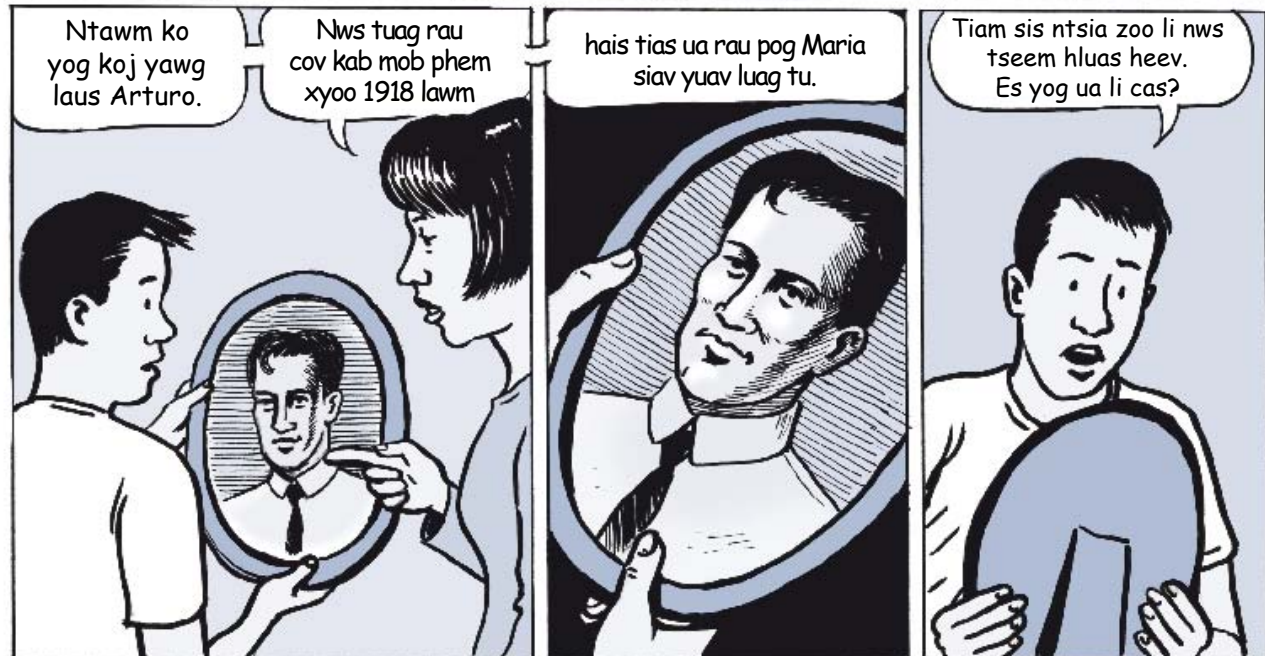


XYOO 1918, MUAJ IB TUG KAB MOB PHEM HEEV UAS MOB MUS THOOB
QAB NTUJ, YOG YAM KAB MOB UAS HEEV TSHAJ PLAWS UA DAB NEEG
LOS TXOG NIAJ HNUB NIAM NO. TUS KAB MOB YOG KAB MOB HNOOS,
TIAM SIS NWS...

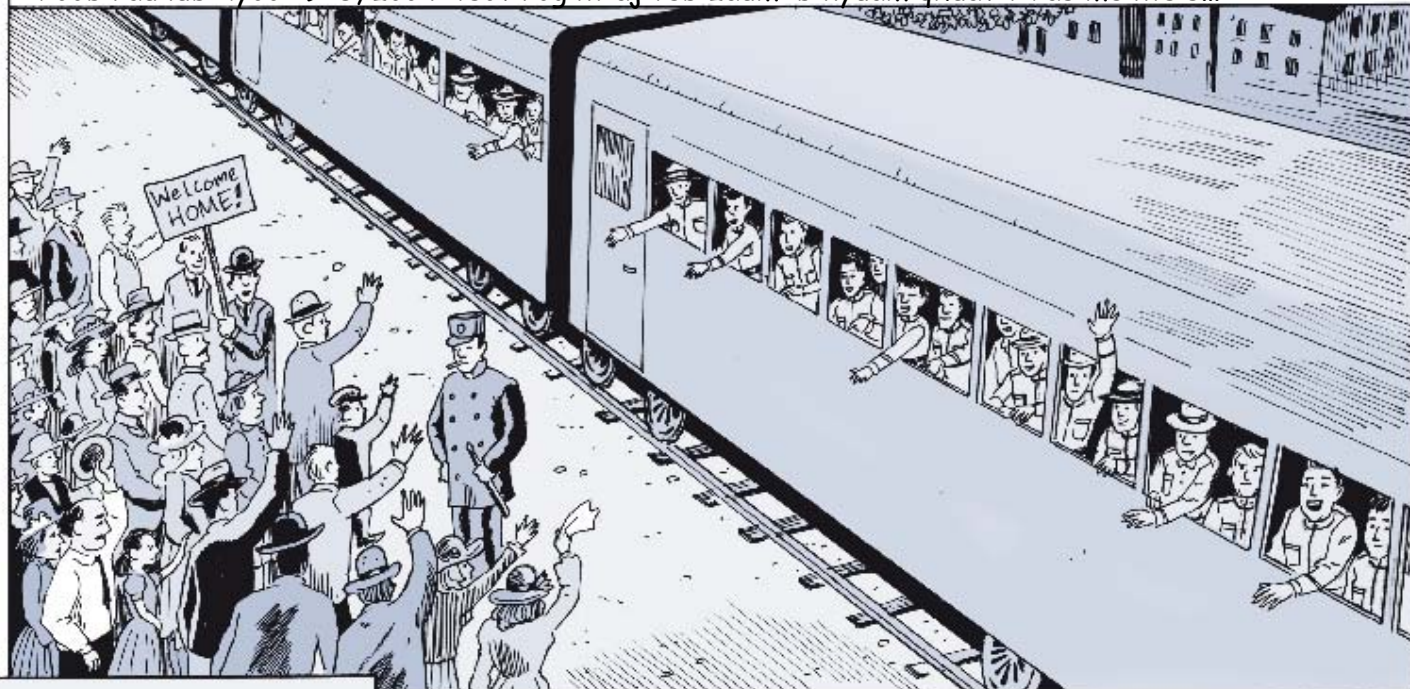
TSIS YOG KAB MOB HNOOS DOG DIG



LWM YAM SAU HAU
NO YOG:
KOJ YUAV HWJ XWM
KHO COV KAB MOB TAM
SIM NO TAU LI CAS



Poob rau lub xyoo 1918, zoo li tsov rog ntiaj teb zaum ib nyuam qhuav txias me ntsis...



Peb tsev neeg, zoo li nyuam qhuav zoo me me.



Kuv zoo siab tau rov los os, Maria, txawm tias yuav tau pab Niam thiab Txiv tim Khw los tsis ua cas.

Txhua leej txhua tus hlub tshua Arturo.

Zoo uas koj rov los os tus tub rog!

Ua tsaug, Max!

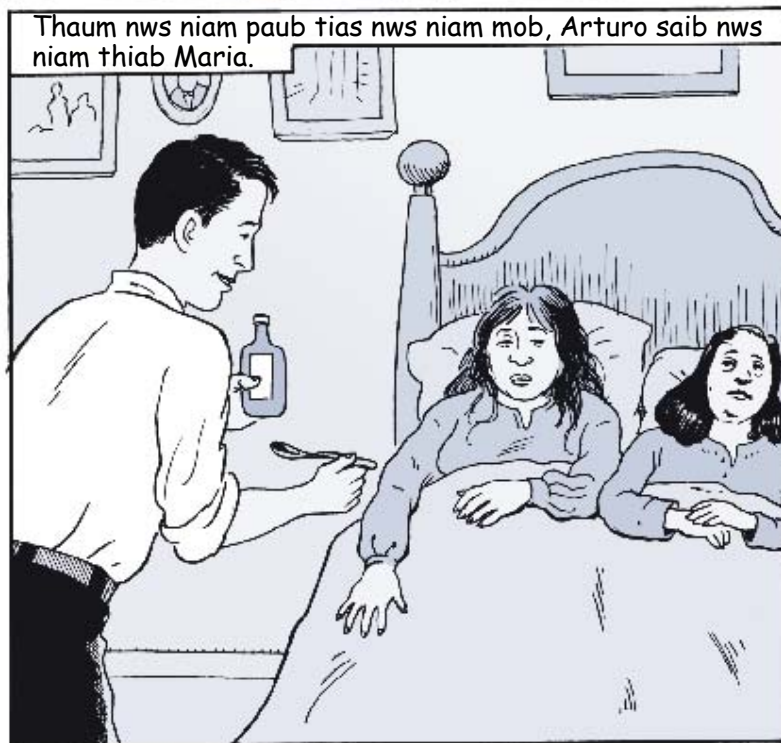


Tiam sis lub neej yuav hloov pauv hlo tam sim zoo li npau suav.



Phauj Eva hais tias cov txheeb ze nyob (Philadelphia) tab tom tuag yuav tag rau cov mob hnoos.





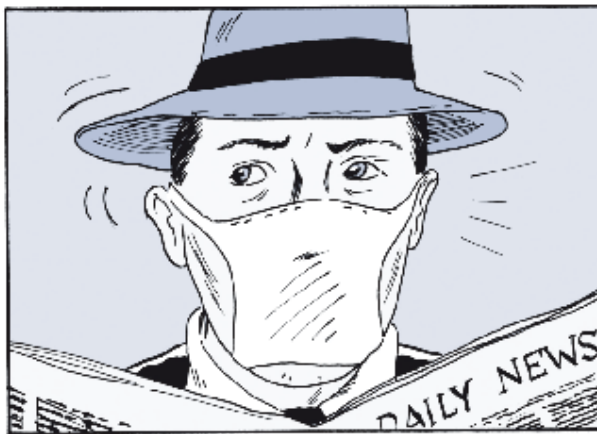
Txhua lub nroog tau ntsib thooob plaws.



Hmoov zoo, Maria thiab nws niam pib zoo zuj zus nyob rau ob peb lim tiam tom qab.



Tiam sis tsev neeg tseem tsis tau dhau deb tus kab mob hnoos no.



Zoo li cov hluas sawv daws, Arturo cia li mob hnyav hnyav, mob ceev ceev.



Hnub tom qab nws cia

li tuag lawm.

Nws yog ib qho nyuab rau sawv daws.



Kuv thov txim niam ntxawm. Peb tsis muaj hleb lawm.

Peb tsis kam pam cov neeg tuag los yog cia neeg coj kab mob hnoos mus sib kis.



Maria yog tus mob siab tshaj plaws.



Neeg tuag coob heev. 50 lab leej neeg tuag nyob rau thoob qab ntuj, hos 675,000 nyob rau teb chaws Meskas (United States).



Suav los mas coob heev, tiam sis tshuav feem coob uas tseem muaj txoj sia nyob.

Maria - uas yog koj pog koob - tseem yog ib tug uas dim txoj sia los.

"Peb txhua leej yog cov dim kev tuag ntawm cov kab mob hnoos xyoo 1918."

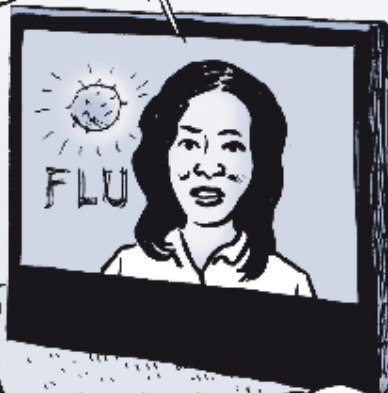


Tiam sis kev kho tus mob hnoos no tseem tsis tau zoo.

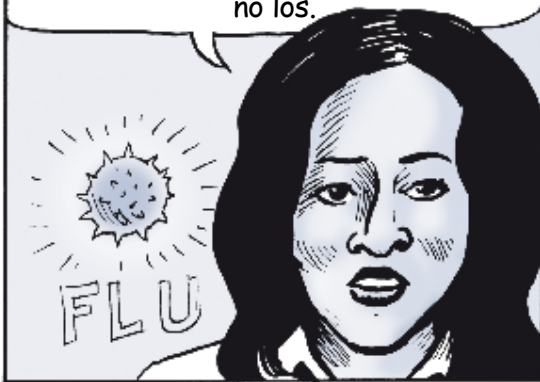
TOM QAB:

"...cov kws kho mob tshaj lij tau hais tias lawv ntshai tias cov kab mob vais lav tshiab lam rov tshwm sim tuaj sib kis dua..."

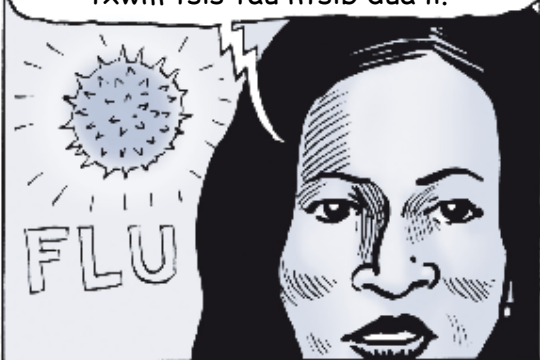
Hes Niam!



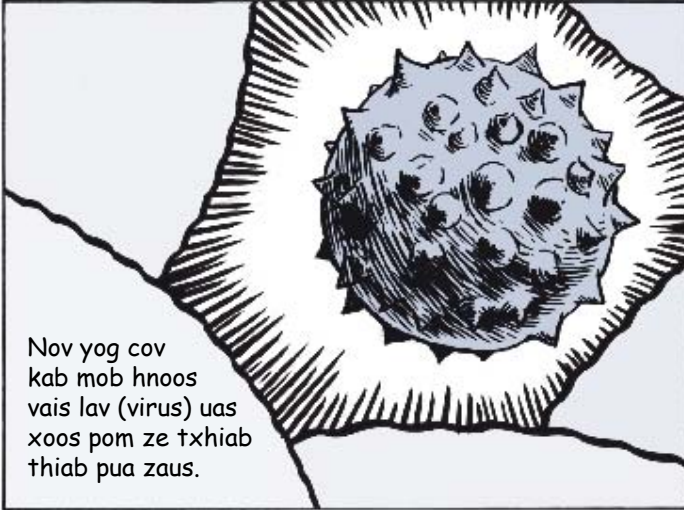
"Cov mob hnoos loj no txawv cov hnoos uas peb pom thaum caij ntuj no los."



Nws mob los ntawm cov kab mob vais lav (virus) uas tib neeg lub cev ib txwm tsis tau ntsib dua li."



Peb lub cev yuav muaj mob sib ntwv nrog cov kab mob vais lav (virus) tshiab no.

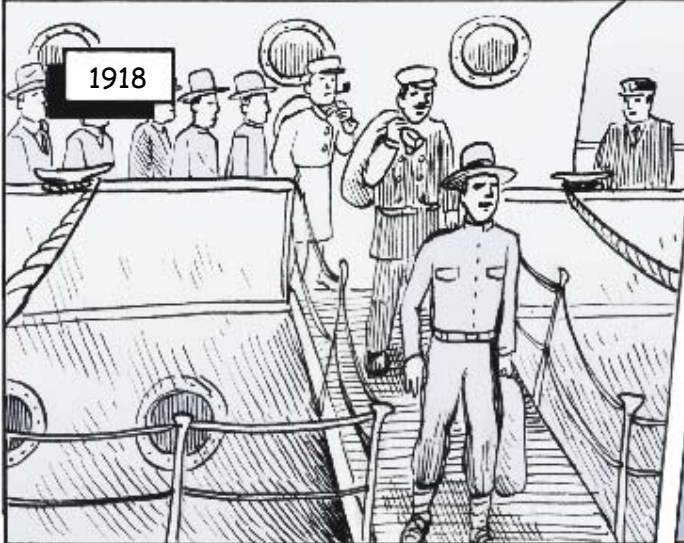


Nov yog cov kab mob hnoos vais lav (virus) uas xoos pom ze txhiab thiab pua zaus.

Tsis thooj li cov hnoos uas peb pom lub caij ntuj no, nws tsis tau muaj cov tshuaj los tiv thaiv tau lub sij hawm no.



Ib tug kab mob vais lav (virus) nws nthuav txav thiab kis rau lwm tus tib neeg tau sai heev.



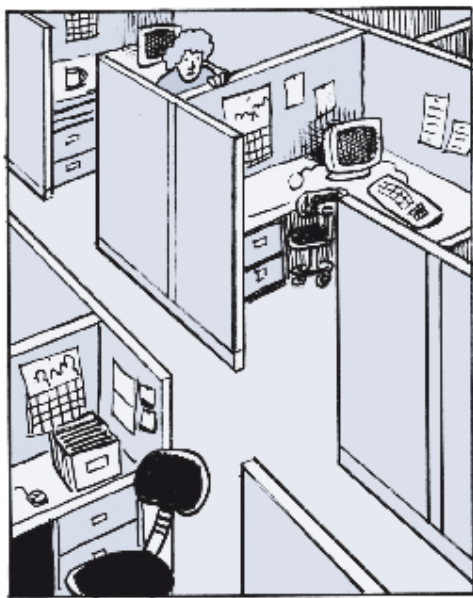
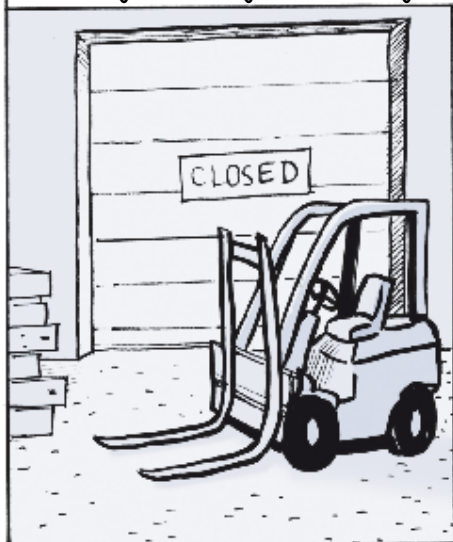
Tus kab mob hnoos no nws kis mus thooob txhua ces kaum ntuj. Txhua qhov chaw, txhua hnub nws yuav pauv.



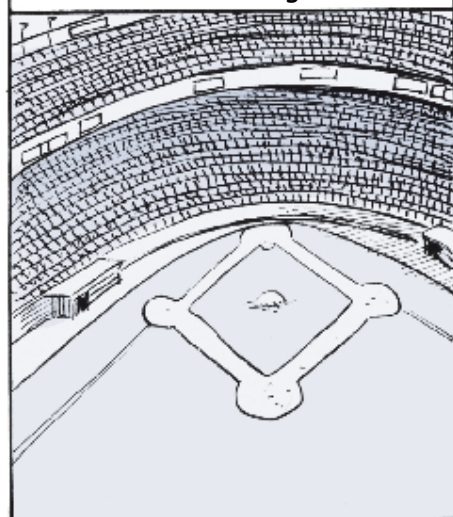
Yuav kom nws tsis txhob sib kis mus deb, cov tsev kawm ntawv thiab cov tsev zov me nyuam thiab li tau kaw.



Muaj coob leej mus ua hauj lwm tsis tau.



Hauj lwm tsoom hwnv
tau tso tseg.



Nws tsis yooj yim nrhiav
tshuaj kho.



Dr. Van mob lawm
thiab. Kuv tsis paub peb
yuav maj yeej li cas.



Tiam sis ntau tus mob hnoos yuav
kho nyob rau tom tsev.



Nws yuav tsis phem npaum li xyoo
1918. Ob zaug mob hnoos kuj muaj
nyob rau xyoo 1957 thiab 1968.



Txawm tias nws tsis npaum
ntawd los, peb yuav tau npaj.



Npaj siab nyob twj ywm hauv tsev yam luv yog ib lub lim tiam.*



* Yam luv kawg nkaus, suav txij cov mob los yuav yog lis tiam txog rau hli hli.

Npaj tej khoom kho mob thiab tshuaj siv kom txaus.



Txiav tsim siab leej twg yuav zov me nyuam yog lawv kaw tsev kawm ntawv.



Npaj tias yuav ua tau haujlwm licas tom tsev, yog ua tau.



Npaj siab pab sawv daws thaum lub caij muaj mob.



Tiv thaiv kab mob hnoos. Nws sib kis thaum hnoos thiab txham.



Los yog thaum txhais tes muaj kab mob hnoos lo...



...es ho mus tuav ntawm tej.



Tus kab mob muaj peev xwm yuav nyob ntawm qhov koj tuav ntau hnub tsis tuag.

Ntxuav tes tas li kuj yog ib qho pab thaiv tau zoo heev thiab



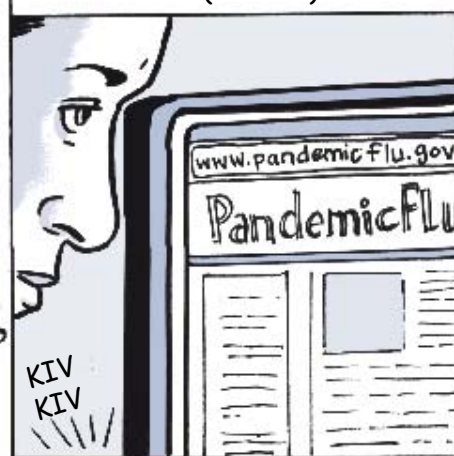
Siv cawv los yog tshuaj txhuam yog tias koj tsis muaj dej thiab xus npum ntxuav.



Tiv thaiv kab mob hnoos es npog qhov ncauj thaum koj hnoos thiab txham.



Kawm paub txog kab mob hnoos los ntawm nej lub tsev saib xyuas kev noj qab nyob zoo los yog hauv vev xaib (website)



Tsis muaj neeg paub tias kab mob yuav los thaum twg li, puas yog?



Raug lawm. Tiam sis yog peb npaj tam sim no, peb yuav pom gab ua dhau tus kab mob yog thaum twg nws tshwm sim.



Thiab nco ntsoov, txawm tias tus kab mob phem los coob tus, xws li Koj Pog Koob Maria, yuav tsis tuag..



Qhia Ntsiab Lus:

Kab Mob Hnoos (Hnoos): yog ib yam mob uas mob lub qhov ntswg, mob caj pas thiab lub ntsws uas nws muaj mob los ntawm cov kab mob vais lav (Virus). Hnoos muaj peev xwm kis ntawm ib tug rau lwm tus tau.

Pandemic: Kab mob uas pib mob ib qho es kis mus thoob qhov txhia chaw hauv qab ntuj no.

Vais lav (Virus): yog ib hom kab mob ua rau yus muaj mob no, xws li kev niaj hnub hnoos, los yog ib yam kab mob uas txaus txhawj. Tshuaj tiv thaiv kab mob kho tsis tau kab mob vais lav..

Lus ua tsaug

Tsim ua los ntawm Public Health – Seattle & King County Advanced Practice Center

Tswv yim thiab zaj dab neeg yog Meredith Li-Vollmer thiab Matthew French

Hauj lwm nraj duab kev zoo nkauj yog David Lasky

Tus pab peev yog [Cooperative Agreement Number U50/CCU302718] los ntawm [Centers for Disease Control and Prevention (CDC)] txog rau [National Association of County & City Health Officials (NACCHO)]. Nws cov ntsiab lus yog cov kws sau ua cov lav xwb thiab nws tsis tau ntaus nqi tias yog [CDC] thiab [NACCHO] pom zoo tib yam li cov lus no.



NACCHO
National Association of County & City Health Officials

APC
Advancing Public Health Preparedness Through Innovation
Advanced Practice Center

Public Health
Seattle & King County