

Thaum Twg Thiaj Li Cia Koj Tus Menyuum Nyob Tsev Tsis Mus Kawm Ntaww

Kev Taw Qhia Txog Cov Cim thiab Cov Tso Mob Ntawm Kev Muaj Mob

Cov menyuum yuav tsum mus kawm ntaww txhua hnuv thiab tuaj yeem mus kawm ntaww thaum muaj tsos mob me ntsis lossis twb pib zoo zuj zum lawm. Qhov kev taw qhia no, yog raws li CDPH cov lus pom zoo tshiab, yuav pab koj txiav txim siab seb koj tus menyuum puas yog muaj mob dhau qhov yuav mus kawm tsis taus ntaww.

Tsis xis nyob hlo li

Nyob twj ywm hauv tsev yog tias muaj mob tshiab lossis cov tsos mob ua rau koj tus menyuum ua tsis tau tej yam uas niaj hnuv ua. Thaum lawv zoo lawm ces lawv mam li rov qab tuaj thiab koomtes hauv tsev kawm ntaww. Hu rau koj lub chaw kho mob/tus kws kho mob yog tias koj tus menyuum xav tau kev kho mob, tab sis feem ntau tsis tas yuav tau daim ntaww los ntawm tus kws kho mob tias rov qab mus kawm ntaww tau.

Yog tias koj tus menyuum tau raug kuaj los ntawm kws kho mob tias muaj ib tug mob, lossis muaj cov tsos mob zoo sib xws tom qab tau nyob ze tus kab mob uas sib kis yooj yim, ua raws li cov lus qhia los ntawm koj tus kws kho mob lossis lub chaw saib xyuas kev noj qab haus huv seb thaum twg koj tus menyuum thiaj li rov mus kawm tau ntaww (piv txwv li, Strep Throat lossis COVID-19.) Thov qhia cov kab mob uas kuaj tau rau koj lub tsev kawm ntaww lub hoobkas paub.

Puas yog COVID-19? (ua raws li qhov yuav tsum tau ceeb toom txog COVID-19)

Siv OTC kuaj thaum muaj cov tsos mob COVID-19. Yog tias kuaj tau tias muaj mob (positive), cia koj tus menyuum nyob hauv tsev thiab qhia rau koj lub tsev kawm ntaww paub tias muaj mob lawm. SCUUSD Contact Tracer yuav tiv tauj koj los muab kev taw qhia txog thaum twg li rov qab mus kawm ntaww tau.



Mob plab

Mus kawm ntaww tau tsuav yog tias tus menyuum tsis muaj ib yam li tau hais hauv qab no:

- Mob hnyav heev ua rau tus menyuum koomtes tsis tau rau tej kev ua ub ua no
- Muaj mob tom qab raug mob – mus cuag kws kho mob
- Cov quav muaj ntshav los yog dub dub – mus cuag kws kho mob
- Raws plab (mus saib txog qhov Raws Plab) lossis ntuav (mus saib txog qhov Ntuav)



Cov tsos mob hnoos thiab tau khaub thuas

Mus kawm ntaww tau tsuav yog tias tus menyuum tsis muaj ib yam li tau hais hauv qab no:

- Hnoos hnyav heev lossis tus menyuum ua tsis taus pa tom qab hnoos
- Yog xav tias qhov kev hnoos cuam tshua nrog kev mob hawb pob (asthma) thiab cov tshuaj uas lub tsev kawm ntaww tau qhia kom siv pab tsis tau

Nco ntsoov: Qhia kom looj lub npog qhov ncauj yog tias rov qab mus kawm ntaww es tseem muaj cov tsos mob me ntsis.

Raws Plab



Mus kawm ntaww tau tsuav yog tias tus menyuum tsis muaj ib yam li tau hais hauv qab no:

- Siv pawm thiab chav del los pab tsis tau thaum raws plab
- Cov quav zoo li ntshav lossis dub dub – mus cuag kws kho mob.

Nco Ntsoov: Txhawb kom ntxuav tes tas li. Yog tias muaj kev txhawj xeeb txog kev kis tus kab mob (muaj neeg mob raws plab coob dua li qhov xav tau rau tib lub sijhawm ntawd), Kev Pabcuam Kev Noj Qab Haus Huv yuav hu rau lub chaw saib xyuas kev noj qab haus huv hauv nroog rau kev taw qhia.



Ua pa nyuaj lossis ua pa nrov nrov

Mus kawm ntaww tau tsuav yog tias tus menyuum tsis muaj ib yam li tau hais hauv qab no:

- Hawb pob uas yog ib yam tshiab rau tus menyuum lossis cov tshuaj uas lub tsev kawm ntaww tau qhia kom siv pab tsis tau rau cov xwm txheej uas tau paub (piv txwv li, kev npaj rau thaum muaj mob hawb pob)
- Cov taww nqaij lossis daim di ncauj dub doog, xiav, los yog xim txho tsaus – hu 9-1-1.
- Ua pa nrawm nrawm lossis sib sib zog ua pa, hais lus nyuaj nyuaj – mus cuag kws kho mob

Nco Ntsoov: Nrhiav kev kho mob rau tej yam tsos mob tshiab uas tshwm sim.



Mob pob ntseg

Mus kawm ntawv tau tsuav yog tias tus menyuam tsis muaj ib yam li tau hais hauv qab no:

- Mob ua rau koomtes tsis tau rau tej kev ua ub ua no



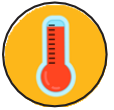
Khaus qhov muag, qhov muag liab, lossis los los kua

Mus kawm ntawv tau tsuav yog tias tus menyuam tsis muaj ib yam li tau hais hauv qab no:

- Teeb meem tsis pom kev zoo (qhov pom kev hloov pauv)
- Raug mob rau lub qhov muag – mus cuag kws kho mob
- Mob lossis tsis xim nyob ua rau tus menyuam thev tsis taus

Nco Ntsoov: Txhawb kom ntxuav tes tas li. Qhov muag liab feem ntau tshwm sim los ntawm tus kab mob, thiab cov menyuam uas muaj kab mob qhov muag liab feem ntau nws yuav zoo yam tsis tau kho li. Qhov muag khaus kuj tuaj yeem tshwm sim los ntawm kev tsis haum cuab cua lossis tau nyob ze cov tshuaj muaj zog heev (piv txwv li, huab cua paug, pa luam yeeb, lossis luam dej hauv pas dej uas muaj tshuaj dawb). Tsis tas yuav nyob tsev es tsis mus kawm ntawv.

Kub taub hau



Nyob hauv tsev yog tias kub taub hau txhaj 100.4 degrees F lossis siab dua

Rov tuaj kawm ntawv thaum: Tsawg kawg 24 xuaj moos tau dhau mus txij thaum kub taub hau txog 100.4 degrees F lossis siab dua los ntawm yam tsis tau siv tshuaj los ua kom qhov kub taub hau qis xws li Tylenol®, Advil®, Motrin® (acetaminophen lossis ibuprofen), lwm cov tso mob zoo lawm, thiab tus menyuam koomtes tau yam kaj siab lug nrog rau cov kev ua ub ua no.

Dias taub hau, caj dab txhav lossis mob caj dab



Mus kawm ntawv tau tsuav yog tias tus menyuam tsis muaj ib yam li tau hais hauv qab no:

- Cov tsos mob uas yog tsoo raug lub hlwb: tom qab raug mob rau lub taub hau thiab mob hnyav los yog txuam nrog ntuav, qhov pom kev hloov pauv, tus cwj pwm hloov pauv, lossis tsis meej pem – nrhiav kev kho mob
- Muaj peev xwm kis tau: mob caj dab, mob taub hau thiab kub taub hau tuaj yeem yog cov tsos mob ntawm tus mob meningitis, uas yuav kis tau tus kab mob loj heev - mus nrhiav kev kho mob.

Ua xua lossis khaus khaus/txob txob



Mus kawm ntawv tau tsuav yog tias tus menyuam tsis muaj ib yam li tau hais hauv qab no:

- Tawm paug, muaj qhov txhab, tawm hlwb, lossis voos ua paug es muab qhwv tsis tau.
- Ua xua liab liab lossis liab doog thoob ib ce – mus cuag kws kho mob
- Tawv qaij mob mob kov tsis tau, liab liab thoob ib ce loj zuj zum
- Tej zaum yog mob qhua taum lossis qhua pias (chickenpox or measles) – mus ntsib kws kho mob rau kev kuaj seb yog mob dab tsi

Nco Ntsoov: Rau cov kev kuaj mob, ua raws li cov lus qhia ntawm tus kws kho mob. Rau cov mob xws li, impetigo, ringworm, scabies, thiab pinworms, yuav rov qab mus kawm ntawv tau tom qab pib muab tshuaj kho tsim nyog.



Mob caj pas thiab/los yog mob qhov ncauj

Mus kawm ntawv tau tsuav yog tias tus menyuam tsis muaj ib yam li tau hais hauv qab no:

- Kub taub hau
- Nqos tsis tau qaub ncauj, los qaub ncauj tsis tseg, lub suab nrov yau yau – mus cuag kws kho mob
- Ua tsis taus pa – mus cuag kws kho mob

Nco Ntsoov: Qhia kom looj lub npog qhov ncauj yog tias rov qab mus kawm ntawv es tseem muaj cov tsos mob me ntsis. Feem ntau mob caj pas yog kab mob sib kis. Yog tias kuaj tau tus kab mob strep throat (bacterial), lawv yuav tsum noj tshuaj tua kab mob tsawg kawg yog 12 xuaj moos ua ntej rov qab mus kawm ntawv.

Ntuav



Mus kawm ntawv tau tsuav yog tias tus menyuam tsis muaj ib yam li tau hais hauv qab no:

- Tau ntuav li ntawm 2 lossis ntau zaus nyob rau 24 xuaj moos.
- Cov ntuav yog xim ntsuab lossis yog ntshav – mus cuag kws kho mob
- Tau raug mob rau lub taub hau tsis ntev los no - mus cuag kws kho mob lossis hu 911

Yog xav paub ntxiv mus saib SCUSD Health Services lub vev xaib ntawm:

www.scusd.edu/when-keep-your-child-home-school

Kev taw qhia hloov kho lub 7/18/24 raws li CDPH Public Health Guidance rau cov tsev kawm ntawv TK–12 thiab Cov Chaw Zov Menyauam Yaus <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Schools/SymptomGuidance.aspx>

