



## PATIENT EDUCATION


# *Cov Tsos Mob ntawm Tus Mob Anaphylaxis Symptoms of Anaphylaxis*

Tus mob Anaphylaxis, muab hu hais tias anaphylactic shock, yog ib yam mob uas muaj qhov tsis haum ua tau mob sab heev. Tej yam zaub mov, tej tshuaj thiab kab, xws li muv, ntseeb, nkawj muv, yuav ua rau ib txhia neeg muaj qhov tsis haum ua tau mob sab heev. Feem ntau, cov neeg uas mob anaphylaxis yeej muaj ib yam uas tsis haum rau cov zaub mov, tshuaj lossis ib tug kab twg lawm.

**Cov tsos mob ntawm tus mob anaphylaxis muaj peev xwm ua tau mob loj uas yuav tau mus ntsib ntawm chav neeg mob hnyav.** Hauv qab no yuav qhia txog cov tsos mob uas tshwm sim tau:

- Ua pa nyuaj, xws li hawb pob, txog siav, hnoos, lossis khaus qhov ntswg txhaws ntswg.
- Mob hauv siab lossis mloog tau li hauv siab ceev.
- Txhaws qa.
- Nqos tsis tau lossis lub qa ceev lossis lub qa thiab qhov ncauj txob.

- Muaj teeb meej roj ntsha khiav tsis thoob ib ce. Cov tsos mob muaj xws li: daj ntseg lossis xiav, plawv dhia qeeb, kiv taub hau, qhov muag daj lossis tsaus muag, ntshav ntoj qis, ceeb, lossis tsaus muag tsis hnov lawm.
- Tawv nqaij hloov, xws li ua xua, o, xoo ib cov pob, mloog tau khaus ib ce, lossis hnov li ib ce sov so lossis liab.
- Muaj teeb meem qhov mob plab, xws li xeev siab, mob, tu leeg, ntuav, lossis raws plab.
- Nyuaj siab txhawj hais tias tej yam phem yuav tshwm sim.
- Qhov muag khaus, liab lossis los kua.
- Mob taub hau.
- Lub tsev menyuum mob tej zag.

 Yog hais tias koj ntsuas tau muaj cov tsos mob zoo li no lawm, mus cuag tsev kho mob kom sai li sai tau. Hu tau rau 9-1-1 lossis hais kom ib tug neeg thauj koj mus rau ntawm chav kho mob hnyav uas nyob ze ntawm koj.

Yog hais tias koj muaj lus nug lossis kev txhawj xeeb txog tus mob anaphylaxis lossis cov ntaub ntawv piav qhia no, thov tham nrog koj cov kws kho mob. Lawv lub luag haujlwm yog xav pab koj xwb.

*Cov ntaub ntawv sau hauv no yog qhia ua kev kawm thiab kom paub xwb. Tej no yuav tsis hloov qhov uas yuav tau mus cuag kws kho mob, tej kev kuaj xyuas lossis kho koj tus mob. Tej zaum kev tshawb fawb tshiab txog kev kho mob yuav hloov tej yam uas muab sau rau hauv no thiab. Yog tias koj muaj lus nug txog ib yam mob twg, mus tham nrog koj tus kws kho mob txhua lub sijhawm.*

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