YUAV UA LI CAS COV MENYUAM YAUS THIAJ LI YUAV TSIS RAUG ASTHMA?

Tsis muaj ib yam dabtsi yuav pab kom txhob raug asthma. Tej yam koj yuav pab tau koj tus menyuam kom txhob raug asthma, tshwj xeeb ntawm thawj lub xyoo uas yug tau los, yog:

- Tsis txhob haus luam yeeb hauv tsev!
- Tu vaj tse kom huv
- Tsis txhob pub miv thiab dev los hauv koj tus menyuam chav pw.
- Pub leejniam mis rau noj kom ntev li ntev tau.

Leejniam cov kua mis zoo dua cov mis qhuav uas tov, thiab yuav pab ncua kom ntev tsis txhob mob lossis kom txhob raug kab mob asthma.

MUAJ KEV PAB TAU MOB ASTHMA THIAB TSWJ TAU TUS MOB

Yog koj xav hais tias koj tus menyuam muaj mob asthma, thov ntsib koj tus kws kho mob. Koj tswj tau kev mob asthma yog koj tsis txhob ua tej yam uas yooj yim raug tus kab mob asthma thiab noj tej tshuaj kom raws li koj tus kws kho mob qhia. Tsuas noj cov tshuaj uas koj tus kws kho mob muab rau koj xwb.

Yog xav paub ntxiv hauv Internet txog asthma, thov xyuas:

www.cdc.gov/asthma

www.lungusa.com

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Cov lus qhia ntawm no yog muab los ntawm cov ntaub ntawv sau nyob rau hauv:

Qhov Chaw Ceev Kab Mob
(Centers for Disease Control)

Koomhauv Saib Kev Mob Ntsws
(The American Lung Association)

Hoobkas Saib Kev Noj Qab Nyob Zoo
Ntawm Cov Neeg Txawv Tebchaws
(The Office of Minority Health)

Koomhauv Ntawm Cov Khws Kho Mob
(The American Academy of Family Physicians)

Hoobkas Saib Kev Noj Qab Nyob Zoo
Ntawm Lub Xeev New York
(New York State Department of Health)

Daim ntawv qhia no tsim thiab tshwm nyiaj pab los ntawm Department of Health and Human Services Office of Refugee Resettlement.

KEV TIVTAUJ:
riht@uscridc.org
U.S. Committee for Refugees and Immigrants
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Xovtooj: 202 • 347 • 3507
Fax: 202 • 347 • 7177
www.refugees.org

Asthma Yog Dabtsi?

What is Asthma?

(Hmong)

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS

USCRI

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ASTHMA YOG DABTSI?

Asthma yog ib tus kab mob uas ua kom ua tsis taus pa zoo. Muaj ib co leeg nyob rau hauv peb lub cev uas xa cua mus rau lub ntsws. Tus kab mob asthma yog ua rau cov leeg no o, ua kom ua tsis taus pa. Tsis muaj ib yam dabtsi yuav kho tau asthma, tabsis muaj tshuaj pab kom tus mob yau mus thiab tej thaum pab tau kom tsis txhob raug tus mob.

TUS KAB MOB ASTHMA TXAWV DUA LI UA DAUS NO (COLDS), TAU KHAUB THUAS (THE FLU), MOB NTSWS (BRONCHITIS), THIAB MOB NTSWS UAS YOG MUAJ HNOOS QEEV (PNEUMONIA)

Asthma tsis yog raug los ntawm kab mob uas txawj kis thiab yuav kis tsis tau ntawm ib tug neeg mus rau lwm tus. Tsis muaj ib yam dabtsi yuav kho tau asthma, tabsis muaj tshuaj pab kom tsis txhob raug, lossis pab thaum lub sijhawm uas tus kab mob asthma huam tuaj.

YAM DABTSI THIAJ UA RAU KOM MOB ASTHMA?

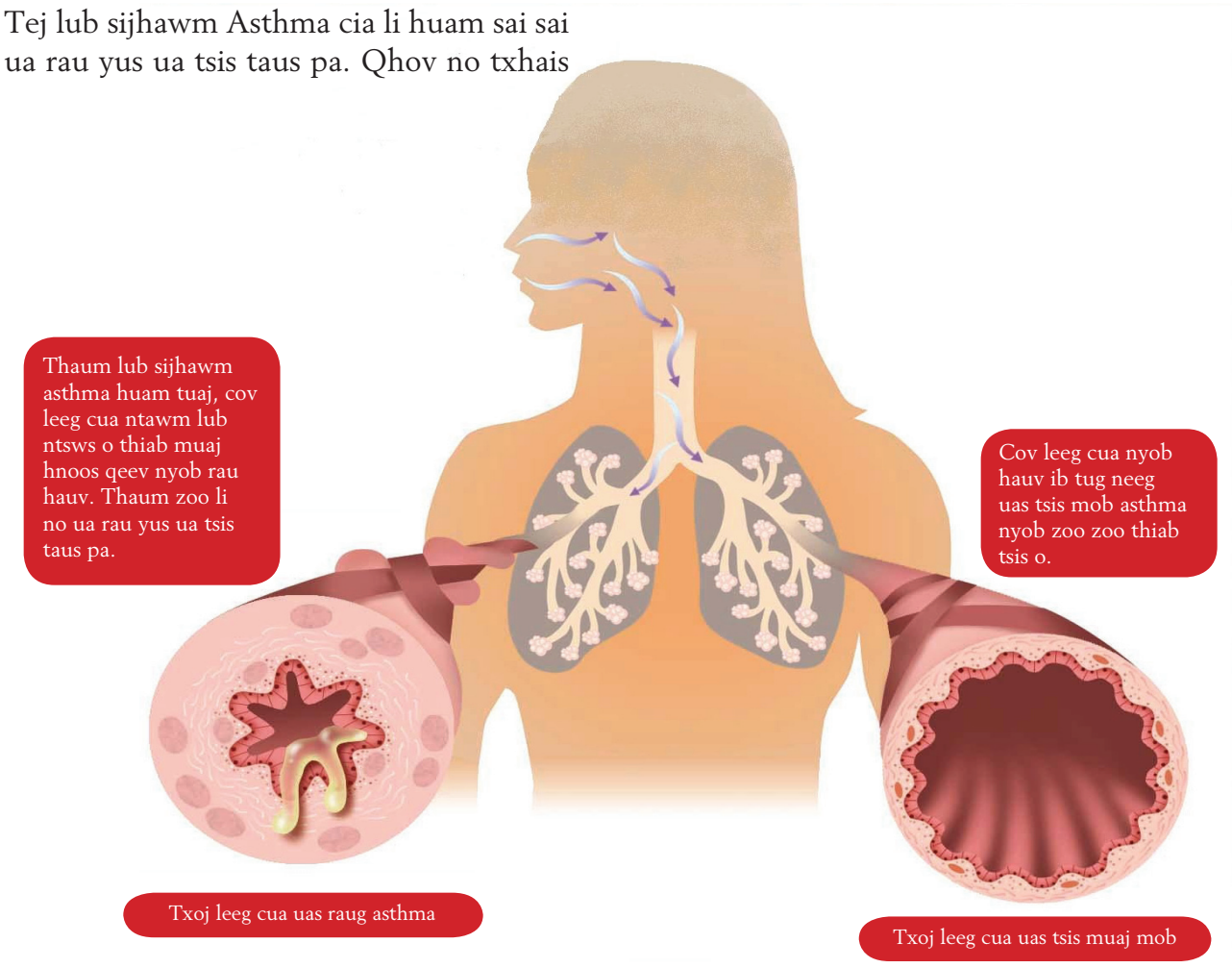
Tej yam uas yuav ua rau kom mob Asthma nyias kuj txawm lawm nyias. Feem ntau yam uas yuav ua rau mob asthma yog:

- plua tshauv,
- cov hmoov ntawm tej paj xyoob paj ntoos,
- tsiaj tej plaub,
- kablaum,
- khaub thuas,
- tej cua tsis zoo uas yog los ntawm kev haus luamyeeb, thiab pa tsheb,
- tshuaj ntxuav ub no thiab tej tshuaj tsw qab
- kabmob,
- huab cua no thiab cua hlob, thiab
- Ua heev lossis sib zog ua evxawsxais (qhov no txhais tsis tau hais tias cov neeg uas mob asthma ua tsis tau evxawsxais).

YAM TSHWM SIM QHIA HAIS TIAS YOG ASTHMA

Tej lub sijhawm Asthma cia li huam sai sai ua rau yus ua tsis taus pa. Qhov no txhais hais tias yog huam. Yog koj tus menyuam muaj cov teebmeem li nram no ces tej zaum yog nws muaj asthma:

- ua pa nrov nrov hnoos qeev,
- ua pa luv luv,
- hauv siab nruj nruj, lossis
- hnoos thaum yav tsaus ntuj lossis sawv ntxov.



Muab los ntawm: American Academy of Allergy, Asthma and Immunology