
KEV SAIB XYUAS TOM TSEV:

MOB HAWB POB

Phau ntawv qhia rau cov niam txiv

Children's
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Sob Teem

Koj tus me nyuam muaj mob hawb pob — ib yam mob ntsws uas kho tsis tau zoo tu qab. Yuav kom tswj tau cov tsos mob ntawm kev mob hawb pob, nws yog ib qho tseem ceeb uas koj yuav tau kawm txhua yam li koj kawm tau txog kev mob hawb pob.

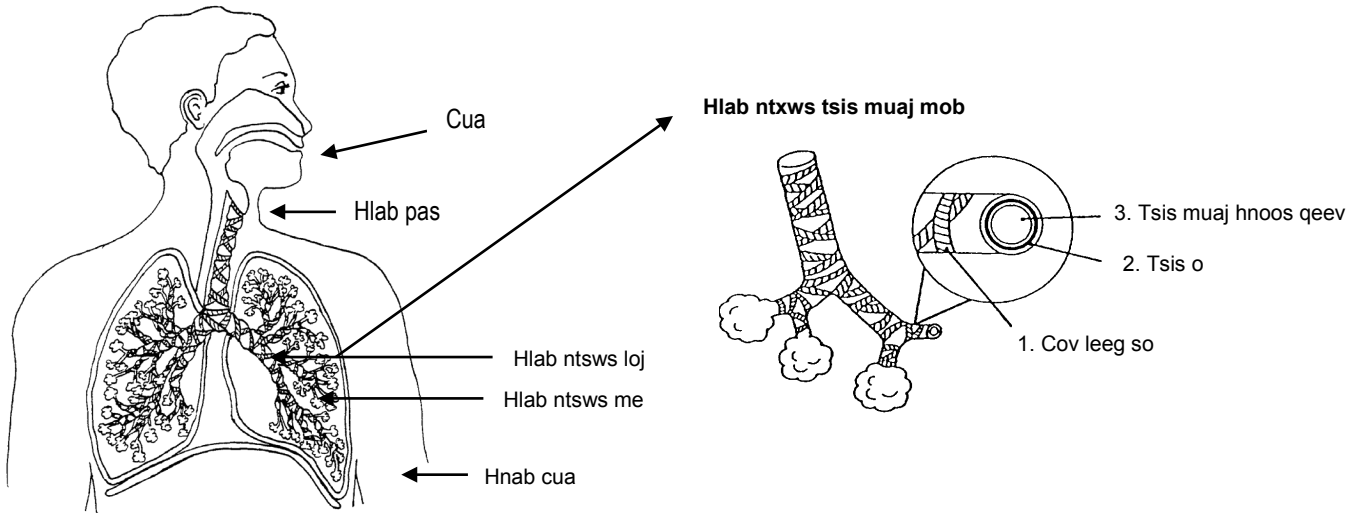
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Mob Hawb Pob

Mob hawb pob yog ib yam mob ntsws uas kho tsis tus qab. Thaum ntsuam xyuas tau tias koj muaj mob hawb pob lawm, koj yeej tseem mob hawb pob txawm tias tsis muaj cov tsos mob. Nws yog ib qho tseem ceeb uas koj yuav tau ua raws li Daim Ntawv Npaj Txog Mob Hawb Pob (Asthma Action Plan) kom tswj tau qhov koj mob hawb pob. (Saib Daim Ntawv Npaj Txog Mob Hawb Pob)

Ua Pa Zoo

Thaum koj ua pa, cov cua nkag ntawm koj lub qhov ntswg thiab qhov ncauj. Nws mus rau koj txoj hlab pas, mus rau koj txoj hla ntsws loj thiab hlab ntsws me thiab mus rau cov hnab cua.



Sij hawm mob hawb pob

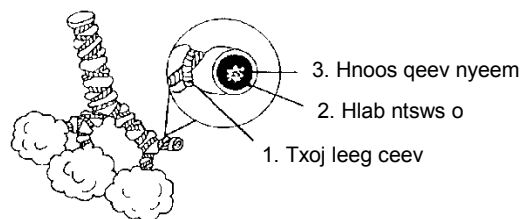
Thaum lub sij hawm mob hawb pob:

1. Cov leeg ib ncig ntawm cov hlab ntsws ceev tuaj, ua rau cov hlab ntsws khoob me.
2. Txheej hauv cov hla ntsws o tuaj.
3. Ua cov hnoos qeev nyeem tuaj, uas thaiv cov hlab ntsws me.

Cov kev hloov no ua rau cov cua mus los nyuaj rau lub ntsws. Tej zaum koj yuav muaj ib los sis tag nrho cov tsos mob nram qab no:

- Hnoos
- Hawb pob
- Txog siav
- Hauv siab ceev ceev

Hlab ntsws mob hawb pob



DAB TSI UA RAU KOM TUS MOB HAWB POB NO TSHWM SIM?

Yam uas ua rau pib mob hawb pob yog hu ua cov ua kom huam (triggers). Txhua tus neeg nws muaj nws ib co ua kom huam sib txawv. Cov ua kom huam no tej zaum yuav yog khaub thuas, pa luam yeeb, kev fab los sis phiv, los sis kev dhia kom ib ce muaj zog (exercise). Kawm seb cov ua kom huam twg yog cov ua rau koj hawb pob kom koj thiaj li zam tau cov ntawd. (Saib kev tswj yam ua kom qhov mob hawb pob huam tuaj).

YUAV KHO THAUM MOB HAWB POB LI CAS

Koj yuav nrog koj tus kws kho mob/kws ntsuam mob tsim Daim Ntawv Npaj Txog Mob Hawb Pob (Asthma Action Plan). Koj Daim Ntawv Npaj Txog Mob Hawb Pob yog ib daim ntawv teev cov lus qhia seb yuav tswj koj tus mob hawb pob txhua hnuv li cas nrog rau seb yuav ua li cas thuam uas koj qhov hawb pob nws loj zuj zus.

Koj daim ntawv teev yuav muaj:

- Cov ua kom huam tuaj thiab seb yuav zam cov no li cas
- Tshuaj noj txhua hnuv (Cheeb Tsam Ntsuab)
- Cov tsos mob ceeb toom thaum ntxov tias mob hawb pob thiab seb yuav kho li cas (Cheeb Tsam Daj)
- Yuav nrhiav kev pab thaum twg (Cheeb Tsam Liab)

Cov Cheeb Tsam hauv Daim Ntawv Npaj Mob Hawb Pob

Cheeb Tsam Ntsuab txhais tias: “Kuv nyob zoo thiab tsis muaj tsos mob.”	Noj koj cov tshuaj tiv thaiv txhua hnuv.
Cheeb Tsam Daj txhais tias: “Kuv tsis nyob zoo.” Tej zaum koj muaj cov tsos mob ceeb toom ntxov xws li hnoos nrog khaub thuas.	Nws tseem ceeb uas pib noj koj cov tshuaj cawm tam sim no..
Cheeb Tsam Liab txhais tias: “Kuv tsis xis neej li.” Tej zaum koj hnoos tas li thiab ua pa nyuaj.	Noj cov tshuaj no thiab hu rau koj tus kws kho mob/kws ntsuam mob.

Hu rau 911 yog tias koj txhawj tsam koj tsis dhau li 30 feeb tom ntej no

KUV YUAV UA CAS PAUB TIAS TSWJ TAU QHOV MOB HAWB POB NO LAWV?

Lub hom phiaj yog kom nyob hauv Green Zone. Tswj tau qhov mob hawb pob no lawm yog tias koj:

- Pw taus txhua hmo
- Tsis hnoos los sis hawb pob thaum nruab hnuv los sis hmo ntuj
- Nquag ua tau ub no
- Tsis ncua tom tsev kawm ntawv los sis hauj lwm

ROV MUS KHO MOB:

- Mus cuag koj tus kws kho mob/kws ntsuam mob txhua 6 lub hlis twg
- Ua raws li koj daim ntawv npaj txog mob hawb pob
- Rov ntim koj cov tshuaj
- Qhia txog koj daim ntawv npaj txog mob hawb pob nrog lub tsev kawm ntawv thiab chaw zov me nyuam




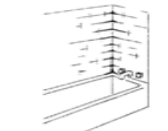

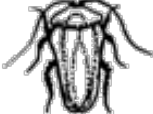

DAIM NTAWV NPAJ TXOG MOB HAWB POB


Patient Name: _____		Date of Birth: _____	
Date _____	Time _____	Height _____	Weight _____
Asthma severity Allergies: Food Allergies: Medication Allergies:		Other Triggers:	
Green Zone: I feel good <ul style="list-style-type: none"> + Can work and play + Can sleep at night + No cough or wheeze 		Take these controller medications every day: Additional orders:	
Peak flow range _____ to _____ (80-100% of personal best/predicted)		For physical activity/gym/recess, take:	
Yellow Zone: I do not feel good <ul style="list-style-type: none"> + Cough with cough + Wake up at night with cough + Wheeze, tight chest + Breathing Peak flow range _____ to _____ (50-79% of personal best/predicted)		taking when the Co. Allerg. Medicines. other over medicati/ to keep asthma from getting worse: Additional orders:	
If getting less than 4 hours of relief from albuterol, contact your health care provider.			
Red Zone: I feel awful <ul style="list-style-type: none"> + Breathing is hard and fast + Getting worse and medicine not helping + Cough continuously Peak flow range _____ to _____ (Less than 50% of personal best/predicted)		Keep taking the Green and Yellow Zone medicines. Take these medications NOW and call your health care provider: Additional orders:	
If breathing does not improve and you cannot contact your health care provider, go to the emergency room. CALL 911 if: <ul style="list-style-type: none"> <li style="width: 50%;">+ You can't talk in full sentences <li style="width: 50%;">+ You are worried about getting through the next 30 minutes <li style="width: 50%;">+ You can't get air <li style="width: 50%;">+ Fingernails or lips are grey or blue 			
INFLUENZA SHOT IN THE FALL		AVOID ASTHMA TRIGGERS	
Follow up appointment at: Clinic Name _____ Clinic & Phone Number _____		Return to clinic in: _____	
Parent/Guardian signature _____		Date _____	
Health Care provider signature _____		Date _____	
Provider name _____		_____	

AAP has been given and reviewed with patient and/or parent. This form provides consent for school/daycare to administer to my child the above medicine as provided by parent or guardian and allows the child to carry the inhaler for which our provider has assessed ability and if approved by the school nurse.

Kev tswj ym ua kom qhov mob hawb pob huam tuaj

Yam ua rau kom haum yog uas ua rau koj qhov mob hawb pob log tuaj. Paub seb yam ua rau kom huam yog dab tsi kom koj taij li txav tau deb ntawm cov ntawd thiab tiv thaiv qhov uas yuav pib mob hawb pob.

Yam ua rau kom huam		Yuav ua dab tsi kom zam tau koj cov uas ua rau kom huam
<p>Pa luam yeeb: Pa luam yeeb yuav ua rau koj qhov mob hawb pob loj tuaj.</p>		<ul style="list-style-type: none"> • Tsis txhob haus luam yeeb hauv koj lub tsev los sis tshob. • Yog tias koj haus luam yeeb, nug koj tus kws kho mob seb cov kev yuav pab koj txiav luam yeeb tau yog dab tsi. Hu rau 1-800-quit-now (1-800-784-8669)
<p>Khaub thuas: Kev muaj mob yuav ua rau mob hawb pob.</p>		<ul style="list-style-type: none"> • Nquag ntxuav koj txhais tes. • Tshem koj txhais tes tawm ntawm koj lub ntsej muag • Tsis txhob mus ti cov neeg muaj mob. • Mus txhaj tshuaj tiv thaiv khaub thuas txhua lub caij nplooj ntoos zeeg.
<p>Cov kab me me (Dust mites): Cov kab me me no nyob saum txaj thiab hauv cov kab plev, thiab nws me heev uas ntsia tsis pom.</p>		<ul style="list-style-type: none"> • Muab ib lub hnab thaiv cov kab me me los looj koj lub tog hauv ncoo thiab daim txaj. • Ntxhua cov ntaub pua txaj thiab cov pam hauv dej kub txhua as thiv. • Nquag muab cov roj hmab ntxhua. • Nqus tsev txhua as thiv uas siv lub tshuab nqus tsev HEPA.
<p>Pwm: Pwm yuav loj hlob tau hauv cov chaw uas sov thiab hws.</p>		<ul style="list-style-type: none"> • Siv dej kub nrog xub npum los ntxuav cov chaw uas tuaj pwm. • Kho cov kais dej thiab kav dej uas xau dej. • Siv ib lub tshuab nqus pa dej (dehumidifier) hauv cov qab daus uas noo.
<p>Cov tsiaj: Tej co neeg mas nws tsis haum tsiaj.</p>		<ul style="list-style-type: none"> • Tsis txhob yug tsiaj rau hauv tsev. Yog tias koj tso tsis tau tus tsiaj tawm hauv lub tsev mus, ces muab kaw rau hauv chav pw thiab kaw qhov rooj rau. • Tsis txhob txav ti cov tsiaj yug hauv tsev thiab ntxuav koj txhais tes yog tias koj kov cov tsiaj ntawd.
<p>Kab laum thiab nas: Tej cov neeg mas tsis haum rau cov quav ntawm cov tsiaj no.</p>		<ul style="list-style-type: none"> • Tsis txhob cia cov khoom noj los sis khib nyiab tso ntawm tej uas tsis npog rau. • Tsis txhob cia muaj khoom noj nyob hauv txaj. • Hu rau ib tug neeg tua tsiaj yog tias koj pom kab laum los sis nas nyob hauv koj lub tsev.
<p>Dhia kom ib ce muaj zog: Kev dhia kom ib ce muaj zog tej zaum yuav ua tau kom pib mob hawb pob. Nrog koj tus kws kho mob tham kom koj thiaj li tsis zam txoj kev dhia kom ib ce muaj zog.</p>		<ul style="list-style-type: none"> • Siv koj lub twj txau tshuaj uas muaj cov tshuaj cawm ua ntej koj pib dhia kom ib ce muaj zog, yog tias koj tus kws kho mob kom koj ua. • Ua kom ib ce sov thiab txias tom qab dhia kom ib ce muaj zog. • Siv txoj vas caj dab los npog koj lub qhov ntswg thiab qhov ncauj thaum lub caij ntuj no.

<p>Cov hmoov ntawm paj ntoos: Cov ntoos, nyom thiab nroj tsuag yuav ua rau mob hawb pob thaum lub caij nplooj ntoos hlav thiab lub caij nplooj ntoos zeeg.</p>		<ul style="list-style-type: none"> • Kaw koj lub qhov rooj thiab qhov rais thaum lub caij uas yuav muaj kev fab los sis phiv. • Nug koj tus kws kho mob txog qhov uas noj cov tshuaj pab rau kev fab los sis phiv..
<p>Cov ntshiab tsw muaj ceem: Cov no tej zaum yuav ua rau txoj hlab pas khaus..</p>		<ul style="list-style-type: none"> • Zam cov ntshiab uas tsw muaj ceem, cov tshuaj tu tsev, cov tshuaj nab hoom thiab cov tshuaj txuag plaub hau.

Cov tshuaj pab rau kev mob hawb pob

Muaj ob hom tshuaj loj:

- Tshuaj cawm los sis tshuaj pab tam sim ntawd
 - Bronchodilators
 - Steroids (ua kua los sis tshuaj lub)
- Tshuaj tswj los sis tiv thaiv
 - Txau cov steroids
 - Leukotrienes

TSHUAJ CAWM

Bronchodilators (Albuterol)

Lawv ua hauj lwm li cas:

Lawv ua hauj lwm los ntawm qhov so cov leeg uas nyob ib ncig ntawm cov hlab cua kom cua thiaj li mus los tau yooj yim.

Siv cov no thaum twg:

Cov tshuaj cawm yog siv thaum uas mob hawb pob kom pab tau qhov hnoos, hawb pob thiab txog siav. Koj yuav tsum tau pib cov no thaum uas xub paub tias tau khaub thuas. Cov tshuaj no yuav muaj nyob rau hauv cheeb tsam daj hauv koj daim ntawv npaj txog mob hawb pob. Cov tshuaj no yuav tsum tau pib ua hauj lwm li ntawm 5 feeb thiab kav mus 4 teev. Yog tias kev dhia kom ib ce muaj zog yog ib qho ua rau koj huam mob hawb pob, tej zaum yuav kom koj siv cov tshuaj no li ntawm 10-15 feeb ua ntej koj dhia kom ib ce muaj zog kom tiv thaiv tau qhov hnoos thiab/los sis txog siav thaum dhia kom ib ce muaj zog.

Cov kev tsis haum tshuaj:

Tej zaum koj yuav pom tias koj lub plawv dhia ceev los sis nyob tsis tswm. Feem ntau, cov kev tsis haum no yuav ploj mus tom qab koj siv cov tshuaj mus ntev. Hu rau koj tus kws kho mob los sis kws ntsuam mob yog tias cov kev tsis haum tshuaj no xeeb txob koj los sis tsis ploj mus.

Steroid (us kua los sis ua lub). (Prednisone, Orapred, Decadron)

Lawv ua hauj lwm li cas:

Lawv ua hauj lwm los txo qhov o thiab cov hnoos qeev uas nyob sab hauv txoj hlab cua. Lawv pib ua hauj lwm li ntawm 6-12 teev.

Siv cov no thaum twg:

Yuav siv tau cov tshuaj no thaum mob hawb pob thaum lub sij hawm uas cov tshuaj cawm ntawd tsis pab lawm. Cov tshuaj no yuav muaj nyob rau hauv cheeb tsam liab hauv koj daim ntawv npaj txog mob hawb pob.

Cov kev tsis haum tshuaj:

Tej zaum koj yuav mloog zoo li koj qab los noj mov, los sis mob plab, los sis nquag dua.

Kev noj cov tshuaj no nrog mov yuav pab tiv thaiv cov kev tsis haum tshuaj. Koj yuav tsum tsis txhob siv cov tshuaj no ntau tshaj ob zaug hauv ib xyoos.

Tshuaj Tswj

Cov steroids uas txau (**pix txwv li, QVAR, Flovent, Pulmicort**)

Lawv ua hauj lwm li cas:

Lawv ua hauj lwm pab txo qhov o thiab cov hnoos qeev. Lawv cov yog tshuaj zoo tshaj plaws los tswj kev mob hawb pob. Lawv tsis zoo ib yam li cov steroids uas cov neeg ntaus pob ncaws pob siv los ua kom muaj zog thiab siv tau nyab xeeb txhua hnuv. Vim tias cov no yog txau mus rau hauv lub ntsws thiab tsis yog nqos, nws tsis tshua muaj cov kev tsis haum tshuaj npaum li cov tshuaj steroid uas noj.

Siv cov no thaum twg:

Yuav tsum tau siv cov no txhua hnuv, txawm tias koj noj qab nyob zoo, kom tswj tau qhov koj hawb pob thiab tiv thaiv qhov yuav pib hawb pob.

Cov kev tsis haum tshuaj:

Cov kev tsis haum tshuaj tej zaum yuav muaj xws li hawb pob thiab tej zaum mob qhov ncauj tawm (yeast infection) hauv koj lub qhov ncauj. Siv ib lub tog raj txuas (spacer) nrog koj lub twj txau tshuaj. Muab yang thiab nti tawm tom qab siv cov tshuaj no tas kom tiv thaiv tau cov kev tsis haum tshuaj.

Leukotrienes (Singulair)**Lawv ua hauj lwm li cas:**

Lawv ua hauj lwm pab txo qhov o thiab cov hnoos qeev.

Siv cov no thaum twg:

Yuav tsum tau siv cov no txhua hnuv, txawm tias koj noj qab nyob zoo, kom tswj tau qhov koj hawb pob thiab tiv thaiv qhov yuav pib mob hawb pob. Cov tshuaj no yog ua lub thiab yuav tsum tau noj rau yav tsaus ntuj.

Cov kev tsis haum tshuaj:

Tej co kev tsis haum tshuaj muaj xws li mob taub hau, mob plab los sis kev pauv hloov hauv tus kuj pwm. Koj yuav tsum tau qhia rau koj tus kws kho mob paub yog tias koj muaj cov tsos mob no.

COV TSWV YIM QHIA TXOG TSHUAJ:

- Nco ntsoov xyuas kom muaj koj cov tshuaj ntawm tes (tsis txhob cia kom tas).
- Muaj ib lub twj txau tshuaj cawm hauv tsev thiab tsev kawm ntawv/chaw zov me nyuam.
- Khaws koj cov tshuaj rau ib qho chaw kom koj pom thiab noj txhua hnuv kom nws zoo li cov dej num uas koj niaj hnuv ua kom koj thiaj li nco qab noj.
- Ua raws li koj daim ntawv npaj txog mob hawb pob.

Cov Twj Txau Tshuaj (Inhalers)

How should I use an inhaler?

There are different types of inhalers – metered dose inhaler (MDI), breath activated inhaler and dry powder inhaler. Follow these instructions below for the type of inhaler prescribed.

There are always new inhalers being developed. If your inhaler is not listed here, follow the package insert regarding how to use the inhaler.

If you use more than one kind of inhaled medicine at a time, the reliever medicine (such as albuterol) should be taken first to open the airways. This helps the other medicine(s) go deeper into the lungs, so they will work better.

Lub txau cov ua fws (MDI)

Ib lub txau cov ua fws yog siv nrog lub twj txau tshuaj, tseem hu ua lub tog raj txuas (spacer) los sis lub raj tuav. Qhov no pab kom cov fws mus tau tob rau hauv lub ntsws. Yog tias koj npo pa tsis tau mus 10 seconds, tej zaum koj yuav tsum tau siv ib lub tog raj txuas (spacer) nrog lub khwb qhov ntswg.

Npaj lub txau cov ua fws:

4. Tshem lub hau ntawm lub twj txau tshuaj thiab lub txuas.
5. Muab lub twj txau tshuaj co kom zoo zoo (kwv yees li ntawm 5 seconds) kom cov tshuaj thiab cov cua sib tov ua ke.
6. Muab lub tshuaj ntxig rau hauv yav tog raj txuas.

Siv lub txuas uas tsis nrog lub khwb qhov ntswg:

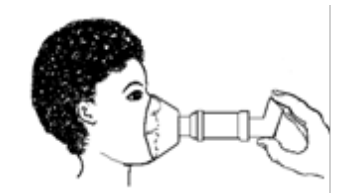
1. Maj mam tso pa tawm kom tag nrho.
2. Muab tog npuav rau hauv qhov ncauj, tso saum tus qaum nplaig, uas nyob nruab nrab ntawm koj cov hniav thiab zaum koj ob daim di ncauj.
3. Nyem lub twj txau tshuaj thaum koj maj mam sib zog nqus pa ntawm koj lub qhov ncauj.
4. Npo pa mus 10 seconds es cia cov tshuaj nyob rau hauv lub ntsws thiab txoj hlab cua.
5. Maj mam tso pa tawm.



Tos kwv yees li ntawm 1 feeb mam li siv cov tshuaj cawm yog tias koj yuav siv. Tsis tas tos thaum siv cov tshuaj tswj.

Siv lub txuas uas nrog lub khwb qhov ntswg:

1. Muab lub khwb los npog lub qhov ntswg thiab qhov ncauj.
2. Nyem lub twj txau tshuaj.
3. Cia lub khwb nyob twj ywm ntawm lub qhov ntswg thiab qhov ncauj thiab ua pa thiab tso pa tawm mus 3 rau 5 pas.
4. Siv dej los yaug koj lub qhov ncauj thiab muab nti tawm yog tias koj siv lub twj txau cov tshuaj steroid (cov tshuaj tswj).



Kuv yuav ua cas paub tias tsis muaj tshuaj nyob hauv lub MDI lawm?

Tsis Txhob Cia Kom Tas

Cov twj txau tshuaj muaj lub qhov rais uas suav kom koj thiaj li paub tias tshuav pes tsawg zaus ntxiv. Yog tias nws hais tias o, ces muab lub ntawd pov tseg thiab thau ib lub tshiab los siv.

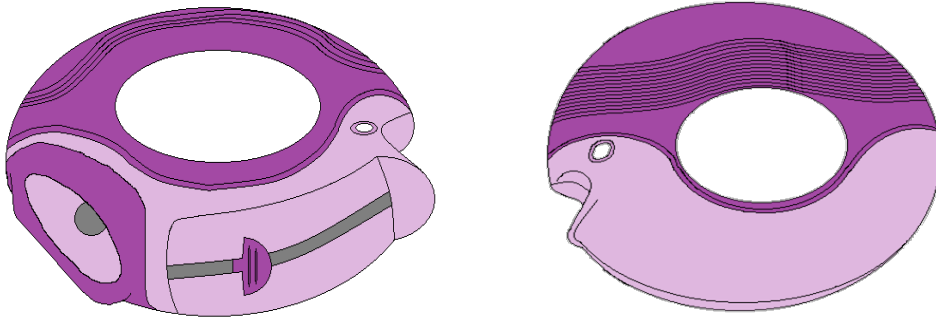
Kuv yuav tu lub tog txuas li cas?

Ua raws li cov lus qhia uas nyob hauv lub thawv ntim kom ntxuav tau koj lub cais.

LUB TWJ TXAU COV TSHUAJ HMOOV:

Diskus

1. Muab ib txhais tes los tuav daim Diskus. Thawv qhov chaw siv tus ntiv tes xoo los tuav ntawd kom deb li deb tau, kom txog thaum uas tog npuav ntawm qhov ncauj tshwm los thiab khov lawm tso.
2. Tuav lub Diskus kom nws nyob tav toj, uas tig tog npuav ntawm qhov ncauj rau koj. Swb tus tev (lever) kom tiv nkaus kom nws txhais tso.
3. Tig koj lub taub hau kom deb ntawm lub Diskus thiab tso pa tawm kom tag nrho.
4. Muab tog npuav ntawm qhov ncauj tso rau kem nruab nrab ntawm koj daim di ncauj. Maj mam sib zog nqus pa kom xwm yeem.
5. Tshem lub Diskus tawm ntawm koj lub qhov ncauj.



6. Npo pa mus 10 seconds. Ces maj mam tso pa tawm.
7. Muab lub Diskus kaw uas swb qhov chaw siv tus ntiv tes xoo los tuav ntawd mus kom kawg.
8. Yaug koj lub qhov ncauj thiab muab nti tawm uas tsis txhob nqos.

Kuv yuav ua cas paub tias tsis muaj tshuaj nyob hauv lub Diskus lawm?

Qhov cim qhia tshuaj uas nyob rau saum toj yuav qhia seb tshuav tshuaj ntau npaum li cas. Thaum uas tus zauv yog o lawm, muab lub Diskus pov tseg thiab thau ib lub tshiab los siv.

Lub twj txau cov hmoov: Flexhaler

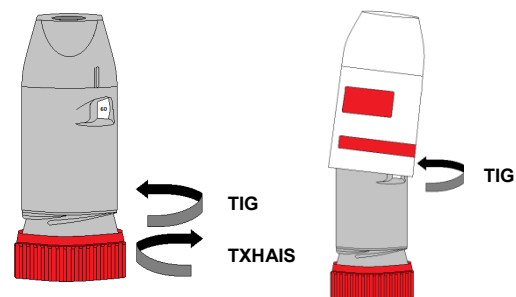
Npaj lub Flexhaler kom xa tshuaj

Yuav tsum tau npaj ib lub Flexhaler tshiab thaum uas siv thawj zaug. Ua raws li cov kauj ruam no:

1. Muab lub hau tig thiab tsa kom tshem tawm.
2. Tuav lub Flexhaler sawv ntsug, uas tog npuav ntawm qhov ncauj tig rau saud.
3. Tig qhov tuav uas yog xim av kom kawg nkaus rau sab xis thiab rov tig rau sab laug.
4. Rov qab ua kauj ruam 3. Tam sim no siv tau lawm.

Siv lub Flexhaler

5. Muab lub hau tig thiab tsa kom tshem tawm. Tuav lub Flexhaler sawv ntsug (tog npuav ntawm qhov ncauj tig rau saud).
6. Tig qhov tuav uas yog xim av kom kawg nkaus rau sab xis, ces rov tig rau sab laug kom txhais.
7. Tig koj lub taub hau kom deb ntawm lub Flexhaler thiab tso pa tawm kom tag nrho. (Lus cim: Tsis txhob muab co los sis tso pa tawm rau hauv)
8. Muab tog npuav ntawm qhov ncauj tso rau ntawm koj daim di ncauj thiab sib zog nqus pa thiab thawb mus kom puv koj lub ntsws.
9. Tshem lub Flexhaler tawm ntawm koj lub qhov ncauj.
10. Npo pa mus 10 seconds. Ces maj mam tso pa tawm.
11. Rov ua kauj ruam 2 txog 6, yog tias yuav tau txau ob zaug.
12. Thaum ua tiav, muab lub hau rov khwb rau thiab muab tig kom kaw.
13. Yaug koj lub qhov ncauj thiab muab nti tawm uas tsis txhob nqos.

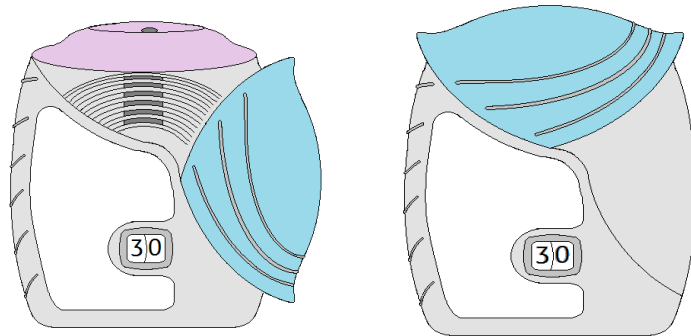


Kuv yuav ua cas paub tias tsis muaj tshuaj nyob hauv lub Flexhaler lawm?

Tsis muaj tshuaj nyob hauv lub twj txau tshuaj lawm thaum uas pom “o” rau ntawm qhov uas liab liab nyob sab nraum qab uas txog rau qhov nruab nrab ntawm lub qhov rais. Muab lub twj txau tshuaj pov tseg thiab pib ib lub tshiab.

Lub twj txau cov hmoov: Ellipta

1. Qhib daim npog lub twj txaus tshuaj los ntawm qhov uas muab swb rau hauv kom pom tog npuav thiab kom txog thaum koj hnov qhov nrov nrawj tso. Qhov chaw suav yuav suav nqis raws ib. Tso pa tawm kom tag nrho thaum uas tuav lub twj txau tshuaj deb ntawm koj lub qhov ncauj.
2. Muab tog npuav tso rau kis nruab nrab ntawm koj daim di ncauj thiab txau ib zaug kom xwm yeem ntawm koj lub qhov ncauj.
3. Npo pa mus li ntawm 10 seconds.
4. Ceev faj tsis txhob muab cov ntiv tes los npog lub qhov cua thaum uas txau.
5. Muab lub twj txau tshuaj tshem tawm ntawm koj lub qhov ncauj.
6. Kaw lub twj txau tshuaj los ntawm qhov uas swb lub npog rau saud thiab hla tog npuav kom deb li qhov mus tau.

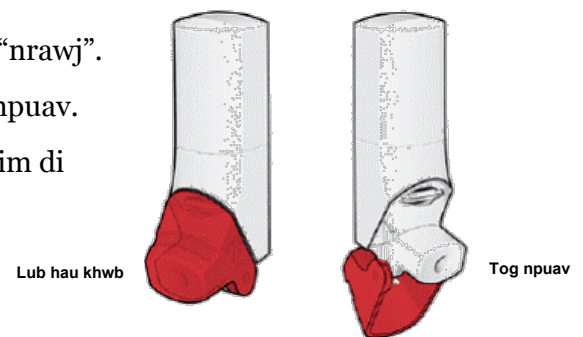


Kuv yuav ua cas paub tias tsis muaj tshuaj nyob hauv lub Ellipta lawm?

Tsis muaj tshuaj nyob hauv lub twj txau tshuaj lawm thaum uas pom “o” rau ntawm qhov uas liab liab nyob sab nraum qab uas txog rau qhov nruab nrab ntawm lub qhov rais. Muab lub twj txau tshuaj pov tseg thiab pib ib lub tshiab

Kmoov: Respiclick

1. Qhib lub hau kaw kom kawg nkaus kom txog thaum koj hnov nrov “nrawj”.
2. Tso pa tawm ntawm koj lub qhov ncauj, tsis yog mus rau hauv tog npuav.
3. Muab tog npuav tso rau hauv koj lub qhov ncauj thiab muab koj daim di ncauj kaw ib ncig.
4. Sib zog nqus pa.
5. Npo pa mus li ntawm 10 seconds.
6. Muab lub twj txau tshuaj tshem tawm ntawm koj lub qhov ncauj thiab muab lub hau kaw rau.
7. Rov qab ua kauj ruam 1 txog 6 yog tias yuav tsum tau rov qab txau dua zaum ob.



Kuv yuav ua cas paub tias tsis muaj tshuaj nyob hauv lub Respiclick lawm?

Tsis muaj tshuaj nyob hauv lub twj txau tshuaj lawm thaum uas pom “o” rau ntawm qhov uas liab liab nyob sab nraum qab uas txog rau qhov nruab nrab ntawm lub qhov rais. Muab lub twj txau tshuaj pov tseg thiab pib ib lub tshiab.

Hmoov: Redihaler (Pib ua hauj lwm thaum nqus pa; tsis tas siv ib lub tog raj txuas)

1. Qhib lub hau kaw.
2. Tuav lub twj txau shuaj kom ntsug.
3. Tso pa tawm, tiam sis tsis yog rau hauv tog npuav.
4. Muab tog npuav tso rau kis nruab ntawm koj daim di ncauj kom nws kaw khov.
5. Sib zog nqus pa kom cov tshuaj tawm. Koj yuav knov nrov “nrawj” thaum cov tshuaj tawm; kav tsij nqus pa twj ywm.
6. Npo pa mus 10 seconds.
7. Ces maj mam tso pa tawm uas txav kom deb ntawm lub twj txau tshuaj.
8. Muab lub hau kaw rau.
9. Yog tias yuav tsum tau txau zaum ob, rov ua kauj ruam 1-8.



Kuv yuav ua cas paub tias tsis muaj tshuaj nyob hauv lub Redihaler lawm?

Tsis muaj tshuaj nyob hauv lub twj txau tshuaj lawm thaum uas pom “o” ntawm qhov chaw suav cov tshuaj. Muab lub twj txau tshuaj pov tseg thiab pib ib lub tshiab.

Lub Twj Txau Cov Tshuag Ua Fws (Nebulizer)

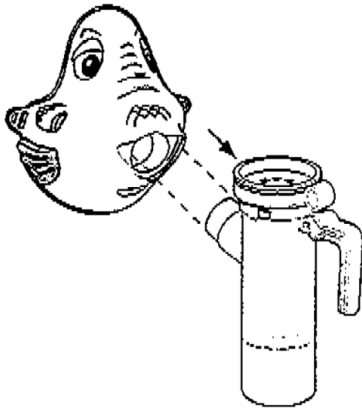
Lub twj txau cov tshuaj ua fws (nebulizer) yog dab tsi?

Kev siv ib lub twj txau cov tshuaj ua fws (“neb”) mas nws tso cov tshuaj ua ib co fws uas txau mus rau hauv lub ntsws los ntawm lub npog qhov ntswg los sis tog npuav ntawm qhov ncauj. Koj yuav muaj ib lub twj txau cov tshuaj ua fws thiab ib lub khob los tso cov tshuaj rau hauv.

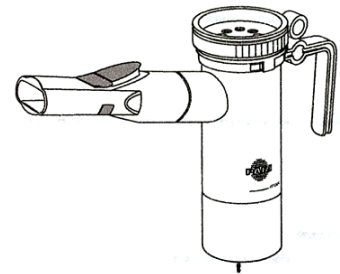
Yuav siv lub twj txau cov tshuaj ua fws li cas

Nram qab no yog ib qho piv txwv seb lub khob los tso cov tshuaj rau hauv yuav zoo li cas. Muaj ntau hom twj thiab khob, li no nws tseem ceeb uas yuav tsum tau kom koj tus kws kho mob qhia koj siv.

Rau cov me nyuam mos liab thiab cov me nyuam me



Rau cov me nyuam hlob zog thiab cov hluas



Qee zaus yuav tau siv ntau tshaj ib hom tshuaj. Xyuas nrog koj tus kws kho mob los sis kws muab tshuaj txog kev muab cov tshuaj no sib tov ua ke.

Tuav lub khob tso cov tshuaj rau hauv kom ntsug thaum tso tshuaj los pab. Txoj kev ua no yuav kav ntev li ntawm 7-10 feeb. Siv lub npog ntsej muag los sis tog npuav ntawm qhov ncauj kom xa tau cov tshuaj. Qhov uas cia li tshuab cov tshuaj ntawm qhov ntswg thiab qhov ncauj mus xwb yuav xa tsis tau cov tshuaj mus rau lub ntsws.

Lub npog ntsej muag: yuav tsum tau siv ib lub npog ntsej muag rau cov me nyuam yau.

Tog npuav ntawm qhov ncauj: rau cov me nyuam hlob zog yuav siv tau tog npuav ntawm qhov ncauj. Muab tog npuav ntawm qhov ncauj tso rau saum toj ntawm tus nplaig thiab kis nruab nrab ntawm cov hniav. Koj yuav tsum pom cov fws nyob rau tog rov thaum uas txau cov tshuaj.

Kuv yuav tsum tu lub twj li cas?

Ntxuav cov ntu ntawm lub twj txau tshuaj raws li cov lus qhia ua uas los nrog lub twj.

Tej co khob tso tshuaj mas pov tseg tau thiab yuav tsum siv mus ib as thiv xwb. Yog tias koj muaj cov khob uas siv tas pov seg, tom qab ib as thiv, lub khob yuav xa tsis tau cov tshuaj mus rau lub ntsws zoo lawm. Nug koj tus kws kho mob los sis lub tuam txhab seb koj tau hom twg. Xyuas kom muaj ib co seem rau ntawm tes tom tsev.

Yog tias koj muaj lub khob uas tsis yog siv tas pov tseg, muab hloov txhua 6 lub hlis twg ib zaug.

Sau lub npe ntawm lub tuam txhab uas muab lub twj cia tsam koj muaj teeb meem los sis xav tau cov twj siv ntxiv.

Cov chaw pab txog kev mob hawb pob

Cov chaw pab:

Tsev Kho Mob Me Pab Kev Mob Hawb Pob, Tsev Kho Mob Me Nyuam Yaus hauv Minnesota
Children's Minnesota Asthma Clinic
Minneapolis: 612-813-6107
St. Paul: 651-220-6700

Tsev kho Mob Me Nyuam Yuas – Minneapolis
Minneapolis Hospital
2525 Chicago Avenue South
Minneapolis MN 55404
612-813-6000

Tsev Kho Mob Me Nyuam Yaus – St. Paul
St. Paul Hospital
345 North Smith Avenue
St. Paul MN 55012
651-220-6000

THE GREAT CLIPS FAMILY RESOURCE CENTER: MINNEAPOLIS

Theem ob, nyob ntawm Chaw Txais Tos (Chav 2109) sab tiv

Cov sij hawm:

Zwj Hli (Monday) – Zwj Kuab (Friday): 7 teev sawv ntxov – 5 teev tsaus ntuj

Zwj Cag (Saturday): 10 teev sawv ntxov – 4 teev tsaus ntuj

Muaj neeg ua hauj lwm:

Zwj Hli (Monday) – Zwj Kuab (Friday): 9 teev sawv ntxov – 5 teev tsaus ntuj

Zwj Cag (Saturday): 10 teev sawv ntxov – 4 teev tsaus ntuj

[612-813-6816](tel:612-813-6816)

CHAW MUAB KEV PAB TSEV NEEG: ST. PAUL

River Tower, theem peb (Chav 3107) • Caij lub River Tower elevators mus rau theem peb ces mus rau sab xis.

Cov sij hawm:

Zwj Hli (Monday) – Zwj Kuab (Friday): 7 teev sawv ntxov – 5 teev tsaus ntuj

Muaj neeg ua hauj lwm:

Zwj Hli (Monday) – Zwj Kuab (Friday): 9 teev sawv ntxov – 5 teev tsaus ntuj

[651-220-6368](tel:651-220-6368)

Pawg Kws Kho Mob hauv Tsev Kho Mob Me Nyuam Yaus cov lus qhia:

<https://www.childrensMN.org/services/care-specialties-departments/pediatric-asthma/>

