Tivthaiv Kom Tshav Kub Tsis Txhob Ua Rau Yus Mob

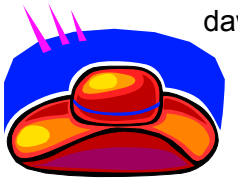
Cov tshav kub thaum lub caij ntuj sov ua tau rau yus mob. Lub cev uas kub ua tau rau lub hlwb thiab lwm yam hauv lub cev puas. Qee yam ntawm lub cev yuav ua rau nws nyuaj rau lub cev laj taus thaum lub caij ntuj sov. Xwsli kev laus, kev rog, kev kubcev, dej tsis txaus, kev mob plawv, ntshav khiav tsis zoo, tshav kub daim tawv thiab kev haus yeeb-tshuaj thiab cawv. Yuav kom tivthaiv tau yus tuskheej thaum tshav kub:

Haus Dej Kom Txaus

Kev tawm hws ua rau yus cov ntsev thiab lwm yam minerals tawm ntawm yus lub cev. Thaum tshav kub, haus dej, kua txiv, thiab cov sports drinks kom ntau. Tsis txhob haus cov dej muaj caffeine (tshuajyej, kafes, thiab dej qabzib) thiab cawv. Nquag noj mov.

Hnav Khaub-ncaws Nyias thiab Tshuaj Pleev Thaiv Hnub

Hnav khaub-ncaws tsawg li tsawg tau thaum nyob hauv tsev. Xaiv cov khaub-ncaws nyias, dawb, thiab xoob los hnav.



Thaum tshav kub, ntoo lub kaus-mom dav yuav ua rau lub taubhau laj.

Yog koj yuav mus tiv tshav, siv tshuaj pleev thaiv hnub uas thaiv tau (SPF) txog li 15 lossis tshaj ntawd thiab ua raws li nws cov kev qhia. Rov pleev dua li 2 teev yog tseem tiv tshav ntxiv.

Ceebtoom: Yog koj tus kws khomob txwv cov dej uas koj haus lossis yog koj noj tshuaj dej, nug nws saib koj tsimnyog yuav haus dej npaum licas thaum sov sov. Yog koj noj tsis tau ntsev, nrog koj tus kws khomob tham uantej koj yuav haus cov dej sports.

Nyob Lajntxiag hauv Tsev

Qhov zoo tshaj thaum tshav kub kub mas yog mus zaum hauv ib hoob uas muaj cua txias. Yog koj tsis muaj lub tshuab cua txias, mus rau hauv ib lub khw muag khoom (mall) lossis tsev rau pejxeem siv li ob peb teev. Mus da dej txias los pab tau thiab.

Xaiv Cov Kev Yuav Tawm Sab Nraud

Tsis txhob ua dabtsi thaum kub kub, yav tav-su dua. Yog koj yuavtsum tau tawm mus sab nraud, npaj kom koj mus uantej tav-su lossis mus thaum yav lig. Thaum tawm sab nraud, nquag mus so nraim tshav. Tsis txhob cia menyuam yaus lossis tsiaj nyob hauv lub tsheb uas nres cia ib zaug li.

Ua Li Koj Ua Tau Xwb

Yog koj ua haujlwm lossis tawm dagzog tsis kam rau thaum tshav kub kub, pib majmam thiab mam ua ceev zujzus mus. Nquag so. Yog cov kev ua thaum tshav kub kub ua rau koj lub plawv khiav ceev lossis ua tsis taus pa, tso nws tseg, mus zaum qhov chaw uas laj lossis nraim tshav, thiab so. Tshwjxeeb yog koj kiv taubhau, feeb tsis tsham meej, tsis muaj zog lossis yuav tsausmuag.

Siv Neeg Sib Pab

Thaum tshav kub kub, hu xovtooj lossis nrog mus xyuas saib koj cov phoojywg lossis tsevneeg puas nyob zoo thiab kom lwm tus ho ua tib yam li ntawd rau koj. Yog koj paub tej tus laus lossis neeg muaj mob, hu xovtooj lossis nrog mus xyuas nws ib hnub ob zaug thaum tshav kub kub. Xyuas saib puas pom nws qaug ntshav lossis muaj stroke tshav kub (heat stroke).

Kev kub muaj peevxwm ua tau rau muaj mob loj. Kawm kom paub tias cov kev mob vim tshav kub yog mob licas thiab npaj kom paub los pab tus neeg uas muaj mob.

Kho Kev Mob Tshav Kub

Stroke tshav kub (heat stroke) yog muaj thaum lub cev tsis muaj peevxwm tswj tau qhov kev kub (temperature) ntawm lub cev li lawm. Qhov kub ntawm lub cev nce ceev. Lub cev tawm hws tsis yeej thiab tswj tsis tau kom nws rov laj. Tej uas qhia tias muaj stroke tshav kub yog tej yam xwsli daim tawv liab, kub kub, thiab qhuav; lub cev kub heev, kiv taubhau, xeevsiab, feeb tsis meej, coj txawv txawv lossis hnovqab, ntshav khiav ceev lossis mob taubhau heev. Stroke tshav kub muaj peevxwm ua rau tuag taus lossis muaj kev tu-ncua loj hauv lub cev yog tias tsis coj mus kho. Tej yuav tau ua:

- Coj mus kho sai.
- Coj tus neeg mob mus nraim tshav.
- Ua kom nws laj los ntawm kev muab nws dadej txias, ywg dej rau, thiab lwm yam.
- Tsis txhob muab dej rau nws haus.
- Yog cov neeg khomob xwmtxheej ceev tuaj qeeb, hu rau lub tsev khomob saib yuav tau ua licas rau nws ntxiv.

Qaug tshav kub (heat exhaustion) yog ib yam mob loj tsis heev uas yog muaj thaum lub cev sem dej thiab ntsev ntau dhau lawm hauv cov hws. Tej uas qhia tias muaj qaug tshav kub yog tej yam xwsli tawm hws heev, tu-sauv, mob taubhau, xeevsiab lossis ntuav, tsejmuag daj, nkees, tsis muaj zog, kiv taubhau thiab tsausmuag. Yog tsis kho kev qaug tshav kub, nws yuav dhau los ua stroke tshav kub. Cia li mus nrhiav kev khomob yog pom tias mob heev lossis tus neeg ntawd mob plawv lossis muaj ntshav siab. Pab kom tus neeg ntawd lub cev laj los ntawm:

- Kev haus dej txias, tsis yog cawv,
- Kev muab nws pw thiab so,
- Kev muab da, raus, lossis npuab dej txias,
- Kev muab nws mus nte cua txias,
- Muab hnav khaub-ncaws nyias.

Tu-sauv tshav kub (heat cramps) yog mob cov nqaij ntshiv thiab tu-sauv vim ua haujlwm hnyav. Feem ntau yog tu-sauv plab thiab tu-sauv plab-hlaub. Luag ntseeg tias nws tu-sauv vim muaj kev sem dej thiab ntsev ntau hauv cov hws lawm. Yog koj mob plawv lossis noj tsis tau ntsev, cia li mus nrhiav kev khomob rau kev tu-sauv tshav kub. Tej yuav tau ua:

- Tsum yam koj ua ntawd. Mus zaum twbywm hauv ib qhov chaw uas laj laj.
- Haus kua txiv tshiab lossis dej sports.
- So li ob peb teev kom tsis txhob muaj qaug tshav kub lossis stroke tshav kub.
- Mus nrhiav kev khomob yog pheej tseem tu-sauv tshav kub tomqab ib teev.

Tshav kub daim tawv (sunburn) yog thaum daim tawv liab, mob, thiab pheej kublug tomqab mus ziab tshav los. Tsimnyog txwv tsis txhob pub kom tshav kub daim tawv vim nws yuav ua rau daim tawv puas thiab yuav ua rau muaj lwm yam mob uas loj tuaj. Tej yuav tau ua:

- Mus ntsib kws khomob yog tias tus raug tshav kub daim tawv ntawd tsis tau muaj hnub nyoog ib xyoos, lossis nws kubcev, tawm hlwv lossis mob heev.
- Khiav mus nraim tshav.
- Muab qhov raug tshav kub ntawd los raus dej txias.
- Siv tshuaj lotion los pleev qhov tshav kub, tsis txhob siv salve, butter lossis ointment.
- Tsis txhob hno cov hlwv.

Yog xav tau kev qhia ntxiv…

Hu rau CDC mus muab kev qhia ua lus Askiv lossis Mev:
800-CDC-INFO (800-232-4636)
888-232-6348 (TTY)
Lossis mus xyuas: www.cdc.gov
www.bepreparedcalifornia.ca.gov