

# Yuav ua li cas kom txo tau koj txoj kev pheej hmoo rau kev kis tawm tus kab mob raws plab (C. difficile) rau hauv tsev

Tus kab mob raws plab (C. difficile los sis C. diff) yog cov kab mob bacteria (kab mob) uas yuav ua tau rau muaj cov tsos mob xws li mob plab thiab raws plab. Cov kab mob no pom muaj nyob rau hauv cov quav (quav), yog li nws yog ib qho tseem ceeb heev rau koj ntxuav koj ob txhais tes thiab ntxuav koj lub tsev kom tsis txhob kis tus kab mob C. diff rau hauv tsev. Thaum koj nyob rau hauv tsev, koj tuaj yeem ua raws li koj txoj kev niaj hnuv ua. Koj tuaj yeem rov qab mus ua hauv lwm thaum twg koj hnov tias mus tau los yog tom qab koj tus kab mob raws plab tsum lawm. Tsev neeg thiab cov phooj ywg, nrog rau cov me nyuam yaus los yeej tuaj yeem tuaj xyuas koj tau. Cov neeg uas muaj kev pheej hmoo siab tshaj plaws rau kev kis tau tus kab mob C. diff yog cov uas nyuam qhuav noj tshuaj tua kab mob tsis ntev los no. Nov yog ob peb yam uas koj tuaj yeem ua kom txo tau txoj kev pheej hmoo rau kev kis tawm tus kab mob C. diff nyob rau hauv koj lub tsev.



## Noj kom tag koj cov tshuaj tua kab mob

- Noj nws kom tag tab txawm hais tias koj hnov tias zoo zog tuaj lawm.
- Ua raws li koj tus neeg muab kev pab kws kho mob tau hais
- Nws yog ib qho tseem ceeb heev uas yuav tau qhia rau koj cov neeg muab kev pab kws kho mob tias koj tau muaj tus kab mob C. diff.



## Xuas xab npum thiab dej ntxuav koj ob txhais tes

- Ntxuav kom tuab ntws, tshwj xeeb tshaj yog tias koj ob txhais tes tau chwv cov quav (quav)
- Xab npum thiab dej yog txoj kev zoo tshaj plaws rau kev ntxuav tus kab mob C. diff tawm pov tseg.
- Cov neeg uas nyob nrog koj thiab cov neeg tuaj xyuas koj yuav tsum ntxuav lawv cov tes:
  - Ua ntej thiab tom qab npaj zaub mov noj
  - Tom qab siv chav dej
  - Tom qab ntxuav chav dej
  - Tom qab chwv cov khaub ncaws qias neeg



## Ntxuav & tua tshuaj tua kab mob rau koj lub tsev

- Muab cov khaub ncaws thiab cov ntaub pua nyias ntshua nyias yog tias lawv ntub/lo quav (quav).
  - Siv cov dej sov so nrog xab npum ntshua khaub ncaws ib txwm; siv cov tshuaj tsau kom khaub ncaws dawb thaum twg tsim nyog.
  - Txhiab cov khaub ncaws kom qhuav hauv lub cav txhiab khaub ncaws uas kub heev, yog tias ua tau.
- Siv cov tshuaj tua kab mob hauv tsev uas muaj los yog tsis muaj cov tshuaj ua kom dawb nrog (nco ntsoov ua raws li cov lus qhia ntawm daim ntawv lo) lossis qhov tshuaj ua kom dawb yaj ua kua (ib feem tshuaj tauj kaum feem dej).
- Tus kab mob C. diff tuaj yeem nyob rau ntawm cov npoo tsev tau mus ntev ntev. Yuav kom ntxuav tawm tau cov kab mob C. diff no, yuav tau ntxuav ua kev nyiam huv rau cov cheeb tsam/ cov khoom hauv koj lub tsev uas raug siv heev txhua hnuv xws li chav tawm rooj, cov dab ntxuav muag, cov kais da dej, lub dab da dej, qhov kaw thiab qhib dej ntawm tus kais dej, cov remote tso nam TV, khoos phis tawj cov keyboards/cov nab cos kov, thiab cov xov tooj.



## Thaum twg thiaj tsim nyog rau kuv hu rau kuv tus kws kho mob?

- Muaj ib lub cij fim uas tus kab mob C. diff tuaj yeem rov qab tshwm sim mob dua tau. Hu rau koj tus kws kho mob yog tias koj pib muaj cov tsos mob ntawm tus kab mob C. diff xws li raws plab, ua npaws, lossis mob plab.



Minnesota Hospital Association





# Be A Germ-Buster



## WASH YOUR HANDS

