

# Ceeb Toom Kab Mob Qhua Pias

## Kab mob qhua pias yog dab tsi thiab sib kis li cas?

- Kab mob qhua pias yog ib hom mob sib kis tau yooj yim tswm tawm los ntawm ib tug kab vaislav (virus). Tus mob no ua tau rau mus pw tsev kho mob kiag los kuj muaj.
- Mob qhua pias sib kis ntawm huab cua thaum ib tug neeg muaj mob ua pa, hnoos, lossis txham.
- Koj kis tau mob qhua pias yog tias koj nyob koom ib lub chav nrog lwm tus neeg uas mob.

## Kuv muaj feem kis tau mob qhua pias ntau npaum li cas?

- Yog koj tsis tau kis tus mob no dua ib zaug li los yog tsis tau txhaj tshuaj tiv thaiv kab mob qhua pias (Koob tshuaj tiv thaiv MMR lossis kab mob qhua pias-mob ua qog-mob qhua maj) ces koj muaj feem kis tau mob qhua pias.
- Cov neeg uas tab tom xeeb menyuaam lossis cov lub cev tsis muaj zog tiv thaiv kab mob muaj feem siab dua yuav mob hnyav yog tias lawv kis tau kab mob qhua pias.

### Kuv tsim nyog yuav ua li cas?

#### Ntsuam xyuas koj li kev txhaj tshuaj tiv thaiv kab mob

- Koob tshuaj tiv thaiv MMR pab tiv thaiv mob qhua pias tau zoo heev thiab yog hauv kev zoo tshaj plaws los mus tiv thaiv koj tus keej ntawm tus mob no.
- Yog koj paub tsis meej tias koj puas tau txhaj tshuaj tiv thaiv mob qhua pias, ces tiv toj rau koj tus kws kho mob lossis lub tsev kho mob. Koj muab tau/thov tau koj cov ntaub ntawv txhaj tshuaj nrog kev mus rau ntawm Find My Immunization Record ([www.health.state.mn.us/people/immunize/miic/records.html](http://www.health.state.mn.us/people/immunize/miic/records.html)).



### Saib ntsoov seb puas muaj tsos mob

- Ua npaws, tawm pob liab, hnoos, los ntswg, thiab qhov muag liab liab.
- Yog koj muaj cov tsos mob no ces hu rau koj tus kws kho mob tam sid.
- Tam sis no pom tau hais tias tab tom muaj kab mob qhua pias tshwm ntau tuaj nyob rau Minnesota, teb chaws Asmesliskas, thiab lwm lub teb chaws.
- Saib ntsoov seb puas muaj cov tsos mob qhua pias thaum koj taug kev deb, tshwj xeeb yog tias koj tsis tau txhaj tshuaj tiv thaiv lossis lub cev tiv thaiv mob qhua pias tsis tau.

Yog xav paub ntxiv ces mus saib peb qhov website ntawm Measles (Rubeola) Basics ([www.health.state.mn.us/diseases/measles/basics.html](http://www.health.state.mn.us/diseases/measles/basics.html))

