

## Ricin yog dabtsi?

Ricin yog ib yam tshuaj lom nyaum heev. Nws yog tsim los ntawm ib cov taum (castor plant).



## Ricin zoo licas?

Yog cov neeg phem siv ricin los ua tshuaj lom, nws yuav yog:

- Ib cov pa dej lossis hmoov uas koj yuav nqus tau nws mus rau hauv lub cev, lossis
- Ib cov hmoov uas muab lom tau rau hauv cov zaubmov lossis dej.

Yog luag muab ricin ua ib cov pa dej, lossis nphoo rau hauv cov zaubmov lossis dej, koj yuav tsis pom nws lossis hnov nws tsw.

## Kuv puas tuag taus yog kuv raug ricin lom?

Tuag taus, koj muaj cuabkav yuav tuag taus li ntawm ob peb teev tomqab uas raug lom. Tabsis yog koj nyob ntev li 3-5 hnuv tomqab uas raug lom, tej zaum koj yuav tsis tuag.

## Thaum raug ricin lom yuav mob licas?

Yog tias koj **nqus tau** ricin mus rau hauv lub cev, koj yuav muaj kev:

- ua pa nyuaj
- kubcev
- hnoos
- xeev siab

Tomqab ntawd koj yuav tawm hws ntau, muaj dej hauv koj lub ntsws, ua tsis taus pa, thiab koj cov tawv yuav pib xiav. Thaum kawg koj yuav ua tsis taus pa, thiab tuag.

Yog tias koj **nqos tau** ricin, koj yuav muaj kev:

- ntuav
- thojplab (qee zaum nrog ntshav)
- ua zeeg muag pom ub pom no
- qaug dabpeg (koj lub cev tshee)
- tsozis los ntshav

Li ob peb hnuv, koj lub siab, tus txiav thiab ob lub raum yuav tsis ua haujlwm, thiab koj yuav tuag.

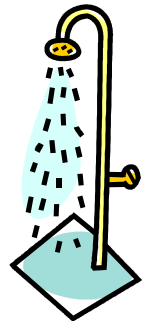
Yog ricin **nphav** koj daim tawv lossis qhovmuag, nws yuav liab thiab koj yuav hnov mob.

## Kuv tsimnyog ua licas yog tias kuv xav tias kuv raug ricin lom lawm?

Hu rau 911.

Tomqab ntawd, yog tias koj **nqus tau** ricin **mus rau hauv lub cev** lossis kov raug ua cov no tamsid:

- **Khiav tawm.** Yog koj nyob nraum zoov, khiav tawm qhov chaw ntawd. Yog tias koj nyob hauv tsev, khiav tawm nraum zoov.
- **Hle koj cov khaubncaws sab nraud povtseg.** Tsis txhob rub khaubncaws hla lub taubhau—**muab nws txiav tawm zoo dua.** Tsis txhob kov koj cov khaubncaws sab nraud. Tej zaum nws yuav muaj ricin.
- **Ntxuav koj tuskheej.** Siv xabnpus thiab dej ntau ntau los ntxuav. Yog tias koj ob lub qhovmuag mob lossis pom kev tsis tseeb, muab dej dawb los yang li 10 rau 15 feeb (minutes).
- **Yog tias koj coj tsom-iav, muab xabnpus thiab dej los ntxuav.** Koj rov muab nws los coj tau tomqab uas koj muab nws ntxuav tas lawm. Yog tias koj coj tsom iav looj ntsiab muag, muab nws hle thiab tsis txhob muab nws los coj ntxiv lawm.
- **Muab koj cov khaubncaws povtseg.** Tomqab koj ntxuav koj tuskheej tas, looj hnab loojtes yas lossis looj hnab yas rau koj ob txhais tes thiab muab cov khaubncaws uas koj hnab ntim rau hauv ib lub hnab yas. Thiab muab lwm yam uas nphav koj cov khaubncaws ntawd pov nrog rau hauv lub hnab. Yog tias koj coj contacts, muab nws pov tseg rau hauv lub hnab thiab.
- **Muab lub hnab yas pav ncauj.** Tomqab ntawd muab lub hnab pav ncauj thiab ntim rau hauv dua ib lub hnab. (Qhia rau cov neeg khomob tias koj muab lub hnab tso rau qhovtwg.)



Yog tias koj **nqos tau** ricin:

- **Hu rau 911.**
- Tsis txhob noj lossis haus dabtsi li.
- **Tsis txhob tshum cajpas kom ntuav.**



## Yog xav tau kev qhia ntxiv...

Hu rau CDC mus nrhiav kev pab ua lus Askiv:  
800-CDC-INFO (800-232-4636)  
888-232-6348 (TTY)

Lossis mus xyuas: [www.cdc.gov/ricin](http://www.cdc.gov/ricin)  
[www.dhs.ca.gov/epo](http://www.dhs.ca.gov/epo)

This form is available in English at:  
[www.dhs.ca.gov/epo](http://www.dhs.ca.gov/epo)