npe) pub rau ntu nruab nrab uas tsis tau pub mis. Tsis txhob muab dej ntshiab xwb.
- Nws kuj yuav tsis pab yog hloov mis, tab sis nej tus kws khomob los yog tus nais mom kuj yuav qhia kom sim.
- Yog koj tus mosab txawj noj mov lawm, koj maub tau rau noj li qub.

## Cov minyuam loj tshaj 1 xyos rov sau

- Muab dej rau nws haus kom ntau. Zam tej kua txiv thiab tej dej qab zib uas hom ua tau raws plab ntxiv.
- Kav tsij muab rau noj li qub – tab sis zam tej khoom noj ua muaj roj. Ib txhia minyuam haum zoo mintsis rau tej khoom noj raws li nram no:
  - tej khoom noj ua hmoov plej tsawv,
  - xws li cereal, fawm pasta, qosyajywm, mov, qhobcij, kua hmoov apple, txiv tsawb, carrots siav lawm, thiab dej ntseeg nkaws (Jell-O® los yog lwm hom npe), yogurt

## Kuv yuav tiv thaiv qhov kis mob zawv plab li cas?

Zawv plab yuav kis tau rau lwm tus yoog yim heev. Xyuas kom tseeb tias txhua tus neeg hauv tsev yuav tsum **ntxuav tes** kom huv huv **tom**

## Infants (up to 12 months)

- Breastfeed or give formula as much as your baby wants.
- If the diarrhea is not improving or is watery, offer an oral rehydration solution (Pedialyte® or another brand) between feedings. Do not give plain water.
- It may not help to change formulas, but your doctor or nurse practitioner may suggest a trial.
- If your baby is on solid foods, you may continue to give them as usual.

## Children older than 1 year

- Encourage plenty of liquids. Avoid fruit juice and sugary drinks which increase diarrhea.
- Continue a regular diet, but avoid fatty foods. Some children do better eating these foods:
  - starchy foods, such as cereal, pasta, potatoes, rice, toast
  - applesauce, bananas
  - cooked carrots
  - gelatin (Jell-O® or other brands)
  - yogurt

## How can I prevent the spread of diarrhea?

Diarrhea spreads to others very easily by contact with the hands. Make sure everyone in the family **washes their hands** well **after** using the toilet and changing diapers, and **before** preparing or eating food. Wash your baby's or toddler's hands often to prevent them from spreading germs to people or objects around the home.

**qab** mus plob tas thiab hloov pawm, thiab ua ntej mus ua noj los yog muab ab tsi noj. Ib sij ntxuav koj tus minyuam ob txhais tes thiaj pab tau tsis kis rau neeg los sis tej khoom ib ncig hauv tsev.

## **Kuv yuav ua dab tsi pab kom kuv tus minyuam nyob taus?**

Zawv plab yuav ua kom tawv nqaij mob heev. Yuav muaj tau qhov pawm tom pob tw ntse tuaj. Saib daim ntawv qhia “Pob tw ntse” rau cov kev qhia tiv thiav thiab muab tshuaj rau.

Siv cov pawm uas ntxaum tau dej ntau tshaj nrog rau muaj txoj yas zawm ntawm ceg (tab sis txob zawm dhau), nris yas, los yog muab pawm ntaub tso hauv plawv daim pawm qhwv tas maub pov tseg kuj yuav txo tau ib txhia kev ntxuav tus kom huv. Qhov kev no yuav pab tau qhov lo ub lo no, tab sis yuav paub nyuaj thaum muaj quav lo tej ntawv nqaij lawm. Xyuas kom zoo hloov pawm ntau zaus dua li ib txwm hloov.

Txhawb cov minyuam loj mintsis lawm kom ntxuav tes huv huv tom qab txhua zaus tso quav tas. Koj yuav tau pab lawv ntau tshaj li ib txwm thaum tab tom tseem muaj zawv plab. Muab ib lub taub txau dej sov so ntxuav thiab muab phuam nias nias rau ua kom qhuav xwb yuav txo tau qhov mob nyob tsis tau thiab yauv ntxuav tau zoo dua.

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

Hu rau chaw khomob yog tias:

- zawv plab heev zuj zus los yog plab tsis tswm tom qab li 48 teev
- tso quav ua dua dej thiab ntuav tshaj 4 zaug

## **What can I do to keep my child comfortable?**

Diarrhea can cause the skin to become very sore. A diaper rash can develop. See the education sheet, “Diaper rash” for instructions on preventing and treating it.

Using extra-absorbent diapers with snug (but not too tight) leg bands, plastic pants, or cloth diapers inside disposable diapers may cut down on some of the clean-up. These methods help with the mess, but may make it hard to know when there is stool against the skin. Be sure to change diapers **more often** than usual.

Encourage older children to clean themselves well after every stool. You may need to help them more than usual while diarrhea is present. Rinsing with a squirt bottle of warm water and patting dry may decrease discomfort and improve cleaning.

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

Call the clinic if:

- diarrhea becomes worse or does not improve after 48 hours.
- diarrhea is watery and vomiting occurs more than 4 times.
- blood, mucus, or pus appears in the diarrhea.
- severe stomach cramps.
- a few loose or mushy stools per day for longer than 2 weeks.

- ntshav, ntswg lej, los yog muaj puag tshwm hauv cov quav raws plab
- mob plab ntswj heev heev
- pheej zawv plab tsuj tsawv ob peb zaug tauj ib hnuv thiab ntev tshaj 2 lim tiam lawm
- rau tus mobab yau tshaj 2 hlis kub tob hau tshaj li 100.5 F ntsuas hauv qhov quav.
- rau tus khiag kev lam los yog tus minyuam loj mintsis lawm kub tshaj 104 f.
- kiv tob hau thaum sawv ntsug.
- **hu tam sis** yog muaj tej cim lub cev qhuav dej (saib nplooj ntawv 1).

### Lus nug:

Daim ntawv no tsis yog hais txog koj tus minyuam nkaus xwb. Tab sis yog muab xov thoob plaw rau sawv daws. Yog koj muaj muaj lus nug, thov hu rau chaw khomob.

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).

- a baby younger than 2 months has a fever above 100.5°F rectally.
- an older infant or child has a fever above 104° F.
- dizziness when standing up.
- if any signs of dehydration (see page 1), call the clinic right away.

### 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).

Children's Hospitals and Clinics of Minnesota  
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