

Mob ntsws ua paug (Hmong)

Dab tsi yog pneumonia?

Pneumonia yog ib qho ua paug hauv lub ntsws ua mob los ntawm kab mob, khaub thuas, los sis mob ua pob li av tom/tuaj pwm (fungus). Qhov mob yuav ua kom o thiab muaj hnoos qeev ntau zus hauv lub ntsws, ua rau ua pa nyuab. Nws yog ib hom mob ntxiav muaj heev tshaj rau hauv hlab ntsws ntawm minyuam yaus.

Mob ntsws ua paug zoo li cas?

- hnoos
- ua npaws
- ua tsis taus pa
- mob hauv siab
- mob plab los yog ntuav
- tsis qab los noj li

Kuv yuav tu kuv tus minyuam li cas?

Tus kws kho mob yuav muab ib qho tshuaj rau tua qho kab mob. Nws tseem ceeb heev yuav tsum haus/noj kom tas nro cov tshuaj.

Muab dej kom ntau rau haus. Qhov no yuav ua kom cov hnoos qeev noo sab li ntawd nws thiaj hnoos tuaj thiab tawm hauv lub ntsws.

Tsa lub taub hau thiab hauv siab kom ib nyuag siab mi ntsis.

Rau qhov ua npaws muab acetaminophen (Tylenol® los sis lwm yam) los yog ibuprofen (Motrin* lwm hom npe) raws li qhia, txhua txhua 4 rau 6 teev raws li qhov mob.

Pneumonia (English)

What is pneumonia?

Pneumonia (new-**mohn**-ya) is an infection in the lungs caused by a bacteria, virus, or fungus. The infection can cause swelling and mucus to build up in the lungs, making it difficult to breathe. It is one of the most common infections of the lower respiratory tract in children.

What are the signs of pneumonia?

- cough
- fever
- trouble breathing
- chest pain
- stomachache or vomiting
- eating poorly

How should I care for my child?

The doctor may order an antibiotic to fight the infection. It is important to finish all of the medicine.

Encourage extra fluids. This will make the mucus thinner so it can be coughed up and out of the lungs.

Raise the head and chest slightly.

For fever give acetaminophen (Tylenol® or another brand) or ibuprofen (Motrin® or another brand) as directed, every 4 to 6 hours as needed.

Thaum twg thiaj tsim nyog kuv hu rau chaw ntsuam xyuas mob?

Hu chaw ntsuam xyuas mob yog:

- ntuav tshuaj tawm los
- pw tsaug zog ntau dua yav tas
- tsis kam noj mis/haus dej
- ua pa ceev thiab hawb hawb pob
- tawv hmlos (tawv nqaij rub hmlos ncig caj dab los yog cov kis tav thaum ua pa)
- xiav los yog daj ncig qhov ncauj

Lus nug?

Daim ntawv no tsis cob coos rau koj tus menyuam nkaus xwb, tab sis yog muab xovxwm thoob plaws. Yog koj muaj lus nug ab tsi, thov hu rau nej lub 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.

When should I call the clinic?

Call the clinic if:

- vomiting medicine
- sleeping more than usual
- refusing to drink
- fast or noisy breathing
- retractions (pulling in of the skin around the neck or between the ribs with each breath)
- blue or pale color around mouth.

Questions?

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

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