



# Kev Txhaj Tshuaj Tiv Thaiv HPV Tseem Ceeb Npaum Li Cas rau Cov Me Nyuam Hluas thiab Cov Hluas? Nug Kristen Leej Txiv.

Peb tus ntxhais Kristen tau muaj kev lom zem, zoo siab thaum yau. Nws yog ib tug me nyuam kawm ntawv zoo, ntaus rugby, cello thiab guitar. Nws tau cog lus hauv lub neej. Nws kawm tiav hauv tsev kawm qib siab nrog txoj kev ua hauj lwm zoo ua ntej nws. Tom qab ntawv muaj teeb meem tshwm sim. Nws tau kuaj pom muaj mob khees xaws. Kaum ib hlis tom qab nws tau tag txoj sia thaum muaj hnuv nyoog 23 xyoos.

Koj mob siab rau tiv thaiv koj cov me nyuam. Koj nco ntsoov cov sij hawm zoo. Koj mob siab rau txoj kev nco qab. Koj thov kom nws tsis txhob tshwm sim dua. Nws tsis tas yuav tsum tshwm sim. Mob khees xaws ncauj tsev me nyuam muaj ib qho tseem ceeb ua rau mob: HPV. Qhov ntawd ua rau tuaj yeem tiv thaiv tau yuav luag 100%. Cov tshuaj tiv thaiv mob HPV tuaj yeem cawm tau Kristen txoj sia. Tiv thaiv koj cov me nyuam. Txhaj tshuaj tiv thaiv lawv.

–Kristen Leej Txiv

Kristen ploj tuag los ntawm kev mob khees xaws hauv ncauj tsev me nyuam, mob khees xaws los ntawm tib neeg papillomavirus (HPV). HPV yog ib yam kab mob uas nquag pom kis tau los ntawm kev sib deev. Ntau tshaj li ib nrab ntawm cov txiv neej thiab poj niam yuav kis tau tus kab mob HPV nyob rau qee lub sij hawm hauv lawv lub neej, tab sis feem ntau yuav tsis paub thaum lawv muaj tus mob.

Cov kev kis mob HPV tuaj yeem ua rau mob khees xaws hauv cov poj niam thiab mob khees xaws chaw mos hauv cov txiv neej. HPV tseem tuaj yeem ua rau mob khees xaws hauv caj pas thiab qhov ncauj, mob khees xaws hauv qhov quav, thiab qhov chaw mos ntawm cov txiv neej thiab poj niam.

Tab sis, koj tuaj yeem pab **tiv thaiv** koj tus me nyuam los ntawm cov mob khees xaws no nrog cov tshuaj tiv thaiv HPV.

## Thaum twg kuv tus me nyuam yuav tsum tau txhaj tshuaj tiv thaiv?

Txhua tus ntxhais thiab tub yuav tsum tau txhaj tshuaj tiv thaiv kab mob HPV, feem ntau yog hnuv nyoog thaj tsam 9 txog 12 xyoos. Cov me nyuam hluas hnuv nyoog 9-14 xyoo feem ntau yuav tau txhaj ob koob tshuaj. Cov hluas hnuv nyoog 15 xyoos thiab laus dua yuav tsum tau txhaj peb koob.

Teem caij koj tus me nyuam txhaj tshuaj zaum txuas ntxiv tom ntej ua ntej tawm hauv lub chaw kuaj mob.

Yog tias pib txhaj cov tshuaj thaum muaj hnuv nyoog 9-14 xyoo:

HPV Koob #1 \_\_\_\_\_  
(Hnuv Tim Hnuv No)

HPV Koob #2 \_\_\_\_\_  
(6-12 hlis tom qab #1)

Yog tias pib txhaj cov tshuaj thaum muaj hnuv nyoog 15 xyoo los sis laus dua:

HPV Koob #1 \_\_\_\_\_  
(Hnuv Tim Hnuv No)

HPV Koob #2 \_\_\_\_\_  
(1-2 hlis tom qab #1)

HPV Koob #3 \_\_\_\_\_  
(4 hlis tom qab #2)

Koj tus me nyuam yuav tsum tau txhaj tag nrho cov tshuaj tiv thaiv kab mob!

## Vim li cas thiaj txhaj tshuaj tiv thaiv kab mob HPV thaum lub hnuv nyoog tseem yau?

Cov tshuaj tiv thaiv kab mob HPV ua hauj lwm zoo dua thaum lub sij hawm tseem hnuv nyoog tseem yau dua li txhaj tom qab. Cov me nyuam yaus uas txhaj tshuaj tiv thaiv kab mob thaum yau yuav tsum tau txhaj ob zaug xwb tsis yog peb zaug. Rau cov laj thawj no, nws yog qhov zoo dua tsis txhob tos.

## Cov kab mob khees xaws twg uas cov tshuaj tiv thaiv kab mob HPV tuaj yeem tiv thaiv tau?

Cov tshuaj tiv thaiv kab mob HPV hom uas ua rau:

- mob khees xaws hauv tsev me nyuam, qhov chaw mos, thiab qhov chaw mos ntau cov poj niam
- mob khees xaws chaw mos hauv cov txiv neej
- mob khees xaws hauv qhov quav thiab caj pas hauv poj niam thiab txiv neej.

## Puas yog cov tshuaj tiv thaiv kab mob HPV muaj kev nyab xeeb?

Yog. Cov tshuaj tiv thaiv kab mob HPV nyab xeeb heev. Kaum dhau ntau lab tus tib neeg thoob ntiat teb twb tau txhaj cov tshuaj tiv thaiv HPV lawm. Thaum muaj kev siv tsis haum tshwm sim, lawv ib txwm mob me, xws li hnov mob me ntsis, ua pob liab, los sis o ntau caj npab qhov chaw txhaj tshuaj. Cov kev mob tshwm sim tsawg tshaj yog ua npaws, qaug zog, mob taub hau, los sis ua xua.

Qee cov me nyuam hluas thiab cov hluas yuav qaug zog tom qab ib qho kev kho mob, suav nrog kev txhaj tshuaj tiv thaiv kab mob. Tham nrog koj tus kws kho mob txog kev soj qab xyuas koj tus me nyuam zaum los sis pw tsaug zog li 15 feeb tom qab lawv txhaj tshuaj.

Cov tsos mob hnyav tshwm sim los ntau cov tshuaj tiv thaiv kab mob HPV tsis tshua muaj. Nws yog ib qho tseem ceeb kom qhia rau tus kws kho mob los sis tus kws saib xyuas neeg mob yog tias koj tus me nyuam hluas muaj kev siv sis haum tshuaj hnyav, nrog rau kev siv tsis haum tshuaj ua poov.

## Cov tshuaj tiv thaiv HPV siv tau txiaj ntsig li cas?

Cov tshuaj tiv thaiv HPV muaj txiaj ntsig zoo hauv kev tiv thaiv ntau hom HPV uas tuaj yeem ua rau mob khees xaws.

Cov neeg uas kis tus kab mob HPV poob qis heev hauv cov teb chaws uas tau txhaj tshuaj tiv thaiv HPV.

## Puas yog cov poj niam tseem yuav tsum tau kuaj Pap tom qab txhaj tshuaj tiv thaiv HPV?

Yog. Txhua tus poj niam yuav tsum tau kuaj Pap hnuv pib thaum muaj hnuv nyoog 21 xyoos, vim tias cov tshuaj tiv thaiv tsis tiv thaiv txhua hom HPV.

## Kuv tuaj yeem kawm paub ntau ntxiv qhov twg?

Yog xav paub ntau ntxiv txog cov tshuaj tiv thaiv HPV, tham nrog koj tus me nyuam hluas tus kws kho mob los sis tus kws saib xyuas neeg mob. Koj tuaj yeem mus saib hauv: [cdc.gov/vaccines/teens](https://www.cdc.gov/vaccines/teens).



"Kuv tau txiaj txim siab txhaj tshuaj tiv thaiv kab mob rau kuv tus tub txhawm rau tiv thaiv HPV, vim tias cov tshuaj tiv thaiv tuaj yeem tiv thaiv cov tub los ntau kev kis tus kab mob thiab pab tiv thaiv qhov chaw mos thiab qee cov mob khees xaws." – Patrice