

Muaj Mob Cytomegalovirus Thaum Yug Los

Cov Ntaub Ntawv rau Cov Tsev Neeg
thiab Cov Neeg Saib Xyuas



health.mn.gov/CMV

Npaj los ntawm

Minnesota Lub Tuam Tsev Hauj Lwm ntsig txog Cov Kev Pab Cuam Kev Noj Qab Haus Huv Rau Cov
Me Nyuam Yuas thiab Cov Tub Ntxhais Hluas nrog Cov Kev Xav Tau Kev Noj Qab Haus Huv Tshwj Xeeb

625 Robert St. N.
PO Box 64975
St. Paul, MN 55164-0975

651-201-3650 los sis tus xov tooj hu dawb 1-800-728-5420
health.cyshn@state.mn.us
www.health.state.mn.us

Txhawm rau kom tau txais cov ntaub ntawv no ua lwm hom, hu rau: 651-201-3650

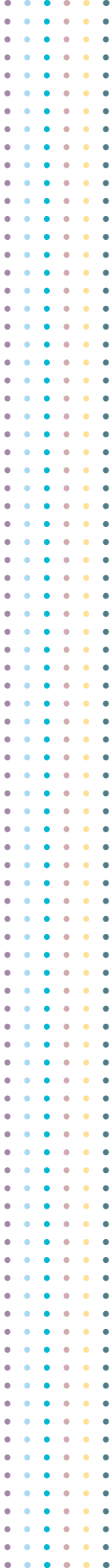
KEV LEES PAUB

Cov ntsiab lus suav nrog hauv pob ntawv no tau raug xaiv thiab tsim los koom tes nrog Lub Koom Haum CMV Hauv Teb Chaws thiab cov niam thiab txiv uas lawv cov me nyuam tau raug txheeb tias muaj kab mob cytomegalovirus thaum yug los. Minnesota Lub Tuam Tsev Hauj Lwm ntsig txog Cov Kev Pab Cuam Kev Noj Qab Haus Huv xav ua tsaug rau txhua tus neeg koom nrog rau kev sib qhia lawv cov kev paub dhau los thiab kev nkag siab.

KEV NTHUAV TAWM

Phau ntawv no tsis muab lus qhia txog kev kho mob. Nws muab cov ntaub ntawv feem dav txog CMV thaum yug los. Txhua tus me nyuam thiab tsev neeg sib txawv thiab qee cov ntaub ntawv yuav tsis siv tshwj xeeb rau koj tus me nyuam. Nco ntsoov txheeb xyuas koj tus me nyuam tus kws kho mob yog tias koj muaj lus nug los sis kev txhawj xeeb txog lawv tus mob.

Hloov Kho 3/3/25



Lub Kem Ntawv Teev Cov Ntsiab Lus

Ntu 1: Hais Txog Cytomegalovirus (CMV) thiab CMV Thaum Yug Los

Ntu 2: Kev Hnov Lus thiab CMV Thaum Yug Los

Ntu 3: Kev Loj Hlob thiab Kev Txhim Kho

Ntu 4: Kev Txhawb Nqa Rau Niam Txiv thiab Tsev Neeg

Ntu 5: Kev Saib Xyuas Kho Mob thiab Fab Nyiaj Txiag

Ntu 6: Cov Chaw Muab Kev Pab Ntxiv rau Cov Tsev Neeg



Ntu 1

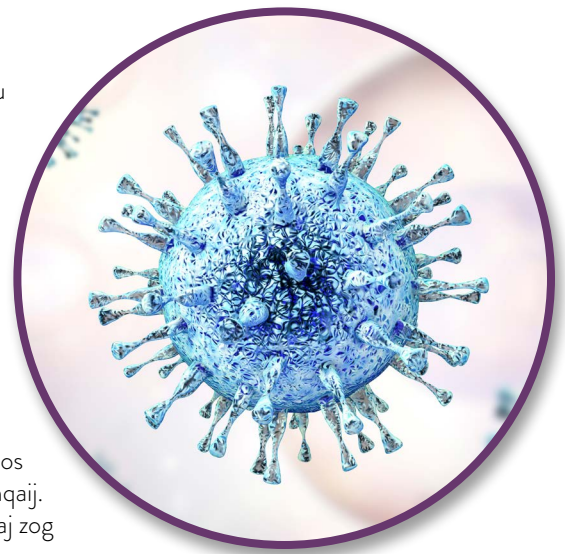
**Hais Txog Cytomegalovirus (CMV)
thiab CMV Thaum Yug Los**



CMV yog dab tsi?

Kab Mob Cytomegalovirus (CMV) yog ib hom kab mob feem ntau uas kis tau rau tib neeg txhua ncuu hnuv nyoog. Ib tug ntawm peb tus me nyuam yaus hauv Teb Chaws Meskas tau kis tus kab mob CMV thaum muaj hnuv nyoog 5 xyoo, raws li Lub Chaw Tswj Xyuas thiab Tiv Thaiv Kab Mob (CDC). Ntau tshaj li ib nrab ntawm cov neeg laus tau kis tus kab mob CMV thaum muaj hnuv nyoog 40 xyoo. Thaum CMV nyob hauv tib neeg lub cev lawm, nws yuav nyob rau hauv tag lub neej ib txhis thiab tuaj yeem rov sawv tau. Tsis tas li ntawd, ib tug neeg kuj tseem tuaj yeem rov kis tau tus kab mob sib txawv.

Cov neeg uas muaj txoj kev noj qab haus huv feem ntau tsis paub tias lawv muaj tus kab mob CMV, vim tias tus kab mob no feem ntau tsis ua rau muaj tsos mob. Thaum cov tib neeg pib kis tus kab mob, qee zaum lawv muaj cov tsos mob me xws li ua npaws, mob caj pas, qaug zog, thiab/los sis mob daim tawv nqaij. CMV tuaj yeem ua rau mob hnyav rau qee cov neeg uas muaj lub cev tsis muaj zog tiv thaiv kab mob.



Cov neeg kis tau tus kab mob CMV li cas?

CMV kis tau los ntawm ib tus neeg mus rau lwm tus los ntawm kev nyob sib ze nrog cov kua dej hauv lub cev xws li qaub ncaug, zis, ntshav, phev, kua muag, thiab mis.

Tus kab mob no tsis muaj kev kis tau mus rau lwm siab heev. Txawm li cas los xij, tus kab mob CMV tau pom tias kis tau ntau dua ntawm cov neeg nyob hauv tib lub tsev thiab cov me nyuam yaus hauv cov chaw zov me nyuam. Qhov ntau ntawm tus kab mob CMV tuaj yeem nyob hauv tus me nyuam cov zis thiab qaub ncaug rau ntau lub hlis tom qab kis kab mob. Qhov no ua rau cov me nyuam yaus ib qho chaw kis tau tus kab mob CMV. Cov me nyuam yaus tuaj yeem kis tus kab mob mus rau cov niam thiab txiv thiab cov neeg saib xyuas, txawm tias lawv tsis zoo li muaj mob. Kev sib chww nrog cov qaub ncaug los sis cov zis ntawm cov me nyuam mos thiab cov me nyuam yaus yog xav tias yog ib qho tseem ceeb ntawm kev kis tus kab mob CMV ntawm cov neeg cev xeeb tub.

Tus kab mob CMV thaum yug los yog dab tsi?

Tus poj niam cev xeeb tub yuav kis tus kab mob CMV los ntawm lub tsev me nyuam mus rau tus me nyuam loj hlob yam tsis paub txog li. Qhov no tuaj yeem tshwm sim thaum tus poj niam cev xeeb tub tau txais tus kab mob CMV thawj zaug los sis dua ntxiv thaum cev xeeb tub. Thaum tus me nyuam tau txais tus kab mob CMV ua ntej yug, nws hu ua tus kab mob CMV thaum yug los. Cov me nyuam mos feem ntau uas muaj tus kab mob CMV thaum yug los tsis pom cov tsos mob los sis muaj teeb meem kev noj qab haus huv, tab sis tej zaum qee cov me nyuam yaus yuav mob thaum yug los-los sis muaj teeb meem kev noj qab haus huv ncuu ntev tom qab ntawd.

Kwv yees li ib tug ntawm 200 tus me nyuam mos yug los muaj tus kab mob CMV. Qhov no txhais tau hais tias muaj li ntawm 300 tus me nyuam mos tej zaum yug los nrog tus kab mob CMV hauv Minnesota txhua xyoo. Tus kab mob CMV thaum yug los yog hom kab mob sib kis uas muaj ntau tshaj plaws ua rau me nyuam muaj mob thaum yug los nyob rau Teb Chaws Meskas. Tus kab mob CMV thaum yug los kuj yog ib qho ua rau me nyuam tsis hnouv lus thiab.



Kuv yuav ua li cas thiaj paub tias kuv tus me nyuam muaj tus kab mob CMV?

Yog tias koj tus me nyuam tus kws kho mob muaj kev txhawj xeeb txog tus kab mob CMV thaum yug los uas yuav muaj tau, tej zaum lawv yuav pom zoo kom mus kuaj koj tus me nyuam. Tsis tas li ntawd, cov me nyuam yug nyob hauv Minnesota raug kuaj rau tus kab mob CMV raws li ib feem ntawm qhov kev kuaj xyuas me nyuam mos yug tshiab. Yog tias qhov kev kuaj ntshav rau me nyuam yug tshiab los nrhiav tus kab mob CMV, nws txhais tau tias muaj feem uas koj tus me nyuam muaj tus kab mob CMV thaum yug los. Yuav tsum tau kuaj ntxiv kom paub meej ntxiv.

Tus kab mob CMV thaum yug los feem ntau kuaj pom los ntawm kev kuaj tus me nyuam cov zis. Txhawm rau kom paub tseeb rau tus kab mob CMV, yuav sau tus qauv kuaj ua ntej tus me nyuam muaj hnuv nyoo 21 hnuv. Tom qab muaj hnuv nyoo 21 hnuv, nws nyuaj rau kom paub tias tus me nyuam yug tshiab los nrog tus kab mob CMV los sis tau txais tus kab mob CMV tom qab yug los (lub npe hu ua tus kab mob CMV). Kev yug los nrog tus kab mob CMV tuaj yeem ua rau muaj teeb meem kev noj qab haus huv ncuu sijhawm ntev thiab tsis hnov lus rau qee tus me nyuam yaus; kis tau tus kab mob CMV tom qab yug me nyuam feem ntau tsis ua rau muaj tej no.



Cov cim mob thiab cov tsos mob ntawm tus kab mob CMV thaum yug los yog dab tsi?

Tus kab mob CMV thaum yug los cuam tshuam rau txhua tus me nyuam sib txawv. Cov me nyuam mos feem ntau tsis pom cov cim mob los sis cov tsos mob ntawm tus kab mob. Qhov no hu ua cov mob tsis muaj tsos mob. Thaum cov me nyuam mos pom cov cim mob los sis cov tsos mob ntawm tus kab mob, nws hu ua cov mob uas muaj tsos mob.

Tus kab mob CMV thaum yug los uas tsis muaj tsos mob

Cov me nyuam mos feem ntau uas muaj tus kab mob CMV thaum yug los tsis pom cov tsos mob thaum yug los. Feem ntau ntawm cov me nyuam yaus no muaj kev noj qab nyob zoo thiab tsis muaj kev txhawj xeeb txog kev noj qab haus huv uas tsim los ntawm kev kis tus kab mob.

Qee cov me nyuam yug los tsis muaj tsos mob yuav tsis hnov lus mus tas li. Tej zaum qhov tsis hnov lus yuav txawv ntawm me-me mus rau mob hnyav thiab tuaj yeem nyob hauv ib sab los sis ob sab pob ntseg tib si. Tej zaum qhov tsis hnov lus yuav tshwm sim thaum yug los-los sis tuaj yeem tshwm sim tom qab thaum yau. Txhua tus me nyuam yaus uas muaj tus kab mob CMV yuav tsum tau kuaj lawv qhov kev hnov lus yam tsis tu ncuu txhawm rau los soj taug txhua qhov kev hloov pauv.

Txoj hauv kev muaj qee qhov teeb meem kev loj hlob yog me ntsis siab dua rau cov me nyuam yaus uas muaj tus kab mob CMV thaum yug los yam tsis muaj tus tsos mob dua li cov me nyuam yaus uas tsis muaj tus kab mob CMV thaum yug los, thiab tus kws kho mob yuav tsum soj taug qab lawv txoj kev loj hlob. Cov me nyuam yaus uas muaj tus kab mob CMV thaum yug los yam tsis muaj tsos mob tuaj yeem tsim nyog tau txais kev pab cuam thaum ntov los txhawb lawv txoj kev loj hlob thiab kev txhim kho. Thov saib Ntu 3 kom paub ntau ntiv cov kev pab cuam thaum ntov no.

Tus kab mob CMV thaum yug los uas muaj cov tsos mob

Qee tus me nyuam mos feem ntau uas muaj tus kab mob CMV thaum yug los muaj cov cim mob los sis cov tsos mob thaum yug los. Cov tsos mob tuaj yeem muaj xws li mob me mus rau mob hnyav. Qee cov tsos mob yuav pom tau thiab lwm yam tuaj yeem pom los ntawm kev kuaj tshwj xeeb nkaus xwb.

Cov tsos mob ntawm tus kab mob CMV thaum yug los yuav muaj xws li:

- Ua tej tee me-me xim liab, xim paj yeeb, los sis xim av ntawm daim tawv nqaj
- Daj rau ntawm lub qhov muag ntu xim dawb thiab daim tawv nqaj
- Lub taub hau me-me
- Kev yug los tsis hnyav los sis me-me thaum yug los
- Daim siab thiab tus po loj tuaj
- Qib qe ntshav qis
- Hlab ntsha qhov muag puas tsuaj
- Khov calcification nyob rau hauv lub hlwb

Qee cov me nyuam yug los nrog cov tsos mob ntawm tus kab mob CMV thaum yug los yuav tsis hnov lus mus tas li. Tej zaum qhov tsis hnov lus yuav txawv ntawm me-me mus rau mob hnyav thiab tuaj yeem tshwm sim nyob hauv ib sab los sis ob sab pob ntseg tib si. Tej zaum qhov tsis hnov lus yuav tshwm sim thaum yug los-los sis tshwm sim tom qab thaum yau. Txhua tus me nyuam yaus uas muaj tus kab mob CMV yuav tsum tau kuaj lawv qhov kev hnov lus yam tsis tu ncuu txhawm rau los soj taug txhua qhov kev txhawj xeeb thaum ntsov.

Tsis tas li ntawd, cov me nyuam yaus uas muaj cov tsos mob ntawm tus kab mob CMV thaum yug los muaj kev pheej hmoo siab dua rau kev txhawj xeeb txog kev noj qab haus huv ncuu ntev thiab yuav tsum tau ua raws li tus kws kho mob kom zoo.

Cov me nyuam yaus uas muaj tus kab mob CMV thaum yug los uas muaj tsos mob tuaj yeem tsim nyog tau txais kev pab cuam thaum ntsov los txhawb lawv txoj kev loj hlobthiab kev txhim kho. Thov saib Ntu 3 kom paub ntau ntiv txog cov kev pab cuam thaum ntsov no.

Cov kev txhawj xeeb txog kev noj qab haus huv ncuu ntev yuav muaj xws li:

- Quag dab peg
- Qhov muag tsis pom kev
- Lub cev muaj zog qeeb, tsis muaj zog, los sis muaj teeb meem nrog kev nyob tus
- Kev xiam oob qhab rau kev txawj ntse

Puas muaj lwm yam kev kuaj uas yuav ua tau rau kuv tus me nyuam yog kuaj tau tias muaj tus kab mob CMV thaum yug los?

Tej zaum koj tus kws kho mob yuav pom zoo qee qhov kev soj taug qab tom qab kuaj pom kis tau tus kab mob CMV thaum yug los:

- **Kev kuaj ntshav** – rho ntshav los ntawm ib txoj hlab ntsha mus kuaj koj tus me nyuam lub siab kev ua hauj lwm thiab cov qe ntshav.
- **Kev kuaj fab duab kev kuaj (kev hnov lus)** – ib qho kev kuaj txog kev hnov lus. Txawm hais tias koj tus me nyuam mos kuaj dhau lawv qhov kev kuaj txog kev hnov lus los xij, lawv tseem muaj kev pheej hmoo rau kev tsis hnov lus tshiab. Lawv xav tau qhov kev kuaj ntiv no sai-sai tom qab yug me nyuam thiab tsis tu ncuu thoob plaws thaum me nyuam yaus los txheeb xyuas cov kev hloov pauv. Thov mus saib Ntu 2 kom paub ntau ntiv txog kev hnov lus thiab tus kab mob CMV thaum yug los.
- **Lub suab hauv lub taub hau los sis xab kees MRI (kev yees duab nyog hluav taws xob)** – kuaj uas tsim cov duab los nrhiav kev hloov hauv koj tus me nyuam lub hlwb.
- **Kev kuaj fab kev pom (qhov muag)** – kev kuaj qhov muag los xyuas kom pom cov kev hloov ntawm koj tus me nyuam lub qhov muag uas muaj feem xyuam rau tus kab mob CMV thaum yug los.

Kev soj taug qab cov txiaj ntsig kuaj tau txhais tau li cas?

Cov me nyuam yug los nrog tus kab mob CMV tuaj yeem muaj qhov tshwm sim sib txawv dav heev, yog li qee zaum nws nyuaj rau kwv yees lawv txoj kev noj qab haus huv los sis kev loj hlob yav tom ntej. Yog li ntawd, koj tus kws kho mob los sis lwm tus kws muab kev pab cuam yuav siv kev soj taug qab cov kev kuaj rau: nrhiav cov cim mob thiab cov tsos mob ntawm tus kab mob CMV; txhawm rau txheeb xyuas qhov qib ntawm koj tus me nyuam tus kab mob; thiab pab qhia koj tus me nyuam txoj kev kho mob thiab txoj phiaj xwm saib xyuas kho mob, xws li kev txiav txim siab seb koj tus me nyuam puas yuav tsum pib noj tshuaj tiv thaiv kab mob.

Koj tus kws muab kev pab cuam yuav tsum saib cov txiaj ntsig kev kuaj tau los nrog koj. Nco ntsoov nug cov lus nug uas koj muaj hais txog koj tus me nyuam qhov cov txiaj ntsig kev kuaj tau los thiab hais txog kev pom zoo cov kev kho mob thiab txoj phiaj xwm saib xyuas kho mob.

Yuav kho tus kab mob CMV thaum yug los tau li cas?

Tshuaj tua kab mob

Feem ntau cov me nyuam mos uas muaj tus kab mob CMV thaum yug los yuav tsis tas noj cov tshuaj tua kab mob los kho tus kab mob. Tej zaum cov tshuaj tiv thaiv kab mob tuaj yeem kho tau qhov kev hnov lus thiab kev loj hlob ntawm qee tus me nyuam mos uas muaj cov tsos mob ntawm tus kab mob CMV thaum yug los, thiab tej zaum nws yuav tau txais kev pom zoo rau lawv. Koj tus kws muab kev pab cuam tuaj yeem xa koj mus rau tus kws kho mob tshwj xeeb ntawm tus kab mob kis tau tus mob los tham txog qhov kev kho mob sib txawv. Nws yog ib qho tseem ceeb uas yuav tau tham nrog koj tus kws kho mob txog cov kev pheej hmoo thiab cov txiaj ntsig ntawm cov tshuaj tiv thaiv kab mob.

Lwm cov kev xaiv

- **Tswj hwm thiab soj xyuas cov tsos mob.** Nco ntsoov tias koj tus me nyuam yuav tau mus rau txhua lub sij hawm teem cajj tseg los ntawm lawv tus kws kho mob tau pom zoo cia. Cov kev mus ntsib no yog qhov tseem ceeb rau kev tswj xyuas cov teeb meem kev noj qab haus huv tam sim no, yog tias muaj. Cov kev mus ntsib tsis tu ncua kuj tseem yog qhov tseem ceeb heev los pab nrhiav cov kev txhawj xeeb tshiab kom sai li sai tau, xws li kev tsis hnov lus.
- **Kev pab tiv thaiv thaum ntxov.** Help Me Grow Minnesota (Minnesota Pab Kom Kuv Loj Hlob) tuaj yeem txuas koj mus rau cov chaw muab kev pab cuam los pab koj tus me nyuam txoj kev loj hlob, kev kawm, thiab loj hlob. Tsis tas li ntawd, lub khoos kas kuj tseem tuaj yeem txuas koj nrog koj lub cheeb tsam tsev kawm ntawv hauv cheeb tsam rau kev ntsuam xyuas seb koj tus me nyuam puas tuaj yeem koom nrog kev pab tiv thaiv rau tus me nyuam mos thiab tus me nyuam yaus los sis cov kev pab cuam rau kev kawm tshwj xeeb hauv cov tsev kawm me nyuam yaus. Thov mus saib Ntu 3: Kev Loj Hlob thiab Kev Txhim Kho kom paub ntau ntiv txog kev pab tiv thaiv thaum ntxov.
- **Kev txhawb nqa tsev neeg.** Nrhiav kom paub tias koj tus me nyuam muaj tus kab mob CMV thaum yug los tuaj yeem ua rau muaj kev ntxhov siab los sis nyuaj siab rau qee tus niam thiab txiv. Kev txhawb nqa los ntawm lwm tus tuaj yeem pab tau. Thov mus saib Ntu 4 rau cov chaw muab kev pab cuam txhawb nqa tsev neeg.



Kuv puas pub kuv mis rau me nyuam noj tau yog tias kuv tus me nyuam muaj kab mob CMV thaum yug los?

Tau, kev pub niam mis rau tus me nyuam uas muaj mob CMV thaum yug los yeej nyab xeeb tsis ua li cas.

Nrog koj tus me nyuam tus kws kho mob tham yog tias koj muaj kev txhawj xeeb txog kev pub mis rau koj tus me nyuam.

Kuv tus me nyuam puas mus tau rau tom cov chaw zov me nyuam?

Tau, cov me nyuam mos uas muaj tus kab mob CMV tuaj yeem mus tom cov chaw zos me nyuam tau. Feem ntau tus kab mob CMV muaj nyob hauv cov me nyuam mos thiab cov me nyuam yaus thiab khoos kas saib xyuas me nyuam uas tej zaum yuav muaj lwm cov me nyuam yaus uas muaj tus kab mob CMV. Txhua tus me nyuam yaus tuaj yeem kis tus kab mob CMV tau, tsis yog cov neeg uas tus kws kho mob tau qhia hais tias lawv muaj tus kab mob CMV xwb. Cov me nyuam yaus uas muaj tus kab mob CMV yuav tsum tsis txhob raug txwv tsis pub mus rau qhov chaw zov me nyuam.

Txhua qhov chaw zov me nyuam yuav tsum muaj kev ntxuav tes yam tsis tu ncuu thiab kom zoo, ua kev nyiam huv, thiab cov cwj pwm tu kom huv si. Peb yam no tuaj yeem pab txo qis cov kev sib kis tau tus kab mob CMV.



Kuv yuav tsum qhia li cas rau cov neeg uas nug txog kev kis tau tus kab mob CMV los ntawm kuv tus me nyuam?

Tus kab mob CMV muaj ntau heev nyob rau hauv cov me nyuam mos thiab me nyuam yaus. Txhua tus me nyuam yaus tuaj yeem kis tus kab mob CMV tau, tsis yog cov neeg uas tus kws kho mob tau qhia hais tias lawv muaj tus kab mob CMV xwb. Feem ntau nws kis los ntawm ib tus neeg mus rau lwm tus los ntawm kev chwv raug cov kua dej hauv lub cev.

Ib txoj hauv kev uas tib neeg tau chwv nrog tus kab mob CMV yog los ntawm kev nyob sib ze nrog cov me nyuam yaus uas nyuam qhuav muaj tus kab mob no. Qhov no vim yog tus kab mob CMV tuaj yeem nyob hauv tus me nyuam cov zis thiab qaub ncaug hauv ntau lub hlis tom qab kis kab mob. Cov phooj ywg thiab cov neeg hauv tsev neeg yuav tsum ntxuav tes kom zoo tom qab hloov daim pawm los sis kov cov kua dej hauv lub cev (xws li qaub ncaug thiab kua ntswg) ntawm txhua tus me nyuam. Cov phooj ywg thiab cov neeg hauv tsev neeg uas cev xeeb tub los sis lub cev tsis muaj zog tiv thaiv kab mob thiab muaj kev txhawj xeeb txog kev chwv nrog tus kab mob CMV yuav tsum tham nrog lawv tus kws kho mob.



Kuv yuav kawm kom paub ntxiv txog tus kab mob CMV thiab tus kab mob CMV thaum yug los tau qhov twg?

Tiv tauj rau koj tus kws kho mob rau koj cov lus nug txog tus kab mob CMV thiab tus kab mob CMV thaum yug los. Mus saib:

Tus Kab Mob Cytomegalovirus (CMV) thiab Tus Kab Mob CMV Thaum Yug Los (www.health.mn.gov/cmV)

Lub Koom Haum CMV Hauv Teb Chaws (www.nationalcmv.org)

Kev Kis Tus Kab Mob Cytomegalovirus (CMV) thiab Kev Kis Tus Kab Mob CMV Thaum Yug Los (www.cdc.gov/cmV/index.html)



Ntu 2

**Kev Hnov Lus thiab CMV
Thaum Yug Los**

Vim li cas thiaj kuaj koj tus me nyuam qhov kev hnov lus

Tus kab mob cytomegalovirus thaum yug los tuaj yeem cuam tshuam rau txoj kev koj tus me nyuam lub pob ntseg kev ua hauj lwm. Tej zaum tus kab mob no tuaj yeem cuam tshuam rau ib sab los sis ob sab pob ntseg tib si. Tej zaum nws yuav hloov txoj kev koj tus me nyuam hnov lub sij hawm.

Txawm hais tias koj tus me nyuam kuaj dhau qhov kev hnov lus ntawm tus me nyuam yug tshiab los xij, lawv tseem yuav tsum tau kuaj qhov kev hnov lus yam tsis tu ncu. Kev hais lus thiab hom lus pib tsim thaum yug los, yog li nws yog ib qho tseem ceeb kom nrhiav tau ib qho kev hloov ntawm qhov kev hnov lus kom sai li sai tau. Koj tus me nyuam yaus kawm sib txuas lus nrog koj ntau lub hlis ua ntej lawv pib siv cov lus. Yog hais tias tus me nyuam qhov kev hnov lus hloov pauv, cov niam thiab txiv los yog cov kws kho mob feem ntau tsis paub vim li cas ntau tus me nyuam tsis hnov lus rau lub suab nrov thiab txawm tias zoo li mloog los xij. Qhov kev soj ntsuam soj taug qab yog tib txoj hauv kev kom pom qhov tsis hnov lus thaum ntsov. Paub txog qhov kev tsis hnov lus yuav pab koj thiab koj tus me nyuam nrhiav txoj hauv kev zoo tshaj los sib txuas lus.

Yuav kuaj koj tus me nyuam qhov kev hnov lus thaum twg; cov txiaj ntsig kuaj tau txhais tau li cas

Txhua tus me nyuam mos uas muaj tus kab mob CMV thaum yug los yuav tsum mus ntsib kws kho mob fab kev hnov lus (tus kws kho kev hnov lus tshwj xeeb) kom sai li sai tau - tsis pub ntau tshaj ib hlis tom qab kawm tias lawv muaj tus kab mob CMV hauv lub cev. Yog tias qhov txiaj ntsig kev kuaj li qub, los sis raug, koj tus me nyuam qhov kev hnov lus zoo li qub thaum lub sij hawm ntawd. Yuav tsum tau muaj kev kuaj tsis tu ncu los ntawm me nyuam yaus, vim tias tsis hnov lus tuaj yeem pib tom qab. Qhov kev kuaj feem ntau ua txhua peb lub hlis mus txog rau hnuv nyoog 2 xyoo, txhua rau lub hlis txij li hnuv nyoog 2 txog 6 xyoo, thiab tom qab ntawd txhua xyoo txog yam tsawg kawg yog 10 xyoo. Koj tus kws kho fab kev hnov lus yuav pab koj teem sij hawm kuaj rau koj tus me nyuam.

Qhov kev kuaj txog kev hnov lus yuav ua tiav tau li cas

Muab lub mloog pob ntseg me-me, tshwj xeeb tso rau hauv koj tus me nyuam lub pob ntseg. Nws tso lub suab thiab ib lub cuab yeej ntsuas qhov tshwm sim thaum lub suab raug nrov. Kev kuaj qhov kev hnov lus ua hauj lwm zoo tshaj plaws thaum koj tus me nyuam nyob twj ywm, noj zoo, thiab xis nyob. Cov me nyuam yaus tuaj yeem raug kuaj tau thaum lawv pw tsaug zog; cov me nyuam yaus loj tuaj yeem txais cov tshuaj los pab kom lawv tsaug zog thaum kuaj. Saib daim ntawv qhia MDH, "Kev npaj rau koj tus me nyuam lub sij hawm teem caji kuaj kev hnov lus."

Kev kuaj qhov kev hnov lus hloov thaum koj tus me nyuam loj hlob tuaj. Koj tus kws kho fab kev hnov lus tuaj yeem ntsuas seb koj tus me nyuam tig lawv lub taub hau li cas thaum lawv zaum saum koj xub ntiag. Thaum koj tus me nyuam nyob hauv tsev kawm me nyuam yaus, lawv tuaj yeem ua si mloog nrog cov khoom ua si game.



Yog koj tus me nyuam qhov kev hnov lus hloov pauv

Koj tus kws kho fab kev hnov lus yuav qhia koj txog txoj hauv kev los pab koj tus me nyuam sib txuas lus nrog koj yog tias kuaj pom tias lawv muaj kev hloov pauv ntawm kev hnov lus. Yog tias koj siv hom lus hais, tej zaum tus kws kho mob yuav muab cov cuab yeej pab kom hnov lus kom ua lub suab thiab cov lus nrov dua los pab koj tus me nyuam hnov cov suab. Lawv yuav pab txuas koj nrog cov kws tshwj xeeb paub txog me nyuam yaus thaum ntsov los sis cov kws qhia ntawv hauv koj lub tsev kawm los sis chaw kuaj mob txhawm rau pab soj taug qab koj tus me nyuam txoj kev loj hlob rau kev paub lus.

Lub Khoos Kas Early Hearing Detection and Intervention (Kev Tshawb Nrhiav Thaum Ntxov thiab Kev Pab Tiv Thaiv) (EHDI)

Lub khoos kas EHDI pab txheeb xyuas cov me nyuam yug tshiab thiab me nyuam mos uas muaj los sis muaj kev pheej hmoo rau kev tsis hnov lus thiab txuas cov tsev neeg rau cov ntaub ntawv thiab cov kev pab cuam, suav nrog kev pab nrhiav cov kws paub txog kev hnov lus thiab cov chaw muab kev pab cuam kev kawm hauv lawv cheeb tsam.

Cov ntaub ntawv rau cov niam txiv, cov kws kho mob, thiab lwm tus kws tshaj lij tuaj yeem nrhiav tau ntawm (www.health.mn.gov/people/childrenyouth/improveehdi).

Nrhiav tus kws kho fab kev hnov lus ntawm EHDI Pals (www.ehdi-pals.org/).

Kev Npaj Rau Koj Tus Me Nyuam Mos Qhov Kev Teem Caij Kuaj Kev Hnov Lus

Lub Khoos Kas Kev Kuaj
Xyuas Me Nyuam Yug
Tshiab Hauv Minnesota



Koj tus me nyuam mos qhov kev teem caij kuaj kev hnov lus

Hnub Tim (HLI/HNUB/XYOO):

Sij hawm (Sawv Ntxov/Tsaus Ntuj):

Npe Chaw Kuaj Mob:

Xov Tooj Ntawm Lub Chaw Kuaj Mob:

Tus kws kuaj hnov lus yog dab tsi?

Tus kws kuaj hnov lus yog ib tug kws kho mob uas tau txais kev cob qhia los kuaj thiab tswj hwm kev tsis hnov lus ntawm cov me nyuam yug tshiab, cov me nyuam yaus, thiab cov neeg laus. Tus neeg uas tsis hnov lus tuaj yeem hnov ib qee yam suab uas tej zaum lwm leej lwm tus tsis hnov dab tsi hlo li. Muaj ntau hom kev tsis hnov lus mus raws nyias qhov teeb meem nrog ib los sis ntau feem ntawm lub pob ntseg. Ua kom tiav qhov kev txheeb xyuas ntawm hom thiab qhov hnyav ntawm kev tsis hnov lus los ntawm ib tug kws kuaj hnov lus ntawm me nyuam yaus uas muaj kev paub dhau los yog ib qho tseem ceeb txawm rau xyuas kom meej txog qhov kev npaj uas yog tshaj plaws rau kev soj ntsuam thiab kev tswj hwm qhov kev tsis hnov lus ntawd.

Vim li cas kuv tus me nyuam thiaj li mus ntsib tus kws kuaj suab?

Qhov kev ntsuam xyuas kev hnov lus uas koj tus me nyuam tau txais thaum yug los/tsis ntev tom qab yug los yog ib qhov kev kuaj xyuas. Yog hais tias tus me nyuam mos tsis hla dhau qhov kev kuaj xyuas ntawd, ces nws qhia peb hais nws tsim nyog muaj kev kuaj ntxiv los ntawm tus kws kuaj hnov lus. Qhov kev ntsuam xyuas uas ua tiav los ntawm tus kws kuaj suab yog tib txoj hauv kev uas yuav ua rau paub tseeb tias koj tus me nyuam mos hnov txhua lub suab uas tseem ceeb rau kev hais lus thiab kev paub lus zuj zus tuaj.

Qhov kev teem caij kuaj mob yuav siv sij hawm ntev npaum li cas?

Cov kev teem caij kuaj mob yuav siv sij hawm ntev li 1-3 teev. Qee zaum nws tsis yog hais tias yuav ib txwm ua tau tiav qhov kev kuaj txog kev hnov lus nyob rau ib zaug kev teem caij kuaj mob. Yog tias tsim nyog muaj qhov kev teem caij kuaj mob zaum thib ob, ces yuav muab teem sij hawm kom sai npaum li sai tau.

Kuv yuav tsum nga dab tsi nrog kuv mus rau tom kuv tus me nyuam mos qhov kev teem caij kuaj mob?

- Koj daim npav tuav pov hwm
- Daim ntawv xa yog tias tsim nyog muaj
- Cov npe tshuaj tam sim no
- Cov uas kuaj pom txog kev hnov suab thiab/los sis cov kev ntsuam xyuas yav tas los
- Txhua yam txog ntawm keeb kwm tsev neeg uas muaj kev tsis hnov lus thaum yau
- Cov npe/chaw nyob ntawm cov neeg uas tej zaum koj xav kom xa tsab ntawv ceeb toom mus rau

Kuv yuav tsum ua dab tsi ua ntej yuav txog qhov teem caij kuaj mob?

Cov kev kuaj mob no yuav ua tau yooj yim tshaj plaws thaum koj tus me nyuam tab tom tsaug zog. Txhawm kom ntseeg tau hais tias koj tus me nyuam tsaug zog nyob rau lub sij hawm uas kuaj:

- Tsis txhob cia koj tus me nyuam pw tsaug zog ua ntej yuav txog qhov kev teem caij kuaj mob los sis nyob rau lub sij hawm caij tsheb mus rau tom qhov chaw kuaj mob.
- Tsis txhob pub mis rau koj tus me nyuam mos ua ntej qhov kev teem caij kuaj mob. Koj yuav pub tau mis rau koj tus me nyuam tom chaw kuaj mob ua ntej yuav kuaj.



Yuav muaj dab tsi tshwm sim thaum lub sij hawm teem caij kuaj kev hnob lus?

Tus kws kuaj suab yuav sau cov xov xwm hais txog koj tus me nyuam qhov keeb kwm kho mob, txog ntawm koj qhov kev xeeb tub/kev mob plab yug me nyuam/kev yug tus me nyuam no tawm los, thiab txog ntawm keeb kwm tsev neeg.

Thaum koj tus me nyuam tseem tab tom tsaug zog, tus kws kuaj suab yuav kuaj koj tus me nyuam lub pob ntseg thiab ua qhov kev ntsuam xyuas txog kev hnob lus. Hom kev kuaj xyuas uas yuav ua kuj yuav xam muaj:

- Kev Teb Rov Qab Ntawm Cov Ces Paj Hlwb Txog Kev Hnov Lus (ABR - Auditory Brainstem Response) – Yuav muab cov sensor tso rau ntawm koj tus me nyuam lub hauv pliaj thiab ob sab pob ntseg txhawm rau ntsuas lub hlwb qhov kev teb rov qab rau cov suab. Yuav muab cov cuab yeej mloog pob ntseg tso rau ntawm ib sab pob ntseg zuj zus txhawm rau xa cov suab kuaj xyuas. Koj tus me nyuam yuav tsis muaj kev teb rov qab ntawm lub cev rau cov suab, tab sis cov sensor yuav ntsuas tau tias koj tus me nyuam teb rov qab tau zoo npaum li cas rau cov suab. Qhov kev kuaj xyuas no yuav pab txiav txim seb puas muaj ib qho kev tsis hnob suab twg. Yog tias muaj kev tsis hnob suab, nws tuaj yeem muab tau cov xov xwm hais txog hom kev tsis hnob suab.
- Kev Tso Pa Otoacoustic Tawm (OAE - Otoacoustic Emissions) – Yuav muab ib lub hau roj hmab muag muag tso rau ib sab pob ntseg txhawm kom xa tau cov suab muag thiab ntsuas lub suab ntxhe uas tshwm sim thaum lub pob ntseg ua hauv lwm raws li ib txwm. Qhov kev kuaj xyuas no feem ntau yuav muab siv ua ke nrog rau lwm yam kev kuaj xyuas txhawm kom muab tau qhov kev kuaj pom uas tseeb tshaj plaws.
- Kev Kuaj Tympanometry – Yuav muab ib lub hau roj hmab muag muag tso rau ib sab pob ntseg uas ntsuas seb lub qhov ntsej txav chaw li cas. Thaum siv qhov kev kuaj xyuas no ua ke nrog lwm yam kev kuaj xyuas, nws tuaj yeem muab tau qee yam kev qhia txog qhov uas muaj feem ua rau tsis hnob suab.

Kuv tus me nyuam mos puas yuav hnob mob?

Koj tus me nyuam mos yuav tsis hnob mob dab tsi nyob rau ib lub sij hawm twg ntawm qhov kev kuaj xyuas li. Qhov kev tso cov hau roj hmab muag thiab cov sensor yuav tsis muaj kev puas tsuaj rau koj tus me nyuam mos. Feem ntau cov me nyuam mos yuav nti thiab ntswj ib ce thaum muab muab qhov cuab yeej kuaj xyuas tso rau thaum xub thawj tab sis yuav nyob twj ywm thaum muab tuav ti ti thiab muab puag kiag.



Kuv puas yuav tau txais cov txiaj ntsig ntawm qhov kev kuaj xyuas rau tam sim ntawd kiag?

Tus kws kuaj suab yuav qhia tau rau koj hais tias thaum twg mam tau cov txiaj ntsig ntawm kev kuaj xyuas thiab leej twg yuav yog tus muab cov txiaj ntsig ntawd rau koj. Yog tias muaj lus nug txog cov txiaj ntsig, koj yuav tsum tiv tauj rau lub chaw kuaj mob txog kev hnob suab.

Yuav ua li cas yog tias kuv tus me nyuam mos tsis tsaug zog nyob rau tag nrho lub sij hawm kuaj xyuas ntawd?

Koj tus me nyuam mos muaj hnub nyoog yim mos ces nws nws yim muaj feem yuav pw tsaug zog ntau dua nyob rau thaum kuaj xyuas, tab sis qee zaum kuj yuav tsim nyog muaj ib zaug kev teem caij kuaj mob ntxiv thiab. Hais txog cov me nyuam mos uas muaj hnub nyoog siab zog, ces koj tus me nyuam tus kws kho mob yuav pom zoo siv tshuaj tsaug zog txhawm rau pab ua kom nws pw tsaug zog rau tag nrho lub sij hawm uas tsim nyog rau qhov kev ntsuam xyuas kom tiav hlo. Txhawm rau txo qhov kev muaj feem ntawm kev siv tshuaj tsaug zog, ces qhov zoo tshaj mas koj yuav tau teem caij kuaj mob kom sai li sai tau.

Yuav ua li cas yog tias muaj qee yam tshwm sim tuaj, thiab kuv yuav tsum tau rov teem sij hawm dua rau kuv tus me nyuam mos qhov kev teem caij kuaj mob?

Nws yog ib qho tseem ceeb heev uas koj tus me nyuam mos yuav tau ntsib tus kws kuaj suab. Yog tias koj tsis tuaj yeem tsim tau qhov kev teem caij kuaj mob raws li tau teem sij hawm lawm, ces thov caw rov teem dua sij hawm rau qhov kev kuaj kev hnob suab tam sim ntawd kiag.

A large, light blue number '3' with a dark blue outline. Inside the top loop of the '3' is the word 'Ntu' in a dark blue, sans-serif font. The background is white with several smaller circles in light blue and dark teal scattered around the main graphic.

Ntu

Kev Loj Hlob thiab Kev Txhim Kho

Decorative elements consisting of several circles in light blue and dark teal colors, located in the bottom left and bottom right corners of the page.



Nyob Zoo Txog Tsev Neeg,

Nrog koj zoo siab rau koj tus me nyuam yug tshiab!

Hnub no, peb xav qhia peb cov chaw muab kev pab cuam rau tsev neeg tseem ceeb nrog koj: **Help Me Grow Minnesota (Minnesota Pab Kom Kuv Loj Hlob), Early Childhood Special Education (Txoj Kev Kawm Tshwj Xeeb Rau Thaum Yau),** thiab **Follow Along Program (Lub Khoos Kas Soj Taug Qab).** Cov chaw muab kev pab cuam no nyob ntawm no los pab txhua tsev neeg hauv Minnesota thiab tuaj yeem txhawb nqa koj thiab koj tsev neeg tom qab paub tias koj tus me nyuam muaj kab mob cytomegalovirus (CMV).

- **Help Me Grow Minnesota (Minnesota Pab Kom Kuv Loj Hlob)** (<https://helpmegrowmn.org/HMG/index.html>) txuas koj tsev neeg mus rau lub tsev kawm ntawv hauv koj cheeb tsam los tham nrog cov neeg uas tau txais kev cob qhia rau me nyuam mos thiab me nyuam txoj kev loj hlob thaum ntsoov txog kev txhawb nqa thiab cov kauj ruam tom ntej rau koj tus me nyuam. Cov kev pab cuam hauv koj cheeb tsam tsev kawm ntawv hu ua Early Childhood Special Education (Txoj Kev Kawm Tshwj Xeeb Rau Thaum Yau) (ECSE). Tej zaum koj yuav xav tias yog vim li cas lub "tsev kawm ntawv" thiab li hu koj txog koj tus me nyuam: Qhov no tsuas yog cia koj tsev neeg kawm txog thiab tau txais kev pab cuam, tsis hais txog kev nkag teb chaws thiab fab nyiaj txiag. Yog tias koj thiab koj pab neeg hauv tsev kawm txiav txim siab tias kev txhawb nqa kev kawm tshwj xeeb rau me nyuam yaus thaum ntsoov tuaj yeem pab koj thiab koj tus me nyuam, koj tuaj yeem tau txais kev txhawb nqa no yam tsis tau them nqi dab tsi li.
- **Follow Along Program (Lub Khoos Kas Soj Taug Qab)** (health.mn.gov/people/childrenyouth/fap) txhawb nqa koj thaum koj ua raws li koj tus me nyuam txoj kev loj hlob, raws li tus me nyuam mos, me nyuam xyaum nkag, thiab me nyuam yaus. Nws pab ua kom koj paub yog tias koj tus me nyuam tab tom ua si, hais lus, loj hlob, txav mus los, thiab sib cuam tshuam zoo li lwm tus me nyuam yaus hnub nyoog tib yam. Lub khoos kas yuav txuas koj mus rau tus kws saib xyuas neeg mob los sis lwm tus neeg ua hauj lwm saib xyuas kev noj qab haus huv hauv nroog yog tias koj muaj lus nug los sis cov kev txhawj xeeb dab tsi. Cov neeg ua hauj lwm hauv lub khoos kas yuav qhia cov ntaub ntawv txhim kho thiab cov dej num no, txuas koj mus rau lwm yam kev txhawb nqa thiab cov kev pab cuam raws li xav tau. Koj tuaj yeem koom nrog hauv lub khoos kas no yam tsis tau them nqi, tsis hais txog kev nkag teb chaws thiab fab nyiaj txiag li cas.

Thov tsis txhob ua siab deb tiv tauj peb kom paub ntau ntiv txog cov khoos kas no los sis yog tias koj muaj lus nug los sis kev txhawj xeeb dab tsi. Peb nyob ntawm no los txhawb koj.

Cat Tamminga Flores

Michele Kvikstad

Minnesota Tus Kws Lis Hauj Lwm Ntu C

Minnesota Lub Tuam Tsev Hauj Lwm Saib Xyuas Kev Kawm
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Tus Kws Lis Hauj Lwm Saib Xyuas Kev Txheeb Xyuas thiab Kev Pab Tiv Thaiv Thaum Ntxov

Minnesota Lub Tuam Tsev Hauj Lwm ntsig txog Cov Kev Pab
Cuam Kev Noj Qab Haus Huv
Tus Xov Tooj: 651-201-3723
email: michele.kvikstad@state.mn.us



Pab Kuv Loj Hlob: Thaum Niam Txiv Paub, Me Nyuam Loj Hlob

Tej co me nyuam mos thiab me nyuam yaus yuav tsum tau kev pab me ntsis ntxiv kom thiaj li kawm thiab loj hlob tau. Txawm tias tag nrho cov me nyuam me nyias loj hlob thiab hloov raws li nyias lub peev xwm los, qee cov me nyuam loj hlob qeeb. Tej co mob tshwj xeeb tej zaum yuav muaj feem cuam tshuam hauv cov me nyuam txoj kev loj hlob thiab. Qhov tau cov kev pab thaum ntxov li ntxov tau yuav ua rau kom cov me nyuam no loj hlob tau zoo tshaj plaws.

Pab Kuv Loj Hlob: Kev Pab Me Nyuam Mos Liab thiab Me Nyuam Me mas yog cov kev pab tshwj xeeb thiab kev txhawb nqa rau cov tsev neeg uas muaj cov me nyuam hnuv nyoog yug txog 2 xyos uas loj hlob qeeb los sis muaj tej yam mob ntawm lub cev los sis saum hlwb los sis tej yam mob uas ua rau nws loj hlob qeeb.

Pab Kuv Loj Hlob: Kev Kawm Ntawv Tshwj Xeeb Rau Cov Me Nyuam Yuav Pib Mus Kawm Ntawv (Preschool) yog rau cov me nyuam muaj hnuv nyoog 3 txog 5 xyos uas muaj raws li xeev tus qauv tsim nyog rau kev loj hlob qeeb los sis lwm yam kev tsis taus, thiab lawv muaj teeb meem hauv lawv txoj kev kawm thiab kev loj hlob. Tej zaum cov me nyuam yuav tsim nyog yog tias lawv kawm tsis tau, hais tsis tau lus los sis ua si tsis tau li lwm cov me nyuam uas muaj hnuv nyoog ib yam li lawv.

Tom qab muaj neeg xa tus me nyuam tuaj rau ntawm Pab Kuv Loj Hlob, ib tug neeg ua hauj lwm hauv kev pab thaum ntxov los sis kev kawm ntawv tshwj xeeb rau cov me nyuam yuav pib mus kawm ntawv yuav hu rau tsev neeg los xyuas seb puas yuav tau ua ib qho kev soj ntsuam kom ntxaws los xyuas seb puas tsim nyog.

Muaj peb theem yooj yim los xa ib tug me nyuam hauv online tuaj:

1. Mus xyuas ntawm HelpMeGrowMN.org.
2. Nias rau lub pob "Xa Ib Tug Me Nyuam".
3. Teb daim ntawv thiab nias rau qhov "Xa Qhov Kev Xa No."

Yog xav siv xov tooj xa ib tug me nyuam tuaj, hu rau (866) 693-GROW (4769).

Cov me nyuam uas tsim nyog yuav tau txais cov kev pab nyob rau hauv lawv lub tsev, hauv chaw zov me nyuam los sis hauv tsev kawm ntawv. Cov kev pab no yog pab **dawb** rau cov me nyuam uas tsim nyog, tsis hais seb tau nyiaj npaum li cas los sis muaj ntawv nyob teb chaws li cas.

Cov kws pab tshwj xeeb rau me nyuam yaus yav ntxov yuav ua hauj lwm nrog cov me nyuam uas tsim nyog thiab cov tsev neeg los npaj cov kev pab thiab cov kev txhawb nqa uas lawv xav tau. Cov kev pab tej zaum yuav muaj xws li:

- Kev qhia ntawv tshwj xeeb thiab lwm cov kev pab, xws li kev pab qhia hais lus, kev pab kom lub cev ua hauj lwm thiab kev pab kom rov ua tau hauj lwm;
- Cov kev uas ib tse neeg yuav txhawb nqa tau lawv tus me nyuam tom tsev; thiab
- Txuas lawv rau cov kev pab hauv lub zej zos.

Cov hauj lwm no yog ua tau los ntawm kev cog lus ntawm Minnesota Department of Education rau Metro ECSU uas siv nom tswv teb chaws pob nyiaj CFDA tus zaum 84.181 Nyiaj Pab Kev Kawm Ntawv Tshwj Xeeb rau Cov Me Nyuam Mos thiab Cov Tsev Neeg uas Muaj Kev Tsis Taus.

Kawm paub ntxiv txog koj tus me nyuam nrog Minnesota

Lub Khoos Kas Soj Taug Qab

- Txhua ob peb lub hlis, koj yuav tau txais ib daim ntawv nug seb koj tus me nyuam txav thiab ua yeeb yam li cas lawm.
- Sau teb daim foos thiab xa rov qab tuaj rau peb.
- Koj yuav tau txais cov txiaj ntsig kuaj tau nrog cov dej num kev lom zem rau koj thiab koj tus me nyuam ua ke.
- Yog tias muaj kev txhawj xeeb, peb yuav tiv tauj koj thiab ua hauj lwm ua ke rau cov kauj ruam tom ntej.



Rau cov lus nug txog lub khoos kas los sis kom muaj daim ntawv sau npe xa tuaj rau koj, hu rau 1-800-728-5420 los sis xa email health.cyshn@state.mn.us.

Sau npe rau hauv oos lais hnuab no! Nws yog Pab Dawb Xwb!
www.health.state.mn.us/mnfap



Ntu 4

**Kev Txhawb Nqa Rau Niam
Txiv thiab Tsev Neeg**

Nws tsis yog qhov txawv li cas yog tias koj muaj kev ceeb, ntxhov siab, los yog lwm yam kev xav thaum koj tau txais xov tias koj tus me nyuam muaj tus kab mob cytomegalovirus.

Cov pab pawg no yuav pab koj nrhiav kev txhawb nqa, cov chaw muab kev pab cuam, thiab cov ntaub ntawv:



Lub Koom Haum CMV Hauv Teb Chaws

Nws yog lub koom haum lub luag hauj lwm los tiv thaiv kev cev xeeb tub, kev tuag ntawm cov me nyuam yaus, thiab kev xiam oob qhab vim muaj tus kab mob CMV. Lawv cov dej num suav nrog kev cob qhia cov neeg ua hauj lwm pab dawb hauv zej zog, xa kev kawm thiab nthuav tawm, tawm tswv yim rau kev txhawb nqa tsim txoj cai lij choj, thiab kev tswj hwm tsev neeg cov ntaub ntawv ntiag tug ntawm tus kab mob CMV rau cov uas xav txuas nrog lwm tus hauv lawv cheeb tsam los sis lub xeev. Txhua xyoo, pab pawg neeg txhawb nqa lub rooj sib tham txog tus kab mob CMV hauv teb chaws, cov neeg nrhiav nyiaj txiag pab, thiab lwm yam xwm txheej. Lawv lub vev xaib muaj ntau cov lus qhia, xov xwm, thiab lwm qhov chaw muab pab cuam rau cov niam txiv thiab cov tsev neeg, cov chaw zov me nyuam, thiab cov kws muab kev pab cuam.

Mus saib [Lub Koom Haum CMV Hauv Teb Chaws \(https://www.nationalcmv.org\)](https://www.nationalcmv.org) los sis email info@nationalcmv.org kom paub ntau ntiv.

Minnesota Hands & Voices (Cov Tes thiab Cov Suab Hauv Minnesota)



Pab pawg no yog ib lub zej zog ntawm cov tsev neeg uas muaj me nyuam lag ntseg thiab tsis hnob lus. Nws muab kev pab cuam rau niam txiv, kev txhawb nqa, thiab cov ntaub ntawv uas lawv xav tau rau kev sib txuas lus thiab kev kawm kom tau zoo rau lawv cov me nyuam. Minnesota Hands & Voices (Cov Tes thiab Cov Suab Hauv Minnesota) tab tom ua hauj lwm nrog Minnesota Lub Tuam Tsev Hauj Lwm ntsig txog Cov Kev Pab Cuam Kev Noj Qab Haus Huv los muab kev txhawb nqa niam txiv-rau-niam txiv rau cov tsev neeg ntawm cov me nyuam yaus uas muaj tus kab mob CMV uas pom cov cim mob los sis cov tsos mob ntawm tus kab mob, txawm tias qhov qib kev hnob lus zoo li cas los xij. Ib daim ntawv qhia rau niam txiv yuav tiv tauj ncaj qha los muab kev txhawb nqa thiab cov ntaub ntawv, sai-sai tom qab cov tsev neeg paub tias lawv tus me nyuam muaj tus kab mob CMV.

Yog xav paub ntiv txog qhov kev pab cuam txhawb nqa tus kab mob CMV ntawm niam txiv-rau-niam txiv, email health.cyshn@state.mn.us, los sis hu rau 651-201-3650 los sis 800-728-5420 (tus xov tooj hu dawb).

Mus saib [Minnesota Hands & Voices \(Cov Tes thiab Cov Suab Hauv Minnesota\) \(www.lssmn.org/mnhandsandvoices\)](http://www.lssmn.org/mnhandsandvoices).

Family Voices of Minnesota (Tsev Neeg Cov Suab ntawm Minnesota)

Cov pab pawg tsis vam paj ntsig no muab kev txhawb nqa thiab cov ntaub ntawv qhia rau Minnesota cov tsev neeg uas txhawb nqa me nyuam yaus uas xav tau kev kho mob ntxiv, lub cev, kev coj cwj pwm, kev loj hlob, los sis cov kev noj qab haus huv fab kev puas siab puas ntsws uas xav tau. CONNECTED (TXUAS NROG) yog pab pawg lub khoos kas txhawb nqa pub dawb rau niam txiv-rau-niam txiv uas muab:

- Kev sib txuas ib leeg nrog lwm tus niam txiv uas muaj kev paub zoo sib xws los sis tus me nyuam uas muaj kev xav tau zoo sib xws
- Cov pab pawg niam txiv rau kev sib koom tes, kev txhawb siab, thiab kev lees txais
- Nyob sib tham tam sim ntawd nrog lwm tus niam txiv uas muaj kev paub ntau los qhia
- Cov vev xaib rau kev kawm

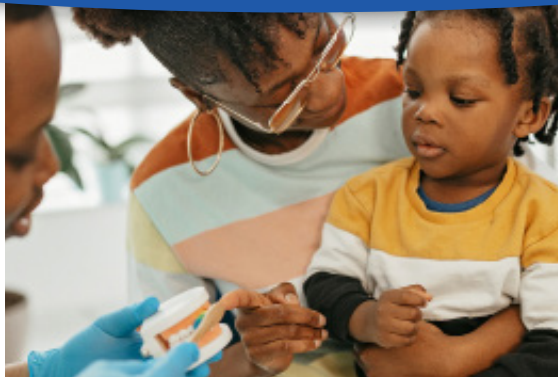
Mus saib [Family Voices of Minnesota \(Tsev Neeg Cov Suab ntawm Minnesota\)](https://familyvoicesofminnesota.org) (<https://familyvoicesofminnesota.org>).

Email: connected@familyvoicesmn.org.

Tus Xov Tooj: 866-334-8444, txuas ntxiv. 0.



help me **C O N N E C T**



Nrhiav cov peev txheej pab koj tsev neeg.

Help Me Connect yog ib ib qho kev pab ooslais txuas cov tsev neeg uas npaj yuav muaj me nyuam, cov muaj me nyuam me, thiab cov neeg ua hauj lwm nrog cov tsev neeg mus cuag cov kev pab thiab kev txhawb rau me nyuam qhov kev loj hlob thiab tsev neeg qhov kev noj qab haus huv.



Cev Xeeb Me Nyuam
thiab Cov Tsev Neeg Yuav
Yug Me Nyuam



Kev Kawm Ua Ntej Hnub
Nyoog Kawm Ntawv
thiab Kev Zov Me Nyuam



Kho Hniav thiab
Kuaj Mob



Kev Txhim Kho Kev Noj
Qab Haus Huv thiab Kev
Kuaj Mob



Tsev Neeg Kev Noj Qab
Nyob Zoo thiab Kev Noj
Qab Haus Huv Lub Hlwb



Cov Xav Tau Ua Ntej



Kev Txhawj Xeeb Kev Loj
Hlob thiab Kev Coj Cwj
Pwm



Cov Yim Neeg Asmeskas
Is Dias



Cov Kev Pab Cuam Kev
Cai Lij Choj



Kev Pab Cuam Neeg
Xiam Oob Qhab thiab
Cov Chaw Pab



Kev Pab Txhawb Cov
Neeg Zov Me Nyuam
thiab Zej Zog



Kev Ntxhov Siab thiab Nyuaj Siab Tom Qab Yug Me Nyuam Mos

Kev ntxhov siab tom qab yug me nyuam mos, mas tuaj yeem tshwm sim mus ntev ntau lub hlis los sis ntau lub xyos tom qab yug me nyuam tag, tuaj yeem cuam tshuam rau ib tug neeg yug me nyuam los sis ib tug neeg zov me nyuam qhov yuav los saib xyuas rau lawv tus me nyuam mos.

Yog tsis raug saib xyuas, ces tuaj yeem cuam tshuam rau tus neeg yug me nyuam los sis tus neeg zov me nyuam txoj kev noj qab haus huv tau thiab tej zaum yuav ua rau pw tsis tsaug zog, noj tsis taus, thiab coj tus cwj pwm muaj teeb meem rau tus me nyuam mos.

Thaum saib xyuas tau zoo txog kev ntxhov siab tom qab yug me nyuam mos tag thiab thaum tswj xyuas tau zoo lawm, ces qhov ntawd yuav muaj txiaj ntsim zoo rau tus neeg yug me nyuam mos los sis tus neeg zov me nyuam thiab tus me nyuam mos no li kev noj qab haus huv.

Yuav ua kom koj tus me nyuam nyab xeeb thiab ruaj ntseg, qhov tseem ceeb ces koj tus kheej yuav tau saib xyuas raws li qhov koj xav tau kiag xwb.

Tej Tso Mob thiab Yeeb Yam Mob Muaj Xws Li:

- Tu siab tas li, nyuaj siab, xeeb txob, los sis qhov “khoob lug”
- Hnov txhaum, hnov tsis muaj nqis, tag kev cia siab, los sis hnov tias pab tsis tau
- Npaj ntsees ua ib yam dab tsi tsis tau, nco qab tsis tau zoo, los sis txiaj txim siab tsis tau
- Pw nyuaj
- Muaj teeb meem txog kev sib raug zoo thiab kev xav rau tus me nyuam mos
- Poob siab tas li txog qhov yuav saib xyuas tus me nyuam mos
- Xav txog txoj kev tuag, kev tua yus tus kheej, los sis kev ua kom yus tus kheej los sis tus me nyuam mos raug mob

Kev ntxhov siab thiab kev nyuaj siab mas tuaj yeem tshwm sim sib txawv rau ntawm ib tug neeg rau ib tug neeg. Thov tiv toj rau koj pab pawg saib xyuas kev noj qab haus huv yog hais tias pom koj los sis koj tus neeg hlab muj tus cwj pwm zoo li no.

Tiv Toj Thov Kev Pab

Tus Xov Tooj Hu Tau Sai Rau Kis Muaj Xwm Txheej Ceev

- Yog xav tau kev pab kiag tam sim ntawd: **Hu rau 911**
- **988 Tus Xov Tooj Hu Thov Kev Pab Rau Kev Tua Yus Tus Kheej thiab Muaj Teeb Meem Rau Txoj Sia:** Hu rau 988 (thaum xub thawj yog Tus Xov Tooj Hu Thov Kev Pab Txog Kev Tiv Thaiv Kev Tua Yus Tus Kheej Hauv Lub Teb Chaws) los sis 1-800-TALK (8255)
- **Tus Xov Tooj Hu Thov Kev Pab Rau Cov Niam Muaj Kev Mob Puas Siab Ntsws Hauv Lub Teb Chaws:** Hu los sis ntaus ntawv xa rau 1-833-TLC-MAMA (1-833-852-6262)

Tus Xov Tooj Hu Sai Rau Kis Tsis Yog Mob Xwm Txheej Ceev

- **Tus Xov Tooj Hu Tau Sai Pab Rau Leej Niam-Tus Me Nyuam Mos nyob rau hauv Lub Chaw Saib Xyuas Kev Noj Qab Haus Huv Hauv Hennepin:** (612) 873-HOPE los sis (612) 873-4673 - tus Xov Tooj Hu Sai tsis yog tus xov tooj hu hais txog ib qho teeb meem loj. Ib tug kws saib xyuas txog kev mob puas siab ntsws mam li hu xov tooj tuaj rau koj kom tsis pub dhau ob hnuv ua hauj lwm
- **Minnesota Lub Chaw Pab Txhawb Cev Xeeb Me Nyuam thiab Tom Qab Yug Me Nyuam Mos) Pregnancy & Postpartum Support Minnesota:** Hu xov tooj los sis ntaus ntawv xa rau 1-800-944-4773. Muaj cov neeg lis hauj lwm pab dawb los mus npaj kev pab txhawb thiab tej ntaub ntawv rau sawv daws 7 hnuv toj ib lub vij.



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www.health.state.mn.us



11/2022

HMONG

Kev Ntxhov Siab los sis Kev Nyuaj Siab Thaum Sij Hawm thiab Tom Qab Cev Xeeb Me Nyuam

Thaum Cev Xeeb Me Nyuam los sis muaj ib tug Me Nyuam Mos Tshiab Uas Yog Qhov Koj Xav Tsis Txog



Xav tau cov ntaub ntawv no sau ua lwm hom ces hu rau: 651-201-3650



Ua Rau Muaj Kev Ntxhov Siab thiab Nyuaj Siab

Yeej tsis vim yuav muaj ib qho yuav ua rau muaj kev nyuaj siab nkaus xwb. Cov niam thiab txiv uas muaj keeb kwm kev ntxhov siab los sis kev nyuaj siab yav dhau los mas feem ntau yuav muaj kev nyuaj siab rau thaum lub sij hawm cev xeeb me nyuam thiab tom qab yug me nyuam tag. Lwm feem uas yuav ua rau koj muaj pheej hmoo ntsib kev nyuaj siab thiab kev ntxhov siab muaj xws li:

- Kev ntxhov siab (nyiaj txiag, xwm txheej hauv lub neej, kev noj qab haus huv)
- Muaj kev hloov pauv roj ntsha hauv lub cev
- Raug mob loj
- Tsis muaj kev pab txhawb thiab tsis muaj kev sib koom nrog sawv daws sab nrauv li
- Tus me nyuam mos uas muaj qhov xeeb txob, nyob tsis tswm, los sis muaj kev hloov pauv rau kev noj qab haus huv

Kev Kho Mob

Qhov kho tau zoo tshaj plaws rau kev ntxhov siab thiab kev nyuaj siab muaj xws li:

- Tej kev pab txhawb rau kev kho los sis kev kho
- Tuaj yeem siv tshuaj kho rau thaum lub sij hawm cev xeeb me nyuam los sis tseem pub me nyuam mis (tham nrog koj tus kws kho mob)
- Kev pab txhawb los ntawm sawv daws - tsev neeg, cov phooj ywg, feem kev ntseeg hauv zej zo, pab pawg niam thiab txiv, cov neeg nyob sib ze
- Kev saib xyuas kev noj qab haus huv thiab kev tuaj tu mob rau tim tsev

Thaum Twg Thiaj Li Yog Ib Qho Mob Xwm Txheej Ceev?

Yog hais tias koj hnov koj tus kheej mob los sis yog koj cov neeg hluv tham txog lawv qhov muaj mob, ces tiv toj rau ib feem pab txhawb uas nyob rau sab tom qab nruab nrab ntawm daim npav.

Muaj tsawg kis heev, es thiaj li pom muaj tib neeg muaj tus yeeb yam mob loj txog kev nyuaj siab tom qab yug me nyuam mos tag. Qhov no yog ib qho kev muaj mob xwm txheej ceev thiab cov neeg yug me nyuam mos yuav tsum tau nqis tes ua hu mus rau kiag rau Lub Tsev Hauj Lwm Saib Xyuas Xwm Txheej Ceev rau ntawm ib lub tsev kho mob uas nyob ze tshaj plaws thiab yuav tsum txhob cia lawv tus me nyuam mos nyob ib leeg

Cov tsos mob muaj xws li:

- Hnov los sis pom tej yam uas tsis muaj nyob rau tod (keev txhawj xeeb - xam pom los sis hnov zoo li tsis nyab xeeb)
- Pw tsis taus, txawm tias yog thaum tus me nyuam mos twb pw lawm los xij
- Tham lus los sis txav mus los ceev dua qub.
- Tsis mee pem los sis xav tsis thoob
- Ib tug neeg los sis tsev neeg muaj keeb kwm muaj mob puas siab ntsws los sis tsis mee pem

Cov Ntaub Ntawv Lwm Yam Ntxiv

- [CDC Hear Her Campaign \(www.cdc.gov/hearher/index.html\)](http://www.cdc.gov/hearher/index.html): muaj cov ntaub ntawv hais txog kev pab cawm txoj sia rau thaum pom muaj tej tsos mob sai sai los tiv thaiv txoj kev tuag rau thaum cev xeeb me nyuam mos
- [Minnesota Help Me Connect \(helpmeconnect.web.health.state.mn.us/HelpMeConnect/\)](http://web.health.state.mn.us/HelpMeConnect/): pab rau cov tsev neeg uas muaj kev nyuaj, cov tsev neeg uas muaj me nyuam mos thiab txuas lawv mus rau tej kev pab cuam nyob hauv lawv lub zo uas pab tsim kho kev noj qab haus huv thiab kev noj qab nyob zoo
- [Family Home Visiting Program \(www.health.state.mn.us/fhv/\)](http://www.health.state.mn.us/fhv/): qhov kev pab cuam rau hauv vaj hauv tsev uas npaj ru kev nyob nrog sawv daws, kev xav, kev noj qab haus huv thiab kev pab txhawb rau kev ua niam thiab txiv rau cov tsev neeg

Tej Yam Uas Peb Tuaj Yeem Ua Tau

Tham nrog koj tus kws kho mob los sis thov ib tug neeg hluv pab koj npaj ub no thiab qhov kev saib xyuas uas koj xav tau.

- Tham rau ib tug kws npliag siab rau kev puas siab ntsws los sis koom rau ib pab pawg pab txhawb los sis pab pawg niam thiab txiv.
- Nug koj tus kws kho mob txog tej tshuaj kho mob uas siv tau nyab xeeb rau thaum sij hawm cev xeeb me nyuam los si thaum tseem pub niam mis rau me nyuam.
- Nrhiav cov neeg nyob hauv koj lub zej zos los sis pab pawg kev ntseeg es thiaj li tau lwm yam kev pab raws li qhov lawv qhia.
- Thov tej phooj ywg thiab tsev neeg pab zov me nyuam, ua tej hauj lwm hauv vaj hauv tsev, tej hauj lwm ub no, los sis mus yuav puas mov noj rau.
- Xav txog tej yam hloov pauv me me uas ua rau koj tuaj yeem noj tau khoom noj zoo, haus dej kom tsaus, ua hauj lwm mus los thiab so los sis pw kom tsaus.

Tej zaum yuav tau ua ntau yam li hais los saum toj saud es thiaj li yuav pab tau qhov uas koj xav tau. Koj tus kheej yuav tsum tau ua siab ntev!

Tej Xwm Txheej Tham Los Ntawm Lwm Cov Niam thiab Txiv

“Kuv hluv cov me nyuam yaus thiab tos tsis taus txog thaum twg es kuv mam li muaj me nyuam. Tom qab ntawd kuv tus txiv rov qab mus ua hauj lwm lawm. Kuv txawm pib muaj tej kev xav txog qhov ua kom kuv tus me nyuam raug mob. Txawm kuv yuav ua dab tsi los xij, kuv yeej cheem tsis tau tej kev xav no li. Kuv ua neej nyob tau ntshai rwg tab sis zais ntshis xwb.” – Isabel

“Twb ob lub hlis lawm txhij thaum kuv mus ntsib kuv tus kws kho mob los, thiab kuv hnov zoo li yog ib tug neeg uas txawv kiag lawm. Hom tshuaj ntawd pab tau thiab kuv tsev neeg los yeej pab txhawb zoo heev lawm. Kuv thiaj li rov muaj lub zog tuaj. Kuv nyiam ua ib tug niam tsev.” – Malia

Phau ntawv no raug raws li cov qauv cai ntawm Minnesota Txoj Cai Lij Choj 145.906. Yog xav paub ntaub ntawv ntau ntxiv, hu rau Minnesota Department of Health rau ntawm tus xov tooj 651-201-3650 los sis mus saib hauv lub website rau ntawm: <https://www.health.state.mn.us/communities/mch/>

Kuv Qhov Kev Npaj Ua Kom Noj Qab Nyob Zoo Tom Qab Yug Me Nyuam Mos

Qhov kev npaj ua tom qab yug me nyuam mos no raug tsim los pab koj xav txog qhov kev pab txhawb rau koj qhov kev muaj mob puas siab ntsws thiab kev noj qab nyob zoo, kev pab txhawb, thiab tej yam uas koj xav tau rau thaum lub sij hawm tseem ceeb li no nyob rau hauv koj thiab koj tus me nyuam lub neej. Qhov ntawd yog kev txiav txim siab ntawm koj yog hais tias koj xav muab qhov kev npaj ua no faib qhia rau lwm tus neeg.

Pw

Pw mas tseem ceeb heev rau koj li kev noj qab haus huv tab sis kev muaj ib tug me nyuam mos tuaj yeem ua rau pw tsis txaus. Qhov cov me nyuam mos pw ib pliax xwb mas yeej yog qhov ib txwm zoo li ntawd, thaum loj tuaj lawm mas thiab li mam pw ntev dua. Tej zaum qhov koj pw los yeej yuav hloov pauv mus tom qab koj tus me nyuam mos yug los lawm tab sis koj tuaj yeem sim ua tej yam no thiab li yuav pab ua rau koj tau so txaus.

- Tej zaum koj yuav tau pw ib zaug twg ntev li 2-3 teev, pw ntau zaus ua ke kom ntev txog 7-9 teev mas koj thiab li yuav pw txaus.
- Yog hais tias koj muaj lwm tus neeg nyob hauv koj tsev uas pab hloov los pub mov rau me nyuam mos tau, ces muab tus me nyuam mos rau ib tug neeg laus zov ces mus pw.
- Yog hais tias koj tsis tau mus pw tom qab koj tus me nyuam sawv lawm, ces zam txhob kov xov tooj ub no, txhob nyeem ntawv, txhob nyeem ntawv xov xwm, los sis txhob mloog xov xwm dab tsi li.
- Yog hais tias tseem rov qaab mus pw kom tsaug zog tau nyuaj tom qab tus me nyuam mos twb rov qab pw lawm, ces tiv toj rau koj tus kws kho mob
- Thov kev pab los sis thov tej phooj ywg los sis tsev neeg tuaj pab saib xyuas tus me nyuam mos es koj thiab li tau pw, tau da dej, los sis tau sib tham nrog cov laus neeg.

Noj Zoo thiab Haus Dej Kom Txaus

- Npaj kom muaj: tej khoom noj uas muaj phaus thees, tej zaub, txiv hmab txiv ntoo, ej khoom noj uas tseem noob.
- Muaj cov "khoom noj siav" kom koj thiab li noj tau rau thaum koj so los sis thaum koj saib xyuas tus me nyuam mos.
- Muaj ib lub khob los sis ib fwj dej nyob ze tas li thiab nquag haus dej.

Txav Mus Los thiab Tawm Mus Sab Nrauv

- Kuaj xyuas nrog koj tus kws kho mob yog hais tias koj tuaj yeem pib ua ev xaws xais tau los sis txav mus los tau lawm.
- Npaj txav mus los ib hnuv twg kom tau ntev li 30 feeb. Pib ua qhov yooj yooj! Thaum kawg, ua tej hauv lwm sib sib hauv vaj hauv tsev (tu, nqa khaub ncaws mus ntuxa, ua zaub mov noj) los sis ua vaj zaub, ncig mus tom khw muag khoom los sis tawm mus sab nrauv nrog lwm tus neeg.
- Sim tawm mus sab nrauv txhua hnuv, txawm tias tsuas yog tawm mus taug kev ib pliax xwb los xij.

Sib txuas

- Sib txuas nrog rau tsev neeg thiab tej phooj ywg kom pab txhawb.
- Ua kom muaj qhov tuaj saib rau ib lub sij hawm luv luv thiab paub kom meej txog thaum "lub sij hawm tuaj saib ntawd".

HMONG



Cov Ntaub Ntawv

[Qhov Ua Ib Tug Niam thiab Txiv Tshiab Yuav Zoo Li Cas Puas Cuam Tshuam Rau Kev Pw? \(https://www.health.state.mn.us/facilities/providers/doula/index.html\)](https://www.health.state.mn.us/facilities/providers/doula/index.html)

[Help Me Connect \(https://helpmeconnect.web.health.state.mn.us/HelpMeConnect/\)](https://helpmeconnect.web.health.state.mn.us/HelpMeConnect/)

[Nutrition by Life Stage \(https://www.nutrition.gov/topics/nutrition-life-stage\)](https://www.nutrition.gov/topics/nutrition-life-stage)

[Minnesota Doula Registry \(https://www.health.state.mn.us/facilities/providers/doula/index.html\)](https://www.health.state.mn.us/facilities/providers/doula/index.html)



DEPARTMENT OF HEALTH

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08/2022

Xav tau cov ntaub ntawv no sau ua lwm yam, hu rau: 651-201-3650

Npaj Ua Ntej

Lub chaw uas zoo rau tshaj plaws rau kev so rau hauv kuv lub tsev ces yog: _____

Tej khoom noj zoo rau lub cev, nrhiav noj tau yooj yim mas muaj xws li: _____

Cov neeg uas kuv thov kev pab tau thaum kuv xav tau kev pab:

1. _____

2. _____

Tej hau kev uas ua kom txav mus los tau thiab sib txuas nrog lwm cov tib neeg tau uas kuv tuaj yeem ua tau nrog ib tug me nyuam mos yog:

1. _____ 2. _____

Tej hauj lwm uas kuv tuaj yeem pab tau (mus yuav khoom, tu vaj tse, thiab lwm yam)

1. _____

2. _____

3. _____

4. _____

Nyob Rau Kis Xwm Txheej

Kev muaj ib tug me nyuam mos tshiab mas yog ib qho kev hloov pauv uas loj heev.

Muaj ntau feem yuav los pab txhawb koj thiab koj tus me nyuam mos. Yog hais tias muaj kev nyuaj tshwm sim, qhov zoo ces yuav tsum paub thiab tau txais kev pab.

Tej tsos mob xub thawj uas kuv hnov tau tsis zoo, ntshov siab los sis nyuaj siab heev:

- _____
- _____

Kev tham txog kev noj qab nyob zoo mas yeej yog ib qho nyuaj kawg. Yog hais tias koj hnov tsis zoo txog qhov no, ces koj yuav tham nrog leej twg?

Koj yuav hais li cas?

Tau Txais Kev Pab

Yog hais tias qhov ntawd tsis yog ib qho xwm txheej ceev, tab sis kuv xav tau kev qhuab qhia:

- **Kws kho mob lub chaw lis hauj lwm - sij hawm yav nruab hnub:**

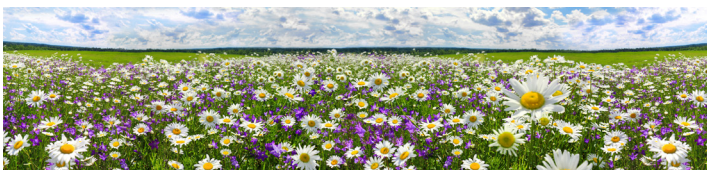
- **Kws kho mob/chaw kuaj mob tom qab cov sij hawm ua hauj lwm:**

Tus Xov Tooj Hu Tau Sai Rau Kis Muaj Xwm Txheej Ceev

- Yog xav tau kev pab kias tam sim ntawd: **Hu rau 911**
- **988 Tus Xov Tooj Hu Thov Kev Pab Rau Kev Tua Yus Tus Kheej thiab Muaj Teeb Meem Rau Txoj Sia:** Hu rau 988 (thaum xub thawj yog Tus Xov Tooj Hu Thov Kev Pab Txog Kev Tiv Thaiv Kev Tua Yus Tus Kheej Hauv Lub Teb Chaws) los sis 1-800-TALK (8255)
- **Tus Xov Tooj Hu Thov Kev Pab Rau Cov Niam Muaj Kev Mob Puas Siab Ntsws Hauv Lub Teb Chaws:** Hu los sis ntaus ntawv xa rau 1-833-TLC-MAMA (1-833-852-6262)

Tus Xov Tooj Hu Sai Rau Kis Tsis Yog Mob Xwm Txheej Ceev

- **Tus Xov Tooj Hu Tau Sai Pab Rau Leej Niam-Tus Me Nyuam Mos nyob rau hauv Lub Chaw Saib Xyuas Kev Noj Qab Haus Huv Hauv Hennepin:** (612) 873-HOPE los sis (612) 873-4673 - tus Xov Tooj Hu Sai tsis yog tus xov tooj hu hais txog ib qho teeb meem loj mam li hu xov tooj tuaj rau koj kom tsis pub dhau 2 hnub ua hauj lwm.
- **Minnesota Lub Chaw Pab Txhawb Cev Xeeb Me Nyuam thiab Tom Qab Yug Me Nyuam Mos:** Hu xov tooj los sis ntaus ntawv xa rau 1-800-944-4773, ntaus ntawv en Español: 971-203-7773. Muaj cov neeg lis hauj lwm pab dawb los mus npaj kev pab txhawb thiab tej ntaub ntawv rau sawv daws 7 hnub toj ib lub vij.





Ntu 5

**Kev Saib Xyuas Kho Mob
thiab Fab Nyiaj Txiag**

Cov lus nug txog tus kab mob cytomegalovirus thaum yug los rau koj tus me nyuam tus thawj kws kho mob

Cov kws kho mob ib txwm tau txais kev cob qhia los tswj ntau hom kev xav tau rau kev noj qab haus huv, suav nrog kev kuaj xyuas tsis tu ncuaj; ntev, tsis tu ncuaj rau tej yam kev mob; thiab cov kev mob. Tej zaum lawv yuav yog kws kho mob, kws tu mob, los sis tus kws pab kws kho mob, thiab qee zaum lawv yuav raug hu ua tus kws tu xyuas kho mob los sis tus kws kho mob.

Feem ntau tus kws kho mob ib txwm yog koj tus me nyuam tus kws kho mob tseem ceeb rau kev saib xyuas ib hnub mus rau ib hnub. Lawv koom tes nrog koj tus me nyuam txog kev kho mob. Lawv tuaj yeem ua hauj lwm hauv tsev neeg cov tshuaj, kws kho me nyuam yaus, los sis kev kho mob rau me nyuam yaus sab hauv.

Ntxiv rau qhov tau txais kev saib xyuas tsis tu ncuaj los ntawm tus kws kho mob ib txwm, tus me nyuam uas muaj tus kab mob CMV yuav tsum tau mus ntsib kws kho mob tshwj xeeb rau kev kuaj thiab kev kho ntau ntxiv. Cov kws kho mob tshwj xeeb yog kws kho mob thiab cov kws tshaj lij los sis cov kws tshaj lij uas muaj ntawv pov thawj nrog kev cob qhia ntxiv hauv ib cheeb tsum ntawm cov tshuaj los sis txoj kev noj qab haus huv. Koj tus me nyuam tus kws kho mob ib txwm yuav pab txiav txim siab seb tus kws kho mob tshwj xeeb uas koj tus me nyuam yuav tsum mus ntsib thiab yuav xa mus rau koj tus me nyuam mus ntsib cov kws kho mob tshwj xeeb, yog tias tsim nyog.



Koj tus kws kho mob ib txwm yuav pom zoo kom koj tus me nyuam mus ntsib ib los sis ntau tus kws tshaj lij kho mob hauv qab no:

Infectious disease (Kev sib kis tus kab mob) (ID) tus kws tshaj lij: yog ib tus kws kho mob uas yog tus kws tshaj lij hauv kev kuaj mob thiab kev kho cov neeg muaj kab mob. Qee tus kws kho mob kev sib kis kab mob muaj kev cob qhia tshwj xeeb los ua hauj lwm nrog cov me nyuam yaus thiab raug hu ua cov kws kho mob kis mob tshwj xeeb.

Tus kws kho fab kev hnov lus: ib tus kws tshaj lij uas muaj ntawv tso cai uas kuaj thiab kho qhov kev tsis hnov lus thiab kev muaj qhov tu hauv lub cev. Qee tus kws kho mob fab suab muaj kev cob qhia tshwj xeeb los ua hauj lwm nrog me nyuam yaus thiab hu ua tus kws kho mob fab kev hnov lus rau me nyuam yaus.

Tus kws tshaj lij fab ear, nose, and throat (pob ntseg, qhov ntswg, thiab caj pas) (ENT): tus kws kho mob uas tsum mus rau pob ntseg, qhov ntswg, thiab caj dab ua hauj lwm tsis zoo, nrog rau kev hnov lus tsis zoo.

Tus kws kho mob fab hlwb: ib tus kws kho mob tshwj xeeb hauv lub hlwb, tus txha caj qaum, thiab cov hlab ntsha.

Tus kws kho fab kev pom: ib tus kws kho mob tshwj xeeb hauv qhov muag thiab kev saib xyuas qhov pom kev.

Tus kws kho fab pob txha: ib tus kws kho mob tshwj xeeb hauv kev kho cov teeb meem ntsig txog pob txha, pob qij txha, thiab cov leeg.

Tus kws kho mob tiv thaiv thaum ntxov: ib tus neeg pab txhawb nqa rau cov me nyuam yaus txij thaum yug txog rau hnub nyoog 3 xyoos uas muaj kev qeeb rau kev loj hlob los sis muaj kev pheej hmoo rau kev loj hlob qeeb.

Occupational therapist (Tus kws kho mob fab kev ua hauj lwm) (OT): ib tus kws tshaj lij uas pab cov me nyuam yaus txhim kho los sis txhim kho kev ua neej nyob txhua hnub thiab cov kev txawj ntse.

Physical therapist (Tus kws kho mob lub cev) (PT): ib tus kws tshaj lij uas pab cov me nyuam yaus txhim kho lawv lub cev ntau yam kev tawm dag zog, lub zog, yoog raws tau, thiab kev txav mus los.

Tus kws kho mob fab kev hais lus: tus kws tshaj lij uas tau txais kev cob qhia los kuaj thiab ua hauj lwm nrog cov me nyuam uas muaj teeb meem hais lus thiab hom lus.

Cov lus nug txog cov kev pab cuam kho mob

Cov lus teb rau cov lus nug no los ntawm koj tus me nyuam tus kws kho mob ib txwm tuaj yeem pab koj nkag siab zoo dua rau koj tus me nyuam tus mob thiab kev saib xyuas tau zoo. Tsis tas li ntawd, cov lus teb kuj tseem yuav qhia rau koj paub ntau npaum li cas ntawm tus kws kho mob ib txwm muaj nrog cov me nyuam uas muaj tus kab mob CMV.



Cov ntaub ntawv hauv daim ntawv no tau hloov kho tshiab los ntawm CDC: Cov Lus Nug Koj Yuav Xav Nug Koj Tus Me Nyuam Tus Kws Kho Mob ntawm CDC: [Cov Ntaub Ntawv Pub Dawb Hais Txog Kev Tsis Hno Lus lub vev xaib \(www.cdc.gov/ncbddd/hearingloss/freematerials.html\)](http://www.cdc.gov/ncbddd/hearingloss/freematerials.html).

Koj muaj kev paub ntau npaum li cas los kho cov me nyuam mos thiab cov me nyuam yaus uas muaj tus kab mob CMV?

Kuv tus me nyuam puas yuav xav tau kev kuaj ntxiv vim tias lawv muaj tus kab mob CMV thaum yug los? Cov kev kuaj no yuav qhia peb li cas txog kuv tus me nyuam txoj kev noj qab haus huv thiab kev loj hlob tam sim no thiab yav tom ntej?

Kuv tus me nyuam yuav xav tau hom kev kho li cas?

Koj puas yuav tau mus ntsib kuv tus me nyuam tas li vim tias lawv muaj tus kab mob CMV thaum yug los? Tuab npaum li cas?

Kuv tus me nyuam puas yuav tau ntsib cov kws kho mob tshwj xeeb rau lawv tus kab mob CMV thaum yug los? Hom kws kho mob tshwj xeeb twg?

Kuv yuav ua li cas thiaj li tau txais kev xa mus kho mob kom tau ntsib cov kws kho mob tshwj xeeb yog tias kuv tus me nyuam xav tau lawv cov kev pab cuam? Kuv yuav tsum ua li cas yog tias tus kws kho mob tshwj xeeb koj xa peb mus rau tom qab ntawd xa peb mus rau lwm hom kws kho mob tshwj xeeb rau kev saib xyuas kho mob ntxiv?

Yog tias kuv muaj teeb meem nrog kev xa mus, los sis yog tias kuv lub tuam txhab tuav pov hwm muaj lus nug, kuv yuav ua li cas?

Koj lub chaw hauj lwm puas tuaj yeem pab kuv sib tham txog kev teem sij hawm tau?

Peb yuav ua li cas thiaj paub tseeb tias cov ntawv ceeb toom los ntawm cov kws tshaj lij raug qhia rau koj lawm? Kuv yuav tau txais cov ntawv luam ntawm txhua daim ntawv qhia los ntawm cov kws tshaj lij li cas?

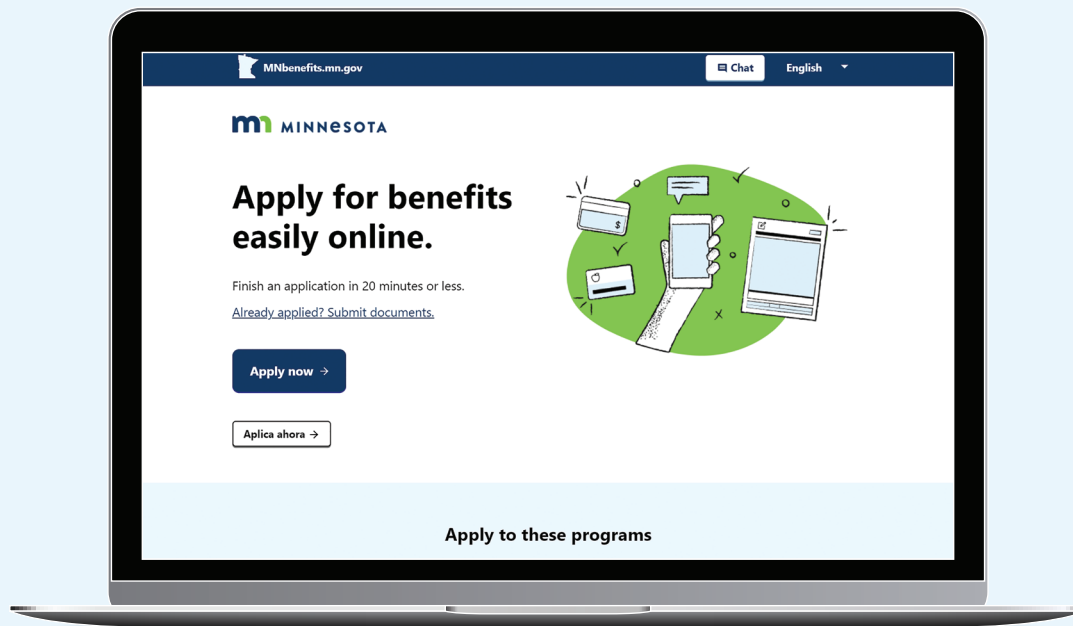
Kuv tus me nyuam puas yuav tsum tau txhaj tshuaj tiv thaiv tag nrho raws li tib lub sij hawm teem cia li lwm tus me nyuam yaus hnuv nyoog?

Yuav kuaj xyuas kev loj hlob thiab kev coj cwj pwm tuab npaum li cas rau kuv tus me nyuam? Kuv yuav paub cov txiaj ntsig ntawm kev kuaj ntsuam xyuas tau li cas?

Koj puas tuaj yeem qhia kuv txog kev pab cuam tiv thaiv thaum ntov hauv kuv cheeb tsam? Puas muaj kev xa mus rau cov kev pab cuam rau kuv tus me nyuam?

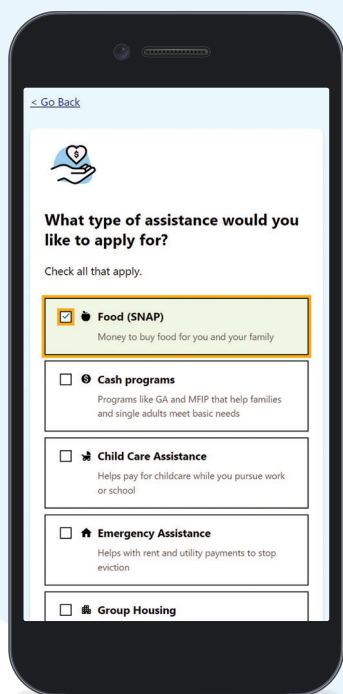
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Pregnancy and parental leave

PREGNANCY AND PARENTAL LEAVE

Employees may take up to 12 weeks of unpaid leave during pregnancy or upon the birth or adoption of their child. Employees are eligible for this leave regardless of the size of their employer and the amount of time for which they have worked for the employer.

When does the pregnancy and parental leave start?

- The leave must be taken within 12 months of the birth or adoption.
- Employees must request the leave from their employer.
- Employees can choose when the leave will begin.
- Employers can adopt reasonable policies about when requests for leave must be made.



FREQUENTLY ASKED QUESTIONS

What can count against my pregnancy and parental leave?

If you have paid leave, including sick leave or paid vacation, pregnancy and parental leave can be reduced so the total leave (pregnancy and parental plus paid leave) is not more than 12 weeks. Leave taken for prenatal care may not count against pregnancy and parental leave. If you qualify for both federal Family and Medical Leave Act (FMLA) and pregnancy or parental leave, you only have a right to 12 weeks of leave in total for childbirth or adoption of a child and any other pregnancy-related leave. You may be entitled to additional leave under FMLA for a non-pregnancy related serious health condition. If you have questions about FMLA, contact the U.S. Department of Labor at 612-370-3341 or dol.gov/whd/fmla.

Does Minnesota offer paid family and medical leave?

Minnesota's paid family and medical leave law, which provides paid time off during or following a pregnancy, goes into effect Jan. 1, 2026. Find more information at mn.gov/deed/paidleave.

Does my employer have to continue my benefits during the leave?

Yes. Employees on pregnancy and parental leave are entitled to the same coverage and employer contribution as if they were not on leave.

Do I get my job back when I return from leave?

Yes. You are entitled to employment in your former position or one with comparable duties, hours and pay. You are also entitled to the same benefits and seniority you had before the leave. You may return to part-time work during the leave without forfeiting the right to return to full-time work at the end of the leave. It is against the law for your employer to retaliate, or take negative action, against you for requesting or taking a leave.



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Ntu

6

Cov Chaw Muab Kev Pab
Ntxiv rau Cov Tsev Neeg

Nov yog qee qhov chaw muab kev pab cuam ntxiv uas koj tuaj yeem pom muaj txiaj ntsig zoo.

MNSure

MNSure (www.mnsure.org) yog lub khw uas cov neeg nyob hauv Minnesota tuaj yeem yuav khoom, sib piv, thiab xaiv qhov kev tuav pov hwm duav roos rau kev noj qab haus huv uas ua tau raws li lawv xav tau. Cov kev xaiv rau kev duav roos kho mob muaj rau cov tib neeg ntawm txhua qib nyiaj khwv tau los thiab suav nrog Medical Assistance, MinnesotaCare, thiab Cov Phiaj Xwm Kho Mob Tsim Nyog. Kawm ntxiv los ntawm kev nyeem [MNSure Daim Ntawv Tshaj Tawm](http://www.mnsure.org/assets/mnsure-brochure-english_tcm34-539777.pdf) (www.mnsure.org/assets/mnsure-brochure-english_tcm34-539777.pdf), los sis hu rau MNSure Lub Chaw Tiv Tauj ntawm 1-855-3-MNSURE (855-366-7873) rau kev pab.



PACER Lub Chaw

PACER Lub Chaw (www.pacer.org) yog ib lub chaw cob qhia niam txiv thiab cov ntaub ntawv xov xwm rau cov tsev neeg ntawm cov me nyuam yaus thiab cov hluas uas muaj kev xiam oob qhab los sis kev kho mob tshwj xeeb txij thaum yug los txog rau thaum hluas. Cov niam txiv tuaj yeem nrhiav cov ntawv tshaj tawm, kev cob qhia, thiab lwm cov chaw muab kev pab cuam los pab cov tsev neeg txiaj txim siab txog kev kawm, kev saib xyuas kev noj qab haus huv, thiab lwm yam kev pab cuam.

Parent Aware (Niam Txiv Kev Paub)

Parent Aware (Niam Txiv Kev Paub) (www.parentaware.org) yog ib qho kev pab cuam hauv cheeb tsam uas muab cov cuab yeej pub dawb thiab cov chaw muab kev pab cuam los pab cov tsev neeg nrhiav kev saib xyuas me nyuam kom zoo thiab cov kev kawm thaum ntov uas lawv cov me nyuam xav tau kev vam meej hauv tsev kawm ntawv thiab lub neej. Mus saib lawv li [Kev Nrhiav Kev Saib Xyuas Me Nyuam: Phau Ntawv Qhia rau Tsev Neeg cov ntawv tshaj tawm](http://www.parentaware.org/wp-content/uploads/2020/08/PA-Child-Care-Guide-English-LINKS_V-6.pdf) (www.parentaware.org/wp-content/uploads/2020/08/PA-Child-Care-Guide-English-LINKS_V-6.pdf) yog xav paub ntxiv.

WIC

Lub Khoos Kas Pab Khoom Noj Khoom Haus Zoo Tshwj Xeeb Ntxiv rau Women, Infants & Children (Poj Niam, Me Nyuam Mos thiab Me Nyuam Yaus) (WIC) yog ib lub khoos kas pab khoom noj khoom haus thiab pub mis me nyuam uas pab cov poj niam cev xeeb tub, niam tshiab, me nyuam mos, thiab cov me nyuam yaus. WIC muab kev qhia txog zaub mov noj thiab kev tawm tswv yim, khoom noj khoom haus zoo, thiab kev xa mus rau cov kev pab cuam saib xyuas kev noj qab haus huv thiab lwm yam kev pab cuam hauv zej tsoom. Mus saib [MDH WIC Program](http://www.health.state.mn.us/people/wic/index.html) (www.health.state.mn.us/people/wic/index.html) yog xav paub ntau ntxiv los yog thov rau WIC.





What is MinneStories?

We record and share families' stories about their own, personal experience of being impacted by newborn screening. Through the power of storytelling, we seek to inspire hope and build community through shared experiences.

Why listen?

In an overwhelming and new situation, these stories can help you hear how other have navigated similar paths.

Where can I listen?

You can listen to MinneStories on our website:

www.health.state.mn.us/people/newbornscreening/families/minnestories/index.html





“We have never made the time to sit and talk about [our son’s] hearing loss the way we did yesterday, so it was actually a great experience and pretty eye opening for us.”

-Mother of child with confirmed hearing loss



What is MinneStories?

We record and share families’ stories about their own, personal experience of being impacted by newborn screening. Through the power of storytelling, we seek to inspire hope and build community through shared experiences.

Why would you want my MinneStory?

Every family has a unique story to tell, especially families of children with a condition that can be identified through newborn screening. Your story may be what another family needs to hear to feel empowered, strengthened, and hopeful.

Everyone has a story to tell. We want yours!

Contact us at health.minnestories@state.mn.us

“ I hope that other families can feel at ease after listening to our story, and just stay positive and live your life like normal. ”

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#MinneStories