

# Muaj Mob Cytomegalovirus Thaum Yug Los

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



[health.mn.gov/CMV](https://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 Tshiab Lub Plaub Hlis Ntuj 2023*





## 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

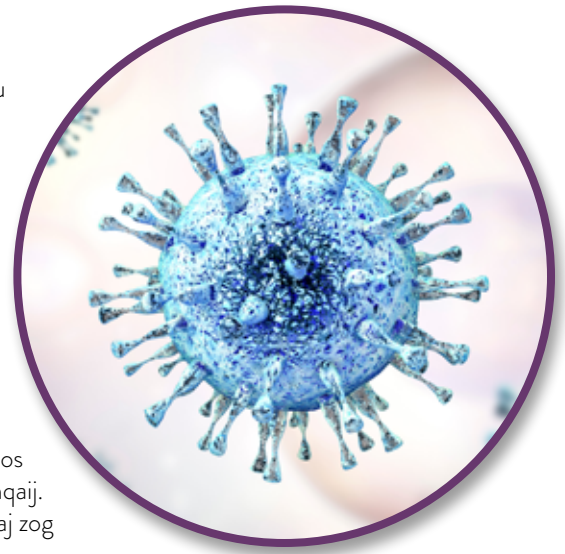
**Hais Txog Cytomegalovirus (CMV)  
thiab CMV Thaum Yug Los**



## CMV yog dab tsi?

Kab Mob Cytomegalovirus (CMV) yog ib hom kab mob feem ntau uas kis tau rau tib neeg txhua ncuu hnuv nyooq. Ib tug ntawm peb tus me nyuam yaus hauv Teb Chaws Meskas tau kis tus kab mob CMV thaum muaj hnuv nyooq 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 nyooq 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 ntiv 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 hnov 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 nyoog 21 hnuv. Tom qab muaj hnuv nyoog 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 ncuva sij hawm 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 ncuva 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 ntxov los txhawb lawv txoj kev loj hlob thiab kev txhim kho. Thov saib Ntu 3 kom paub ntau ntxiv cov kev pab cuam thaum ntxov 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 ntwam tus kab mob CMV thaum yug los yuav tsis hnov lus mus tas li. Tej zaum qhov tsis hnov lus yuav txawv ntwam me-me mus rau mob hanyav 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 ntxov.

Tsis tas li ntawd, cov me nyuam yaus uas muaj cov tsos mob ntwam 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 ntxov los txhawb lawv txoj kev loj hlobthiab kev txhim kho. Thov saib Ntu 3 kom paub ntau ntxiv txog cov kev pab cuam thaum ntxov 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 yug 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 ntwam 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 ntxiv 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 ntxiv 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 ntwam 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 ntwam tus kab mob CMV; txhawm rau txheeb xyuas qhov qib ntwam 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 ncuva 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 ntxiv 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](http://www.health.mn.gov/cmV))

Lub Koom Haum CMV Hauv Teb Chaws ([www.nationalcmv.org](http://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](http://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 ntxov. 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 cajj 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 ntxov 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 Thav) (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/childreneyouth/improveehdi](http://www.health.mn.gov/people/childreneyouth/improveehdi)).

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

# Kev Npaj rau Koj Tus Me Nyuam Mos Qhov Teem Caij Mus Kuaj Kev Hnov Lus

Preparing For Your Baby's Audiology Visit — Hmong

Minnesota  
Newborn Screening



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

Hnub tim: \_\_\_\_/\_\_\_\_/\_\_\_\_ (HLI/HNUB/XYOO)

Sij hawm: \_\_\_\_\_ SAWV NTXOV/YAV TSAU NTUJ

Npe Chaw Kuaj Mob: \_\_\_\_\_

Xov Tooj Chaw Kuaj Mob: \_\_\_\_\_

## Tus kws kuaj kev hnov lus yog kws dab tsi?

Ib tug kws kuaj kev hnov lus yog ib tug kws saib xyuas kev noj qab haus huv uas raug cob qhia los kuaj thiab saib xyuas kev tsis hnov lus rau cov me nyuam mos yug tshiab, cov me nyuam yaus, thiab cov neeg laus. Ib txhia uas muaj kev hnov lus tsis zoo mas tej zaum yuav hnov tej lub suab ho lwm tus yeej tsis hnov hlo li. Hom kev tsis hnov lus uas sib txawv no mas saib raws li kis teeb meem tshwj xeeb los ntawm ib qho los sis ntau qhov ntawm lub pob ntseg. Yuav tsum ua kev kuaj ntsuas kom tag rau ob hom thiab kev kuaj qhov tsis hnov lus los ntawm ib tug kws kuaj kev hnov lus mas yog ib qho tseem ceeb rau kev npaj tam sim no los mus soj qab xyuas thiab saib xyuas rau qhov tsis hnov lus.

## Vim li cas kev koj kuv tus me nyuam mos mus ntsib ib tug kws kuaj kev hnov lus thiaj li tseem ceeb?

Kev kuaj ntsuas kev hnov lus uas koj tau kuaj koj tus me nyuam mos rau hauv tsev kho mob mas yog ib qho kev kuaj ntsuas thaum xub thawj. Yog ib tug me nyuam mos kuaj ntsuas tsis dhau, ces nws qhia rau peb tias yuav tsum kom ib tug kws kuaj kev hnov lus kuaj ntiv. Qhov ib tug kws kuaj kev hnov lus tau kuaj kom txhij txhua ntawd mas tsuas yog kuaj kom paub tias koj tus me nyuam yeej hnov lus lawm xwb vim kev paub lus thiab paub hais lus mas tseem ceeb.

## Qhov teem caij mus ntsib no yuav siv sij hawm ntev npaum li cas?

Qhov teem caij mus ntsib no yuav siv sij hawm li thaj tsam 1-3 teev. Tej thaum yeej kuaj ntsuas tsis tiav rau thaum mus ntsib ib zaug ntawd. Yog yuav tau teem caij mus ntsib dua lwm ob, ces yuav tsum tau teem caij mus ntsib kom sai li sai tau.

## Thaum koj kuv me nyuam mos mus ntsib kuv yuav tsum nqa dab tsi mus nrog?

- Koj daim npav is saws las
- Daim ntawv xa mus yog yuav tau siv
- Tej tshuaj uas siv tam sim no
- Tej kev kuaj ntsuas kev hnov lus ua ntej dhau los thiab/los sis tej kev tshuaj ntsuam xyuas
- Tej ntaub ntawv hais txhaws txog keeb kwm kev tsis hnov lus thaum me nyuam yaus ntawm tsev neeg
- Cov npe/chaw nyob ntawm cov neeg uas koj xav kom xa daim ntawv hais qhia mus rau

## Ua ntej txog sij hawm teem caij mus ntsib kuv yuav tsum tau ua dab tsi?

Tej kev kuaj ntsuas no mas ua tau yooj yim thaum koj tus me nyuam mos tab tom pw tsaug zog lawm. Yuav kuaj ntsuas rau thaum koj tus me nyuam mos tab tom pw tsaug zog:

- Txhob cia koj tus me nyuam tsaug zog rau thaum teem caij mus ntsib los sis rau thaum lub sij hawm tseem caij tsheb mus tim chaw kuaj.
- Zam txhob pub mis rau koj tus me nyuam mos ua ntej kiag thaum sij hawm mus ntsib. Koj tuaj yeem pub mis rau koj tus me nyuam mos tau rau thaum nyob tim chaw kuaj ua ntej yuav kuaj ntsuas.



## Yuav muab dab tsi tshwm sim rau thaum lub sij hawm teem caij kuaj ntsuas kev hnov lus?

Tus kws kuaj kev hnov lus yuav suav sau cov ntaub ntawv ntsig txog koj tus me nyuam mos qhov keeb kwm kev hnov lus, txog koj qhov cev xeeb me nyuam/kev yug/kev phais yug rau tus me nyuam no, thiab ntsig txog keeb kwm ntawm tsev neeg.

Thaum koj tus me nyuam tab tom tsaug zog, tus kws kuaj kev hnov lus mam li tshuaj xyuas koj tus me nyuam ob lub pob ntseg thiab tshuaj ntsuam xyuas txog kev hnov lus. Hom kev kuaj ntsuas yuav muaj xws li:

- Kev Kuaj Qhov Hnov Lus Los Ntawm Hlab Ntsha Hlwb (Auditory Brainstem Response, ABR)—Yuav tso cov tshuab ntsuas rau ntawm koj tus me nyuam mos lub hauv pliaj thiab qab pob ntseg los mus ntsuas lub hlwb seb puas hnov cov suab lus. Mam li tso cov mloog pob ntseg rau ob sab pob ntseg rau thaum kuaj ntsuas cov suab. Koj tus me nyuam mos lub cev yuav tsis teb dab tsi rau cov suab no, tab sis cov tshuab ntsuas mam li ntsuas seb koj tus me nyuam mos yuav teb tau zoo li cas rau cov suab nrov uas sib txawv. Qhov kev kuaj ntsuas no yuav txiav txim seb puas pom muaj kev hnov tsis hnov rau tam sim no. Yog pom muaj kev tsis hnov lus, ces nws yuav qhia tias muaj hom kev tsis hnov lus dab tsi rau ntawm qhov kev kuaj ntsuas no.
- Qhov kev kuaj Otoacoustic Emissions (OAE)—Yuav tso ib lub yas ntsuas uas muag muag rau ntawm ob sab pob ntseg ces mam li ntsuas cov suab nrov uas tshwm sim raws li thaum lub pob ntseg ua hauv lwm. Qhov kev ntsuas no mas ib txwm siv nrog rau lwm cov kev ntsuas masthiaj li kuaj ntsuas tau raug zoo.
- Hom kev kuaj ntsuas Tympanometry—Yuav tso ib lub yas ntsuas rau ob sab pob ntseg los ntsuas seb sab hauv lub ntseg hnov lus zoo li cas. Qhov kev ntsuas no, thaum siv nrog lwm cov kev ntsuas, mas thiaj li paub txog qee yam uas ua rau tsis hnov lus zoo.

## Kuv tus me nyuam mos puas hnov mob?

Koj tus me nyuam mos yuav tsis hnov mob dab tsi rau thaum ua qhov kev kuaj ntsuas no. Kev tso lub yas ntsuas muag muag thiab cov tshuab ntsuas mas yuav tsis ua rau koj tus me nyuam mos mob. Cov me nyuam mos feem ntau yuav nyob tsis tswm thiab txob thaum tso qhov khoom ntsuas tab sis yuav nyob ntsiag to thaum raug ntsuas lawm.



## Kuv puas tau qhov kuaj ntsuas tau los kiag tam sim ntawd?

Tus kws kuaj kev hnov lus mam li qhia koj seb thaum twg thiaj li tau txais qhov kev kuaj ntsuas thiab yuav muab qhov kev kuaj ntsuas rau leej twg. Yog muaj lus nug txog qhov kev kuaj ntsuas no, ces koj yuav tsum tau hu rau lub chaw kuaj kev hnov lus.

## Yog kuv tus me nyuam mos tsis pw tsaug zog rau thaum ua qhov kev kuaj ntsuas no ne yuav ua li cas?

Koj tus me nyuam mos yim mos, mas lawv yim pw tsaug zog zoo rau thaum ua qhov ke kuaj ntsuas, tab sis tej thaum yuav tau teem caij mus kuaj ntxiv. Vim ib txhia me nyuam mos uas loj zog, tej zaum koj tus me nyuam tus kws kho mob yuav tau tso tshuaj loog me ntsis rau thiaj li yuav pab ua rau lawv tsaug zog rau thaum lub sij hawm kuaj ntsuas mas thiaj li kuaj ntsuas tiav. Yuav txo kom txhob tau tso tshuaj loog, ces koj yuav tsum tau teem caij mus kuaj kom sai li sai tau.

## Yog muaj tej yam tshwm sim tuaj, thiab kuv yuav tsum tau rov qab teem caij coj kuv tus me nyuam mos mus ntsib dua ne yuav ua li cas?

Kev coj koj tus me nyuam mos mus ntsib ib tug kws kuaj kev hnov lus mas yeej tseem ceeb heev. Yog koj tsis tuaj yeem teem caij mus ntsib tau, ces thov rov qab teem caij dua mus kuaj ntsuas kev hnov lus kiag tam sim ntawd.



**Ntu 3**

**Kev Loj Hlob thiab Kev Txhim Kho**





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 ntov 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 ntov 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](https://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 ntau 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  
Tus Xov Tooj: 651-582-8746  
email: [cat.tamminga@state.mn.us](mailto:cat.tamminga@state.mn.us)

**Tus Kws Lis Hauj Lwm Saib Xyuas Kev Txheeb Xyuas thiab Kev Pab Tiv Thav 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](mailto: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.

### **Muaj peb them yooj yim los xa ib tug me nyuam hauv online tuaj:**

1. Mus xyuas ntawm [HelpMeGrowMN.org](http://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).**

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.

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.

**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 xyoos 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.

**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 xyoos 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.

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.



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](mailto:health.cyshn@state.mn.us).

**Sau npe rau hauv oos lais hnuv no! Nws yog Pab Dawb Xwb!**  
[www.health.state.mn.us/mnfap](http://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](mailto: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](mailto: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](mailto:connected@familyvoicesmn.org).

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



# Pab kuv kom NRHIAV TAU KEV PAB

## help me **CONNECT**

### Qhia Cov Tsev Neeg kom paub txog Cov Zej Zog muaj kev pab nyob ze lawv

Qhov chaw Pab Kuv Nrhiav kev pab (Help Me Connect) yog ib qho kev pab nyob hauv online qhia kom cov neeg muab kev pab tiv tauj kom tau nrog cov tsev neeg es muaj menyuam hauv plab thiab cov niam txiv es muaj cov menyuam tseem yau (nyuam qhuav yug – yim xyoo) kom tau kev pab los ntawm lawv lub zej zog.

*Thaum cov tsev neeg tseem hluas rau siab peem kom tau, peb tag nrho yeej peem tau tib yam.*

### Nrhiav Cov Kev Pab rau Tsev Neeg thiab Cov ntawv qhia txog kev pab



#### Loj Hlob Zoo thiab Kuaj Mob

Cov program pab kom paub ua niam ua txiv thiab Taw qhia kom paub txog cov kev txhawj xeeb thaum ntxov



#### Kev txhawj xeeb txog kev Loj Hlob thiab Tus Cwj Pwm

Cov kev pab thaum ntxov, kev kawm ntawv tshwj xeeb, thiab Kev Noj Qab Nyob Zoo saum Lub Hlwb



#### Cov kev pab txog Kev Xiam Oos Qhab thiab Cov ntaub ntawv Qhia txog kev pab

Kev txhawb los ntawm lub zej zog thiab tsev neeg rau cov menyuam es xiam oos qhab



#### Kev Kawm Ntawv Thaum Ntxov thiab Zov Menyuum

Cov programs rau kev kawm ntawv thiab zov menyuum



#### Kev Noj Qab Nyob Zoo ntawm Tsev Neeg thiab Kev Noj Qab Nyob Zoo saum Lub Hlwb

Txhawb tag nrho lub tsev neeg kev puaj phais, kev noj qab nyob zoo ntawm lub cev ntaj ntsug thiab Kev Noj Qab Nyob Zoo saum Lub Hlwb



#### Cov Tsev Neeg Tribal thiab cov tsev neeg ntawm Haiv Neeg Qhab Meskas

Cov kev pab thiab kev txhawb rau haiv neeg Qhab Meskas



#### Cov Kev pab Tu neeg laus ntxiv thiab kev txhawb ntawm lub zej zog

Cov kev pab rau cov neeg tsis muaj tsev nyob, cov neeg tuaj nyob rau lub teb chaws no, cov neeg tawg rog, cov niam txiv es tsis tau muaj hnuv nyoog laus txaus (es yog kaum yim xyoo), thiab pab rau lwm cov teeb meem ntawm tsev neeg



#### Tu Kaus Hniav

Nrhiav kom tau thiab nkag kom tau rau cov chaw kho hniav kom them taus



#### Tej Yam Yuav Tsum Tau Muaj Kev Pab

Pab rau zaub mov, tsev nyob, thiab kev thauj mus los



#### Kev Pab Txog Hais Plaub

Tus nqi kom qis los yog qhia txog cov kev pab hais plaub dawb



#### Cov Kev Pab thaum Muaj Kev Kub Ntxhov

Kev txhawb thaum lub sij hawm muaj kev puas tsuaj loj

### Yuav siv li cas

1. **Mus saib hauv:** [helpmeconnectmn.org](http://helpmeconnectmn.org)
2. **Xaiv:** Qhov es teev cov npe ntawm cov kev pab
3. **Ntaus lub chaw nyob:** ib lub chaw nyob kom nrhiav tau kev pab es nyob ze
4. **Tsim:** kom muaj qhov koj nyiam siv yav tom ntej
5. **Tiv tauj:** [HelpMeConnect@state.mn.us](mailto:HelpMeConnect@state.mn.us) kom paub ntau dua



Qhov chaw Pab Kuv Nrhiav kev pab (Help Me Connect) yog muaj kev koom tes los ntawm lub tuam tsev Minnesota's Departments of Education, Health and Human Services. Ua tau daim ntawv no tiav lug vim yog siv pob nyiaj los ntawm tsoom fww, 93.434 - ESSA Preschool Development Grants Birth through Five. Cov ntawv sau nyob rau hauv daim ntawv no tsuas yog tus neeg sau nkaus xwb thiaj li muaj kev lav phib xaub thiab tsis tau ntaus nqi tias yuav yog cov ntawv es sawv cev los ntawm cov hoob kas ua hauj lwm hauv Office of Child Care, the Administration for Children and Families, or the U.S. Department of Health and Human Services. Kawm kom paub txog pob nyiaj pab rau kev kawm thaum ntxov hu ua [Preschool Development Grant webpage](https://education.mn.gov/MDE/dse/early/preschgr/). <https://education.mn.gov/MDE/dse/early/preschgr/>

## 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 xyoos 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 ntau 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 “khood 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 txiav 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 ntauw 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 ntauw: Hu rau 911
- 988 Tus Xov Tooj Hu Thov Kev Pab Rau Kev Tsaug Yug Me Nyuam Mos: 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 ntauw ntauw 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 lwv
- 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 ntauw ntauw xa rau 1-800-944-4773. Muaj cov neeg li hauj lwv, pab dawb los mus npaj kev pab txhawb thiab tej ntauw ntauw rau sawv daws 7 hnuv toj ib lub vij.

# 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



Minnesota Department of Health  
Maternal & Child Health Section  
PO Box 64975  
St. Paul, MN 55164-0975  
651-201-3650  
[health.mch@state.mn.us](mailto:health.mch@state.mn.us)  
[www.health.state.mn.us](http://www.health.state.mn.us)



## 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 nitawm 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 hlub 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 meej pem los sis xav tsis thoob
- Ib tug neeg los sis tsev neeg muaj keeb kwm muaj mob puas siab ntsws los sis tsis meej pem

## Cov Ntaub Ntaww Lwm Yam Ntxiv

- **CDC Hear Her Campaign** ([www.cdc.gov/hearher/index.html](http://www.cdc.gov/hearher/index.html)): muaj cov ntaub ntaww hais txog kev pab cawm txoj sia rau thaum pom muaj tej tsos mob sai sai los tiv thiaiv txoj kev tuag rau thaum cev xeeb me nyuam mos
- **Minnesota Help Me Connect (helpmeconnect.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 hlub 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 pluas 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 txaus, 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 hlub 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 txaww 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 pab ntaub ntawv ntau ntxiv, hu rau Minnesota Department of Health rau ntawm tus xov toj 651-201-3650 los sis mus saib hauv lub website rau ntawm:

<https://www.health.state.mn.us/communities/mchl/>

# 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 ntauw yog kev txiav txim siab ntauw 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 pliag xwb mas yeej yog qhov ib txwm zoo li ntauw, thaum loj tuaj lawm mas thiaj 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 thiaj 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 thiaj 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 ntauw, txhob nyeem ntauw 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 thiaj 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 hmas txiv ntoo, ej khoom noj uas tseem noob.
- Muaj cov “khoom noj siav” kom koj thiaj 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 hauj lwm sib sib hauv vaj hauv tsev (tu, nqa khaub ncaws mus ntxua, 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 pliag 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 thiab paub kom meej txog thaum “lub sij hawm tuaj saib ntauw”.

HMONG



## Cov Ntaub Ntauw

[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

Minnesota Department of Health  
Maternal & Child Health Section  
PO Box 64975  
St. Paul, MN 55164-0975  
651-201-3650  
[health.mch@state.mn.us](mailto:health.mch@state.mn.us)  
[www.health.state.mn.us](http://www.health.state.mn.us)

08/2022

Xav tau cov ntaub ntauw 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, ntxhov 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 hnuab:**  
\_\_\_\_\_
- **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 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 mam li hu xov tooj tuaj rau koj kom tsis pub dhau 2 hnuab 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 hnuab toj ib lub vij.



A large, stylized number '5' in a dark brown color is the central focus. To its left, the word 'Ntu' is written in the same dark brown color. The background is a large, light yellow circle with a gradient, surrounded by several smaller yellow circles of varying sizes, some overlapping the main circle.

**Ntu**

**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 ncuu; ntev, tsis tu ncuu 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 hnuv mus rau ib hnuv. 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 ncuu 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 tsam 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 tsom 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 hnuv nyooog 3 xyoos uas muaj kev qeeb rau kev loj hlob los sis muaj kev pheet 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 hnuv 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?

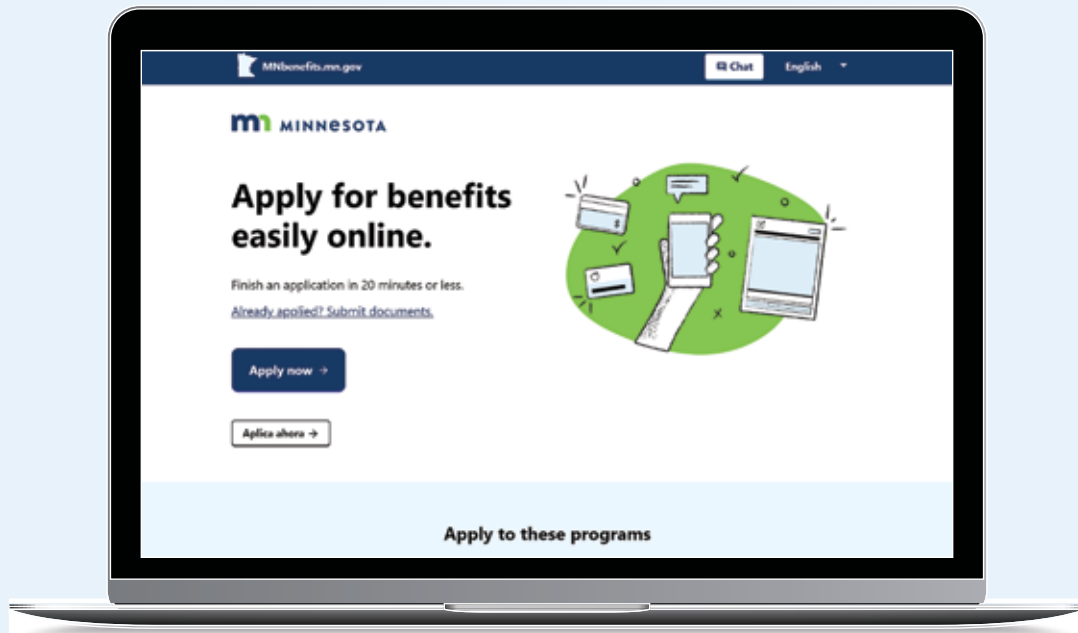
Kuv tus me nyuam puas yuav tsum tau txhaj tshuaj tiv thaiv tag nrho raws li tib lub sij hawm teem cia li lwm tus me nyuam yaus hnuv nyoog?

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 ntxov hauv kuv cheeb tsam? Puas muaj kev xa mus rau cov kev pab cuam rau kuv tus me nyuam?

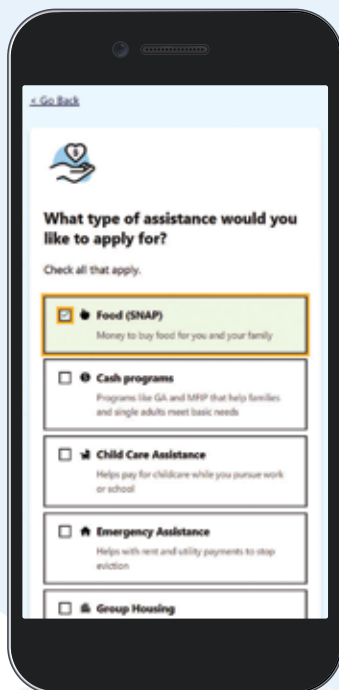
# MNbenefits

A safe and easy way to apply for public assistance benefits

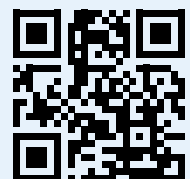


Get started today at [mnbenefits.mn.gov](https://mnbenefits.mn.gov)

Apply from a smartphone any time in less than 20 minutes



- Food assistance (SNAP)
- Cash programs
- Emergency cash assistance
- Housing support
- Child care assistance



# 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

### Can my pregnancy and parental leave count against my paid leave?

Yes. If you have paid leave, including sick leave or paid vacation, the amount of parental leave can be reduced so the total leave (parental plus paid leave) is not more than 12 weeks.

### Can my pregnancy and parental leave count against FMLA leave?

Yes. You only have a right to 12 weeks of leave total for birth or adoption of a child and any pregnancy related leave even if you qualify for both FMLA and pregnancy or parental leave.

The federal Family Medical Leave Act (FMLA) requires employers to provide up to 12 weeks of unpaid leave in connection with the birth or adoption of a child or for a serious health condition. 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](http://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](http://mn.gov/deed/paidleave).

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

Yes. Your employer-provided health insurance must be continued during pregnancy and parental leave. You may be asked to pay for this coverage.

### 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.



Labor Standards • 443 Lafayette Road N. • St. Paul, MN 55155  
651-284-5075 • 800-342-5354 • [dli.laborstandards@state.mn.us](mailto:dli.laborstandards@state.mn.us) • [dli.mn.gov](http://dli.mn.gov)



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](http://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](http://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](http://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 txiax 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](http://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](http://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](http://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: [minnestories.mn.gov](http://minnestories.mn.gov)





“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 store 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](mailto: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. ”

### Get social with us!

Follow us @mnhealth



#MinneStories



# Muaj Mob Cytomegalovirus Thaum Yug Los

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