

## MUAB SIJ HAWM LOS TU XYUAS

RAU KOJ TUS KHEEJ ...RAU COV NEEG UAS KOJ YUAV TAU XYUAS

Tsab ntawv no yog tsim los ntawm FDA lub Chaw Hauj Lwm Lis Txog Poj Niam Kev Noj Qab Haus Huv (Office of Women's Health) (OWH) thiab Teb Chaws Lub Koom Haum Tswj Xyuas Cov Khw Muag Tshuaj (National Association of Chain Drug Stores) (NACDS).

**NACDS**

National Association of Chain Drug Stores



**FDA U.S. FOOD & DRUG ADMINISTRATION**

Chaw Hauj Lwm Lis Txog Poj  
Niam Kev Noj Qab Haus Huv  
[www.fda.gov/womens](http://www.fda.gov/womens)

# KUV COV TSHUAJ

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## SIV COV TSHUAJ KOM ZOO

Xws li ntawm 30% txog 50% ntawm cov neeg siv cov tshuaj yeej tsis siv raws li qhia. Qhov no tsim muaj cov kev mus ntsib kws kho mob, mus pw kho mob, poob nyiaj txiag thiab hloov cov tshuaj sau ntau heev dua. Cov no raug nyiaj ntau tshaj \$100 billion rau cov Neeg Asmeskas ib xyoos twg.

Feem ntau, cov neeg laus xyuas txog cov tshuaj siv rau tag nrho lub tsev neeg thiab rau lawv tus kheej. Yog li peb yuav tau nyeem daim ntawv lo qhia, xyeej cov teeb meem, nug tej lus muaj, thiab teev cia rau hauv ntawv.

### 1. NYEEM DAIM NTAWV LO QHIA

Ua ntej koj siv qhov tshuaj, nyeem daim ntawv lo qhia. Daim ntawv lo qhia:

**Teev cov txuam nrog qhov tshuaj** - Yog koj paub tias koj tsis haum ib yam twg ntawm qhov tshuaj, tsis txhob siv nws. Hais koj tus kws kho mob los sis kws muab tshuaj kom muab lwm qhov tshuaj txawv.

**Cov kev ceev faj** - Ua tib zoo nyeem cov no.

**Hnub tas caij siv tau** - Tsis txhob siv qhov tshuaj tom qab hnub tas caij siv tau sau rau ntawm lub fwj. Nws yuav tsis ua hauj lwm zoo.

Xav paub ntxiv txog koj cov tshuaj nug koj tus kws muab tshuaj.

### 2. AVOID PROBLEMS

Cov tshuaj yuav tsim muaj cov teeb meem los sis kev mob tshwm sim xws li tsaug zog, ntuav, los ntshav, mob taub hau los sis sawv pob. Nug txog cov kev mob tshwm sim muaj los ntawm qhov tshuaj koj noj. Sib tham nrog koj tus kws kho mob, kws muab tshuaj los sis neeg tu mob.

Muab koj cov tshuaj teeb kom zoo.

Tsis txhob hla tsis siv koj cov tshuaj. Tsis txhob muab cov tshuaj sib faib siv.

Tsis txhob siv qhov tshuaj thaum tsaus ntuj nti.

### 3. NUG COV LUS MUAJ

- Qhov tshuaj lub npe hu li cas?
- Puas muaj qhov tshuaj tsis nrov npe?
- Vim li cas kuv thiaj noj qhov tshuaj no?
- Thaum twg kuv thiaj noj nws?
- Kuv yuav tau noj thaum tsis muaj dab tsi hauv plab los sis noj nrog khoom noj khoom haus?
- Haus cawv nrog nws puas nyab xeeb?
- Kuv tsis nco qab noj lawm, kuv yuav ua li cas?
- Kuv yuav tau noj npaum li cas?
- Kuv yuav tau noj mus ntev npaum li cas?
- Kuv yuav tau saib txog tej yam teeb meem twg?

If you are pregnant or nursing a baby, seek the advice of a health professional before taking any medication or diet supplement. Talk with your doctor, pharmacist, or nurse. She/he will be happy to help you.

Teev qhia tej tsis haum cev. \_\_\_\_\_

Kws Kho Mob \_\_\_\_\_

Xov Tooj \_\_\_\_\_

### 4. TEEV CIA COV TSHUAJ KOJ SIV

Kos rau cov kem uas koj siv:

- Tshuaj Aspirin los sis lwm yam tshuaj loog mob/mob taub hau/ ua npaws kub ib ce
- Tshuaj pab kev fab tsis haum cev
- Tshuaj pab hauv siab kub
- Tshuaj khaub thuas
- Tshuaj hnoos
- Tshuaj yuag/tshuaj txhawb roj ntsha
- Tshuaj haw quav
- Tshuaj tsaug zog
- Tshuaj qab los
- Tshuaj rhaub roj ntsha
- Tshuaj ntsuab
- Lwm cov tshuaj \_\_\_\_\_

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NPE: \_\_\_\_\_  
TEEV CIA KOJ COV TSHUAJ SAU

HNUB	KUV QHOV TSHUAJ LUB NPE	KUV NOJ NPAUM LI CAS	THAUM TWG KUV MAM LI NOJ	KUV SIV NWS KHO DAB TSI	COV TSHUAJ NTXIV
PIV TXWV	XXXX	1 lub tshuaj 400 mg	3 zaub ib hnuv twg tom qab noj mov	Pob Qij Txha Yaig	2

**KHAW S CIA QHOV NO RAU HAVV KOJ LUB HNAB LOS SIS HNAB RIS THIAB MUAB QHIA RAU KOJ TUS KWS KHO MOB, KWS MUAB TSHUAJ LOS SIS NEEG TU MOB.**

Hais kom koj tus kws kho mob, kws muab tshuaj, los sis neeg tu mob ceeb toom qhia tej teeb meem loj los ntawm qhov tshuaj rau FDA ntawm 1-800-FDA-1088.