

## Ntu caj pas saum toj tau kab mob (khaub thuas)

(Hmong)

### Khaub thuas URI yog ab tsi?

Khaub thuas URI yog ib cov mob nyob rau ntawm hlab pas xws li (qhov ntswg, tsaus tsiav qhov ntswg, caj pas) uas yuav mob mus li 5 rau 7 hnuv. Feem ntau cov menyuam zoo neej los yuav raug khaub thuas li 6 zaus tej ntawd ntawm ib lub xyoo twg.

Menyuam mos lawv ua pa ntawm qhov ntswg ntau. Thaum twg lawv txhaws ntswg, lawv tsis zoo noj mis thiab tsis tau zoo pw. Qhov nov yuav ua kom lawv meem txom, nyob tsis tswm, thiab tshiam niam tshiam txiv.

### Dab tsi ua mob khaub thuas?

Ib qho khaub thuas muaj los ntawm ntau yam kab mob. Khaub thuas yuav tsis ntxim tshuaj. Feem ntau nws yuav zoo nws mus nrog rau yus so thiab haus dej kom ntau.

### Cov tshwm sim khaub thuas no zoo li cas?

- txham
- txhaws ntswg
- los ntswg
- hnoos
- ua npaws me ntsis

## Upper respiratory infections (colds) (English)

### What is an upper respiratory infection (URI)?

Commonly called a cold, a URI is an infection of the upper respiratory tract (nose, sinuses, throat). It usually lasts 5 to 7 days. Most healthy children will get at least 6 colds per year.

Babies normally breathe through the nose. When the nose becomes stuffy, they have trouble eating and sleeping, and can be irritable, restless, and anxious. (Older children breathe through the mouth if the nose is stuffy.)

### What causes a cold?

Colds are caused by many different viruses. Viruses do not respond to antibiotics. Most colds will go away by themselves, with rest and fluids.

### What are the signs of a cold?

- sneezing
- stuffy nose
- runny nose
- coughing
- slight fever

## Kuv yuav tu kuv tus menyuam li cas?

Ntshawb cua fws dej rau hauv chav tsev koj tus menyuam chav tso raws li qhov fws **txias**. Qhov no yuav ua kom koj tus menyuam cov ntswg ua nyob hauv tej hlab cua txhob nplaum nplaum thiab qhov mob qa yuav zoo mintsis. Ntxuav lub tshuab ntxhua hnuv, nrog Lysol los yog bleach thiab tua tau pwm thiab kab mob. (**Luscim:** Yog noo hws heev dhau yuav ua tau muaj kab mob nyob hauv carpets, ntaub qhov rai, thiab lub cua sov, cia tso lub tshuab fws dej qi tshaj 50%.)

Muab tus menyuam lub taub hau txaj tsa kom siab kom thiab tiv thaiv kom tus menyuam txhob muaj ntswg ntau ntau thaum nws tsaug zog. Tso ib lub to hauv ncoo siab hauv qab daim txaj, los yog siv tus ceg nta txeem pem taub hau. Phau ntawv los yog thawv ntawv txeem tau zoo. Xiab cia lub **txaj menyuam mo kom siab**.

Muab dej pub rau haus kom ntau dua. Txhob muab cov dej hu ua “tsis muaj piam thaj” rau tus menyuam haus tshwj yog hais los ntawm kws khomob lawm xwb.

Nqus pab kom txhob txhaws ntswg ua ntej pub mis rau noj, thaum mus pw, los yog sij hawm thaum twg ua raws li cov nqe lus nram no:

1. Yuav dej kua ntsev nrog rau nws qhov ntswg tom tej chaw muag tshuaj; tsis tas siv ntawv xaj tshuaj. Los yog yus tov yus: muab  $\frac{1}{4}$  teaspoon ntsev tov nrog  $\frac{1}{2}$  khob dej sov. Tov cov dej tshiab txhua hnuv. Muab tus me nyuam tso pw ntseev tiaj thiab ib txoj phuam kauv xiab nws caj dab kom nws plim pliaj.
2. Muab tus menyuam pw ntseev tiaj muab ib txoj phuam kuav los tiag ntawm lub xwb pwg kom lub tob hau plim mintsis.

## How should I care for my child?

Raise the humidity in your child’s room by using a **cool** mist vaporizer. This helps thin the mucus in the airways and also makes a sore throat feel better. Clean the vaporizer daily, with Lysol® or bleach, to kill molds and germs. (**Note:** Too much moisture can lead to mold and bacteria in carpets, drapes, and heating systems. Keep the room’s humidity under 50%.)

Raise the head of your child’s bed to help prevent mucus buildup during sleep. Put a pillow under the mattress, or use props under the legs at the head end. Books or boards work well. **Keep crib rails up.**

Encourage extra fluids. Do not use sugar-free products unless directed by the doctor.

To reduce the stuffy nose before feedings, at bedtime or nap time, or whenever needed, follow these steps:

1. Buy saline (salt water) nose drops at the pharmacy; no prescription is needed. Or make your own: stir  $\frac{1}{4}$  teaspoon salt into  $\frac{1}{2}$  cup lukewarm water. Make new saline every day.
2. Lay the child on the back with a rolled towel under the shoulders to keep the head tilted back.

3. Tso 1 los 2 tee dej rau ib sab qhov ntswg. Tos li 30-60 seconds kom cov ntswg txhob nyeem nyeem.
4. Tig tus menyuam pw khwb rwg thiab cia cov kua ntswg ntws tawm, los yog xuas lub nqus ntswg los nqus raws li nram qab no:
  - Nyem cov cua hauv lub nqus ntswg tawm ua ntej.
  - Maj mam muab ntxig rau hauv menyuam qhov ntswg.
  - Maj mam tso kom cua nqus rau hauv lub nqus ntswg. Nws yuav nqus cov ntswg hauv qhov ntwg tawm los.
  - Muab cov ntswg nyem tawm rau daim ntawv so ntswg.
  - Nqus lwm sab qhov ntswg tib yam nkaus. Maj mam so menyuam lub qhov ntswg thiaj tsis mob tawv nqaij.

Yoj koj tus menyuam nti tsis txaus siab, tham lus muag muag rau kom ntaug thiab rov ua kom txhob ntsai.

### **Tshuav dab tsi ntxiv kuv yuav tsum paub txog?**

Feem ntau cov tshuaj khaws ntawm txee yuav los tsis zoo. Tsis muaj ib yam ua kom tus mob zoo sai. Muab cov tshuaj acetaminophen (Tylenol® los yog lwm yam) rau xwb yog nej tus menyuam ua npaws, mob qa, los mob ib ce.

Txhob muab tshuaj tua kab mob phaug rau vim lawv yuav tsis ntxim rau cov kab mob thiab yuav muaj teeb meem.

3. Put 1 or 2 drops of saline into each nostril. Wait 30 to 60 seconds to give the mucus time to thin.
4. Turn child onto the tummy and let the mucus drain out, or suction the nose with a bulb syringe as follows:
  - Squeeze air out of the bulb.
  - Gently place the tip of the bulb into the nostril.
  - Let air come back into the bulb. The suction will pull the mucus out of the nose.
  - Squeeze the mucus out of the bulb onto a tissue.
  - Suction the other nostril the same way. Gently wipe off the mucus around the nose to prevent skin irritation.

If your child protests, talk gently to soothe and reassure.

### **What else do I need to know?**

Most over-the-counter cold remedies do not help. Nothing can shorten the length of a cold. Give acetaminophen (Tylenol® or another brand) only if your child also has a fever, sore throat, or muscle aches.

Antibiotics should not be given because they have no effect on viruses and may be harmful.

## Thaum twg thiaj tsim nyog kuv hu rau kws kho mob?

Hu yog tias koj tus menyuam:

- tsis zoo tom qab 48 teev
- pib ua pa nyuab zuj zus
- ua pa ceev dua qub
- tsis noj mis zoo los yog nkees nkees thaum pub rau noj
- ua npaws kub 101° F (38.4° C) los tshaj ntawd ntsuas nram qhov quav yog tus me nyuam muaj 6 hli los mos dua
- nws pheej rub rub pob ntseg thiab co co taub hau
- noj mis tsis npaum li qub

## Lus nug lwm yam?

Daim ntawv no tsis cob coos rau koj tus menyuam xwb, tab sis yog muab xov rau sawv daws. 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](http://www.childrensmn.org).

## When should I call the clinic?

Call if your child:

- doesn't get better after 48 hours
- starts to have a harder time breathing
- breathes much faster than normal
- eats poorly or tires easily when feeding
- has a fever of 101° F (38.4° C) or higher rectally, and is 6 months or younger
- pulls at the ears or shakes the head
- drinks less than usual

## 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](http://www.childrensmn.org).

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