

Influenza (flu)

FAQ

Tus mob "influenza" los yog "flu" yog ib yam mob ua kis sai sai pib lub 10 (kaum) hli mus rau lub 5 (tsib) hli hauv lub teb chaws Meskas.

Tom ntej no yog ib cov lus nug ntau zaug, thiab lus teb pab qhia txog qhov mob flu ua yuav pab tau koj tiv thaiv koj tus kheej kom zoo xyoo no.

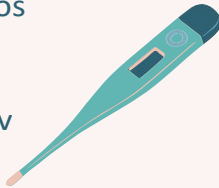
Kab mob flu kis li cas?

Kab mob flu sib kis thaum tus neeg mob hnoo, txham los yog tham lus ua ke nrog koj.



Kab mob flu mob thiab zoo li cas?

Tus neeg mob flu yuav mob xws li no: ua npaws, hnov no, hnoo, mob caj pas, los ntswg, txhaw ntswg, mob ib cev, dia hlws, thiab nkees. Feem coob ntawm cov me nyuam yau kuj xeev siab ntuav los si raw plab tau thiab.



Kuv mus nkaug tshuaj lub caij twg?

Tus kab mob flu muaj rau thaum lub 10 hli mus txog lub 5 hli. Yuav tsum nkaug tshuaj rau lub caij nplooj zeeg los si ntuj no thiaj yuav tiv thaiv tau koj rau lub caij muaj flu.



Ua cas ho nkaug tshuaj?

Koob tshuaj no muaj peev xwm tiv thaiv tau koj thiab cov neeg ntawm koj ib sab kom txhob txais tus kab mob flu. Koob tshuaj no txo tau kev phom sij ntawm tus kab mob xws li kev ploj tuag, pw hauj maum thiab lwm yam mob ua rhawv thiab tshws sim los ntawm tus kab mob flu.

Xav paub ntxiv, saib no:

cdc.gov/flu/prevent/vaccine-benefits.htm

Leej twg yuav tau nkaug tshuaj?

Raws li The Centers for Disease Control and Prevention (CDC) tau qhia, txhua tus yuav tsum tau nkaug tshuaj tsis hais tus me nyuam ua muaj 6 hli mus txog rau tus neeg laus. Tshwj xeeb, cov poj niam ua cev xeeb tub thiab txhua tus neeg ua yuav kis tus mob yooj yim yuav tsum tau nkaug koob tshuaj los tiv thaiv lawv tus kheej.

Leej twg kis kab mob yooj yim?

Txhua tus neeg muaj peev xwm kis tau tus mob flu no. Tabsi cov yuav kis yooj yim dua lwm tus yog cov me nyuam mo liab, cov laus ua muaj hnub nyug tshaj 65 xyoo, cov poj niam cev xeeb tub thiab cov neeg ua twb muaj mob nyob hauv lawv lub nrog cev lawm. Qhov zoo tshaj yuav tsum nkaug koob tshuaj flu txhua xyoo thaum muaj tus kab mob no.

Koob tshuaj flu muaj tsawg hom?

Koob tshuaj no muaj cov nkaug ntawm sab caj npab thiab tsuag ntawm qhov ntswg. Koob tshuaj nkaug tsuas pub rau cov muaj hnub nyug tshaj 6 hli mus. Koob tshuaj tsuag ntawm qhov ntswg tsuas pub rau cov muaj 2 xyoo txog rau 49 xyoo xwb. Cov npe tshuaj yuav sib txawv nyob ntawm seb tus tsim koob tshuaj yog leej twg.

Nrhiav kev paub ntxiv rau ntawm CDC Seasonal Flu Vaccines no:
cdc.gov/flu/prevent/flushot.htm



Source: Centers for Disease Control and Prevention (cdc.gov)

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ASIAN & PACIFIC ISLANDER
AMERICAN HEALTH FORUM



C A A L

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Lus nug ntau txog qhov mob influenza

Koob tshuaj flu kim li cas?

Koob tshuaj tiv thaiv kab mob flu tus qis nyob ntawm koj lub insurance txoj kev pab them nqi kho mob. Nug koj lub insurance seb qhov chaws twg thiaj muaj koob tshuaj nkaug pub dawb los si pheej yig rau koj. Cov koos haum kho mob nyob ntawm koj ib cheeb tsam kuj muaj koob tshuaj nkaug pub dawb los si them pheej yig pub rau pej xeem thiab.

Xav paub ntxiv, saib peb qhov Vaccination Cost and Flu Guide: aa-nhpihealthresponse.org



Mus nkaug tshuaj qhov twg?

Mus nkaug tshuaj tiv thaiv kab mob flu rau ntawm cov chaws no:

- Koj Tus Khws Kho Mob
- Tsev Kho Mob
- Tsev Kho Mob Deb Nroog
- Koos Haum Kho Mob
- Tsev Muag Tshuaj
- Walmart
- Walgreen
- CVS



Tom qab nkaug koob tshuaj tag, kuv puas muaj kev txawv txav dabtsi?



Qees tus kuj mob caj npab, ua npaws me ntsis thiab mob ib ce li ib ob hnuv xwb zoo lawm. Koob tshuaj no yeej zoo thiab nyab xeeb rau txhua tus.

Kuv nkaug puas tau koob tshuaj flu thiab COVID-19 ua ke?

Raws li CDC thiab Advisory Committee on Immunization Practices (ACIP) tau qhia, yog koj txais tau ob koob tshuaj ua ke, peb yeej tso cai rau koj nkaug ob koob ua ke rau ib lub sij hawm.

Flu thiab COVID-19 sib txawv li cas?

Flu thiab COVID-19 yog kab mob ntsws ib yam. Tab si COVID-19 rhawv los ntawm tus kab mob hu ua SARS-CoV-2. Kab mob flu yog rhawv los ntawm cov kab mob hu ua influenza ua kis tau rau koj thiab kuv txhua txhua xyoo.



Source: Centers for Disease Control and Prevention (cdc.gov)

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For additional AA and NH/PI translated resources, please visit our National AA and NH/PI Health Response Partnership Webpage at: www.AA-NHPIHealthResponse.org

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