

## Kev Tho Qhov Ncauj: Yam Koj Yuav Tsum Paub Txog

### **Puas muaj pheej hmoo tshwm sim tsis zoo los ntawm kev tho qhov ncauj?**

Muaj. Tseem neeg feem coob xav tias kev tho qhov ncauj yog ibqho kev xaiv uas muaj pheej hmoo tshwm tsim tsis zoo tsawg losxij, nws kuj muaj pheej hmoo tshwm sim tsis zoo los ntawm qhov kev tho qhov ncauj tau thiab. Tus qauv uas nquag pom tshwm sim tomqab tho qhov ncauj tag yog muaj xws li mob, o loj thiab muaj aub ncaug ntau tuaj. Lub qhov ncauj muaj cov kabmob bacteria puv tag thiab tsis tuaj yeem saib xyuas “tu” tau raws li keeb kwm tu. Tej zaum kuj ua rau kis kabmob tau yoojyim tuaj ntxiv tomqab tho qhov ncauj tag, tabsis nws kuj tsis yog nquag tshwm sim, thiab nws kuj tuaj yeem kis cov kabmob txaus ntshai tau xws li kabmob siab lossis kabmob plawv (o liab rau daim npluag qhwv lub plawv). Ntxiv rau qhov no, cov kws tho uas tsis tau kawm paub txog cov txheej txheem qauv thiab cov uas tej zaum lawv muaj kev paub tsawg txog tibneeg lub cev thiab kev ua haujlwm ntawm lub cev. Yog ib txoj hlab ntsha lossis hlab ntsha hlwb raug rab koob hno thaum tho, ua rau mob thiab tswj xyuas cov ntshav tawm los tau nyuaj lossis tuaj yeem ua rau txoj hlab ntsha hlwb puas tau. Muaj qee kis, kuj ua rau ntshav raug tshuaj lom tau, fab cov txhuas-hlau, lossis ua rau ntshav khov. Tseem tias tomqab qhov mob ntawd rov zoo los lawm, nws tseem muaj pheej hmoo tshwm sim tsis zoo txaus ntshai rau cov hniav thiab cov pos hniav los ntawm cov khoom siv hauv qhov ncauj. Cov khoom siv txhuas-hlau yeej yog yam tsis zoo uas nquag ua rau cov hniav tawg lossis

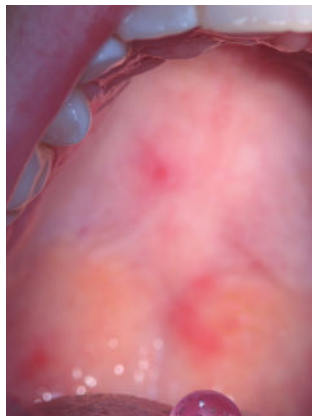
dam. Cov khoom siv roj hmab (yas) yuav txo tau qhov muaj pheej hmoo tshwm sim tsis zoo no tau, tseem tias tsis tuaj yeem txo kom tau tag nrho losxij. Hais txog kev tho di ncauj, “hauv qab” ntawm cov khoom siv coj uasi, uas muab tso rau sab hauv lub qhov ncauj tuaj yeem ua rau khaus rau cov pos hniav thiab npluag nqaij lwm sab tau. Qhov seem ntawm qhov khoom siv txhuas-hlaus lossis roj hmab ntawm cov pos hniav, nws tuaj yeem txhuam thiab ua rau nws txav mus mus los los. Qhov zoo li no yuav tau rov qab phais cog dua tshiab thiab muaj qee kis ua rau hniav puas. Qhov no nquag tshwm sim ntau dua yam tibneeg nkag siab. Yog li ntawd, nws thiaj li tseem ceeb heev uas yuav tau nquag mus kuaj cov pos hniav losyog npluag nqaij uas nyob puab qhov khoom siv txhuas-hlau lossis roj hmab uas muab tso rau thiaj li yuav paub tias nws nyab xeeb. Yog qhov khoom siv coj uasi ntawd ua rau puas lossis kis kabmob tau, yuav tau tshuaj xyuas ua ntej thaum ntxov.

### **Yog kuv twb tho qhov ncauj coj khoom siv coj uasi lawm yuav ua licas?**

Yog koj twb tho qhov ncauj lawm, kev paub txog qhov muaj feem ua pua tsuaj los ntawm qhov khoom siv coj uasi, tej zaum koj yuav tau muab nws tshem tawm thiaj li tiv thaiv koj cov hniav thiab pos hniav tau. Yog koj tseem coj qhov khoom siv uasi mus ntxiv, thaum koj mus ua kis-las nco ntsoov muab cov khoom siv coj hauv qhov ncauj tshem



*Pab yees duab los ntawm Dr. Lynn Sayre-Carstairs*



*Pab yees duab los ntawm Dr. Marc Miller*

tawm. Thiab ntxuav tes kom huv si, nquag kuaj xyuas qhov zawm ntawm koj qhov khoom siv coj uasi tas li, yog qhov khoom siv coj uasi xoob thiab plam losyog thaiv nws tuaj yeem ua rau kev zom cov zaub mov thiab nqos mov tsis tau.

### **Kuv yuav xaiv ib tug kws paub tho qhov ncauj muaj koob nrov npe tau licias?**

Kev xaiv ib tug kws paub tho qhov ncauj zoo yog thawj thawj khauj ruam tseem ceeb thaum txiav txim mus tho qhov ncauj. Lub Koom Haum Kws Paub Tho (APP), ib lub koom haum txawv tebchaws pab neeg txom nyeem tau mob siab thiab rau siab los pab muab cov ntaub ntawv qhia txog kev tho qhov ncauj kom muaj kev nyab xeeb thiab nyob zoo, pab muab cov ntaub ntawv tso rau ntawm tsoomfwv lub website [www.safepiercing.org](http://www.safepiercing.org). APP xav hais qhia tias ua ntej koj xaiv ib tug kws paub tho qhov ncauj koj yuav tsum paub tseeb tias lawv yuav tsum siv qhov khoom siv uas twb raug tua kabmob lawm thiab tsis txhob muab cov koob tho uas twb siv lawm coj rov qab los siv dua. Thiab kuaj xyuas

hauv chav tho seb nws puas huv si thiab nug cov lus qhia saib xyuas tomqab tho tag. Kev nug tus kws tho, qhov no yuav pab koj tshuaj xyuas txog yam nws paub yav dhau los, xws li nws tau kawm qhov twg los, chav nws kawm zoo licias, thiab nws tau tho los tau puas tsawg xyoo lawm. Mloog txhua yam hais los no raws li koj tus kheej xav. Yog qhov chaw no tsis tau raws li txhua yam qauv koj yuav tau saib xyuas.

### **Qhov tseem ceeb yog xaiv qhov raug muab qhia rau.**

Thaum kawg, kev txiav txim siab tho, lossis tsis tho yog nyob ntawm tus kheej. Peb xav hais qhia rau koj tias koj yuav tau sablaj nrog koj tus CDA tswvcuab kws khomob ua ntej koj txiav txim siab tejam tseem ceeb li no. Thaum koj txiav txim siab ua li ntawd, ua kom tau tag nrho raws li qhuab qhia thiab yuav tsum saib xyuas koj lub qhov ncauj kom zoo xws li txhuam thiab muab hlua xov txhuam txhua hnuv thiab nquag mus kuaj cov hniav tas li.