

Yam Uas Yuav Tau Paub Txog Cov Xas Rau Koj, Koj Tus Me Nyuam Mos, thiab Cov Me Nyuam Tseem Yau

Muaj ntau cov neeg xav tias nws puas siv tau cov xas nyab xeeb (uas hu ua paj xas, noob xas, lub tais cog xas) thaum lawv xeeb me nyuam, tawm phiaj xwm yuav xeeb me nyuam, los sis pub niam mis rau me nyuam (kev pub mis tib neeg rau me nyuam los ntawm lub mis, lub hauv siab, los sis lub tso kua mis). Cov xas yog siv nyob rau hauv ntau cov hauv kev, uas suav nrog kev haus luam yeeb, luam yeeb thoog, los sis kev noj ua khaub noom, khoom noj, los sis cov dej haus thiab tuaj yeem hloov seb koj xav, hnov tau, thiab ua cov kev txiav txim li cas. Siv cov xas nyob rau hauv tej tug qauv twg thaum cev xeeb me nyuam thiab pub niam mis rau me nyuam yuav cuam tshuam rau koj thiab rau koj tus me nyuam mos li kev noj qab haus huv. Tab txawm hais tias cov xas twb raug cai rau Minnesotans uas muaj hnub nyoog 21 thiab laus dua ntawd los xij, tab sis tsis txhais tau tias yuav siv tau nyab xeeb nyob rau ncuaj sij hawm cev xeeb me nyuam los sis thaum tseem pub niam mis rau me nyuam.

Tau txais cov ntaub ntawv qhia qhov tseeb

Peb paub tias koj xav ua qhov hauv kev xaiv zoo tshaj plaws rau koj thiab koj tus me nyuam mos. Tab txawm tias tseem tsis tau paub ntau txog cov kev cuam tshuam txog kev noj qab haus huv ntawm xas los xij, ntawm nov yog yam uas peb yuav tau paub:

- Yam uas koj noj tau rau koj lub cev tuaj yeem nkag tau mus rau hauv koj tus me nyuam mos thiab. Tej zaum kev siv cov xas yuav phom sij rau koj tus me nyuam mos qhov kev loj hlob ntawm lub hlwb thiab nce ntxiv kev pheej hmoo:
 - Koj tus me nyuam me yug los me dhau lawm los sis yug ntxov dhau lawm
 - Me nyuam tuag hauv plab los sis kev tuag ntawm me nyuam
 - Kev kawm, kev coj cwj pwm, los sis cov teeb meem kev noj qab haus huv
- Cov xas nyob rau ntawm koj lub cev qhov rog ntau vij. Qee cov tshuaj khes mis xas tuaj yeem nyob rau hauv koj li mis tab txawm tias tom qab koj twb xaus kev siv xas lawm los xij. Kev muab kua mis ntim taub cia rau me nyuam haus thiab muab kua mis pov tseg yeej siv tsis tau los tshem tshuaj tawm ntawm niam lub mis.
- Kev siv cov xas nyob rau ncuaj sij hawm koj li kev xeeb me nyuam tuaj yeem nce ntxiv koj li kev pheej hmoo txog cov teeb meem kev rov ua mob, uas suav nrog:
 - Muaj mob ntshav siab rau tus poj niam thaum cev xeeb me nyuam (mob ntshav siab)
 - Mob ntshav siab uas tshwm sim thaum ceev xeeb me nyuam
 - Nce qhov hnyav
 - Muaj teeb meem thaum muaj me nyuam hauv plab (me nyuam tsis nyob ncaj lub tsev me nyuam)
 - Mob ntshav qab zib thaum cev xeeb me nyuam
- Koj siv cov xas ntau npaum li cas, ces yuav nce ntxiv koj cov kev pheej hmoo ntau npaum li ntawd, tshwj xeeb tshaj yog tias koj haus luam yeeb.



Tsis tau kev pom zoo siv cov xas thaum xeeb me nyuam los sis pub niam mis rau me nyuam.

Lub Tsev Kawm Khos Les Txog Cov Kws Kho Cev Xeeb Tub thiab Cov Kws Kho Mob Poj Niam Ntawm Meskas (American College of Obstetricians and Gynecologists) thiab Lub Chaw Tshawb Fawb Txog Cov Kws Kho Mob Me Nyuam Yaus Ntawm Meskas (American Academy of Pediatrics) pom zoo rau koj xaus kev siv xas nyob rau ncuaj sij hawm cev xeeb me nyuam thiab thaum uas tseem pub niam mis rau me nyuam.

Txo qhov kev phom sij uas tej zaum yuav tshwm sim

Qee tus neeg yuav pom tias kev tso tseg tsis siv xas yog qhov nyuaj. Txhawm rau txo kev phom sij uas muaj feem tshwm sim, ces ua zoo saib rau qhov txuas mus no:

- Txo qhov ntau thiab qhov tshwm sim tas li ntawm kev siv cov xas.
- Kev nyob siab thaum uas saib xyuas cov me nyuam tsis yog kev nyab xeeb. Yog tias koj tawm phiaj xwm siv cov xas, npaj rau kev saib xyuas me nyuam.
- Kev haus luam yeeb sab nrauv kom ntau li ntau tau txhawm rau tiv thaiv tsis pub kom tus me nyuam raug cov pa xas uas neeg haus tag.
- Tsis txhob tsav tsheb tom qab siv xas tag. Tsis txhob cia koj tus me nyuam caij tsheb yog tias tus neeg tsav qaug xas lawm. Cov xas tuaj yeem ua rau qaug qeeb, kiv taub hau, tsis meej pem, thiab muaj teeb meem kev xav.
- Khaws cov khoom xas cia rau hauv cheeb chaw xauv cia uas koj tus me nyuam tsis tuaj yeem pom, ncav cuag, los sis nkag mus muab tau cov xas ntawd.
- Yog tias koj siv cov xas los tswj tus yam ntxwv fab kev kho mob los sis cov tsos mob cev xeeb me nyuam, ces thov sib tham nrog koj tus kws pab kho mob saib xyuas kev noj qab haus huv hais txog yam uas koj ntsib thiab lwm cov kev kho mob uas muaj.



Cov hauv kev xaiv txhawb nqa

Yog tias koj los sis tus neeg hlub tshua xav sib tham txog kev txo los sis kev xaus kev siv cov xas, ces muaj cov chaw muaj kev pab uas tuaj yeem pab.

- Sib tham nrog koj tus kws pab kho mob saib xyuas kev noj qab haus huv rau cov kev xa mus kho.
- Mus saib [FindTreatment.gov](https://www.findtreatment.gov) (www.findtreatment.gov) txhawm rau nrhiav cov khoos kas kho mob ntxiv.
- Mus saib [Fast Tracker](https://fasttrackermn.org) (<https://fasttrackermn.org>) lub vev xaib los sis hu rau 651-426-6347 txhawm rau nrhiav cov chaw pab cuam txog kev tsis meej pem los ntawm kev siv yeeb tshuaj uas nyob ze koj. Suav nrog cov kws pab kho mob ntawm Pawg Neeg.
- Hu rau Tus Xov Tooj Hu Ceev Hauv Teb Chaws Txog Lub Chaw Tswj Cov Kev Pab Cuam Kev Siv Yeeb Tshuaj thiab Kev Noj Qab Haus Huv Fab Siab Ntsws (Substance Abuse and Mental Health Services Administration National Hotline) ntawm 800-662-HELP (4357).

Kom tau txais cov ntaub ntawv no ua lwm tus qauv ntawv, hu 651-201-3650.

Minnesota Department of Health
Child and Family Health Division
health.mch@state.mn.us | 651-201-3650
www.health.state.mn.us

