

Ua Qhua Pias/Ua Qoob

Tshaj qhov uas tawm cov pob khaus liab vog xwb

UA QHUA PIAS/UA QOOB YOG IB YAM MOB UAS TUAJ YEEM UA TAU RAU MUAJ KEV PHOM SIJ LOJ

Tshwj xeeb yog rau cov me nyuam mos liab thiab cov me nyuam tseem yau.

Tus mob ua qhua pias/ua qoob tuaj yeem tshwm sim tau ...

Tus mob ntsws muaj dej
(ib qho ua mob phom sij loj heev rau lub ntsws)
Tsim kev puas tsuaj rau lub hlwb
Lag ntseg
Tas txoj sia



Thaj tsam li 1 ntawm 5 tug neeg uas muaj tus mob ua qhua pias/ua qoob yuav tau mus pw hauv tsev kho mob.

COV TSOS MOB NTAWM TUS MOB UA QHUA PIAS/UA QOOB

Tawm pob ua tej me nyuam thaj liab ploog (pib ntawm taub hau)

Mob Pob Ntseg

Qhov Muag Liab Liab
Los Kua Ntswg

Hnoos
Raws Plab



TUS MOB UA QHUA PIAS/UA QOOB KIS TAU YOOJ YIM HEEV

Ntawm no yog qhia tias nws kis tau li cas



Thaum hnoos thiab txham



Cov kab mob laug caij nyoog (laug caij nyoog ntev rau ib chav tom qab uas tus neeg muaj mob twb tawm lawm!)

TIV THAIV KOJ TUS ME NYUAM

Hom tshuaj txhaj MMR yuav pab tiv thaiv tawm tsam tus mob ua qhua pias/ua qoob, mob qog/tuav qog thiab ua qhua maj. Cov kws kho mob pom zoo tias koj tus me nyuam yuav tsum tau txhaj 2 koob uas yog cov hom tshuaj MMR thaj li yuav tiv thaiv tau tus kab mob zoo tshaj plaws. Koj tus me nyuam yuav tsum tau txhaj ib koob rau thaum muaj hnuv nyoog li nram qab no...

KOOB 1

12 - 15 hlis

KOOB 2

4 - 6 xyoos

COV CHAW UAS TUS NQI TSHUAJ TXHAJ QIS

RAMSEY COUNTY

Saint Paul - Ramsey County Public Health 651.266.1234
Open Cities Health Center 651.290.9200
Minnesota Community Center 651.602.7500
United Family Medicine 651.758.9500

Kom paub txhij txhua txog cov mob. Yog koj muaj lus nug, tham nrog koj tus kws kho mob hais txog cov txiaj ntsim yuav tau txais thiab tej kev phom sij uas yuav tshwm sim los ntawm cov kev txhaj tshuaj, thiab kom tau tej ntaub ntawv qhia muaj tseeb txog kev txhaj tshuaj.

Hmoob 8/2024