Instructions for Collecting Sputum for TB Hmong

Qhia txog kev nti qaub ncaug kuaj TB

Yog li cas thiaj yuavtsum tau nti qaub ncaug mus kuaj?

Koj tus kws kho mob xav tau/khaws ib co qaub ncaug ('hnoos qeev') uas koj hnoos tau tawm hauv koj lub ntsws los. Lub chaw kuaj (lab) mam li kuaj cov qaub ncaug seb koj puas muaj kab mob ntsws (TB).

Kev kuaj koj cov qaub ncaug yog ib qhov uas yuav paub meej tshaj seb koj puas muaj kabmob TB. Yog tias koj twb noj tshuaj tua TB lawm, kev kuaj qaub ncaug yog ib qho zoo tshaj uas yuav xyuas seb cov tshuaj puas ua haujlwm.

Yuav kom kuaj tau zoo tshaj no, koj yuav tsum tau sib sib zog hnoos hauv nruab ntsws tuaj. Feem ntau, cov qaub ncaug hnoos tau hauv nruab ntsws tuaj yuav nyeem thiab nplaum. Tsis txhob khaws cov qaub ncaug uas cia li nti xwb.

Kev qhia: Yog koj hnoos tsis tau qaub ncaug, sim nqus cov pa kub kub thaum da dej lossis thaum rhaub dej npau npau

Yuav nti qaub ncaug mus kuaj li cas

Koj tus kws kho mob lossis tus uas pab tus kws kho mob (nurse) yuav muab ib lub khob yas rau koj khaws koj cov qaub ncaug. Ua kom raws li tej kauj ruam nram no kom zoo:

1. Lub khob ntawd huv huv. Tsis txhob rawm muab qhib tos txog thaum uas koj yuav siv tso.
2. Thaum koj sawv ntxov tsees thaum sawv ntxov (ua ntej koj noj lossis haus dabtsi), txhuam koj cov hniav thiab muab dej yaug qhov ncauj. Tsis txhob siv cov tshuaj yaug ncauj (mouth wash).
3. Yog tias ua tau, mus nraum zoov lossis qhib qhov rais ua ntej yuav muab qaub ncaug nti khaws tseg. Qhov no tiv thaiv kom lwm cov neeg tsis txhob kis tau kab mob TB thaum koj hnoos.
4. Sib sib zog nqus pa thiab tuav cov pa twb ywm li 5 xis nkoos. Maj mam tso pa tawm. Rov sib sib zog nqus pa dua thiab sib sib zog hnoos kom tau ib cov qaub ncaug rau hauv qhov ncauj.
5. Muab cov qaub ncaug nti rau hauv lub khob yas.
6. Rov ua dua li qub kom nti tau qaub ncaug txog li txoj kab 5 ml (lossis tshaj ntawd) rau hauv lub khob yas. Qhov no muaj 1 diav qaub ncaug.
7. Muab lub hau kaw ruaj ruaj kom tsis txhob txeej.
8. Muab sab nraum lub khob ntxuav thiab muab so kom qhuav.
9. Sau hnub uas koj nti cov qaub ncaug ntim rau lub khob.
10. Muab lub khob rau hauv lub npov (box) lossis lub hnab uas tus neeg pab tus kws kho mob (nurse) muab rau koj.
11. Muab lub khob rau qhov chaw kuaj mob lossis muab rau tus neeg uas pab tus kws kho mob (nurse). Yog muab tsis tau sai, koj muab khaws cia hauv tubyees ib hmos los tau. Tsis txhob muab cia rau hauv lub txee khov dej (freezer) lossis cia rau sab nraum no.

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