

## Koob Tshuaj COVID-19 Qhov Tseeb

### Cov tshuaj tiv thaiv COVID-19 siv tau nyab xeeb thiaj ua hauj lwm

Tshuaj txhaj tiv thaiv yog tsim los tiv thaiv kab mob. Cov tshuaj txhaj tiv thaiv COVID-19 qhia koj lub cev kom paub txog thiab tawm tsam tus kab mob vaislav (virus) uas ua rau muaj mob COVID-19. Cov tshuaj txhaj tiv thaiv COVID-19 tsis muab tus kab mob COVID-19 rau koj. Cov tshuaj txhaj tiv thaiv COVID-19 pab tiv thaiv koj ntawm tus kab mob COVID-19. Yog tias koj mob COVID-19 tom qab koj mus txhaj tshuaj tiv thaiv tag, nws muaj feem tsawg dua rau koj yuav mob hnyav lossis yuav tau mus pw tom tsev kho mob. **Txhua tus neeg muaj hnub nyoog 6 hli rov saud tsim nyog txhaj tshuaj tiv thaiv.**

**Cov tshuaj tiv thaiv kab mob COVID-19 tau raug ua tib zoo kuaj siv rau ntau pawg neeg ua ntej tso cai siv.** Kaum tawm txhiab tus neeg Dub, neeg Latinx, neeg Meskas Khab, thiab neeg Esxias tau koom kev tshawb fawb cov tshuaj tiv thaiv kab mob Pfizer, Moderna, thiab Novavax. Peb paub tias ntau pawg neeg no, koom nrog rau cov neeg xiam oos khab thiab cov LGBTQ+, feem ntau raug cais tawm ntawm kev txais txiaj ntsig ntawm tej tshuaj kho mob thiab tseem raug kev ntxub ntxaug ntawm haiv neeg, kev ntshai rau tej kev kho mob, thiab raug kev tsim txom ua ntu zus los mus. Cov xwm txheej no tau ntxiv kev cuam tshuam ntawm tus kab mob COVID-19 rau cov pawg neeg no thiab qhia tau tias tseem ceeb npaum li cas uas cov tshuaj yuav tsum ua hauj lwm zoo thiab nyab xeeb rau txhua leej txhua tus.

Tsis muaj kev hla ib yam kauj ruam twg ntawm kev tsim cov tshuaj tiv thaiv kab mob COVID-19 kom nyab xeeb. Lub Koom Haum Tswj Xyuas Khoom Noj Haus thiab Tshuaj (FDA) tau tswj kom muaj ntau ntawv qhia txog kev nyab xeeb ntawm cov tshuaj tiv thaiv ces thiaj li txais kev tso cai siv tau. Tsis tas li ntawd, cov kws tshawb fawb kev kho mob yeej tseem soj nstoov kev nyab xeeb ntawm cov tshuaj tiv thaiv txuas ntxiv los mus thiab.

### Cov tshuaj tiv thaiv uas muaj muab tau

Lub sijhawm no, muaj peb hom tshuaj tiv thaiv uas muab tau: Pfizer, Moderna, thiab Novavax (Tsuas muaj Novavax xwb, thiaj tso cai siv rau cov neeg 12 xyoos rov saud). Koom Haum CDC tsis muaj tias yuav poo zoo rau ib hom tshuaj twg ntau dua lwm hom. Txhua txhua hom tshuaj hais los no yeej pab tiv thaiv tib neeg kom tsis txhob mob COVID-19 hnyav. Tsis yog tias txhua qhov chaw txhaj tshuaj yuav muaj txhua txhua hom tshuaj. Yam tseem ceeb dua plaws ces yuav tsum tsis txhob plam kev txhaj tshuaj. Yog xav paub ntxiv txog cov tshuaj tiv thaiv ces mus saib [CDC: Qhia Txog Cov Tshuaj Tiv Thaiv COVID-19 \(www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/overview-COVID-19-vaccines.html\)](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/overview-COVID-19-vaccines.html).

### Yuav muaj dab tsi thaum koj mus txhaj tshuaj

- Cov kws paub txog kev txhaj tshuaj mam piav rau koj txog cov txheej txheem, seb puas muaj feem xyuam tsis zoo lossis tsos mob li cas tom qab, thiab teb koj cov lus nug.

- Koob tshuaj thiab yuav txhaj pes txawg koob ntawd nyob ntawm koj lub hnuv nyoog, hom tshuaj, seb koj tau txhaj tshuaj li cas dhau los lawm, thiab seb koj lub cev puas muaj qhov tsis muaj zog tiv thaiv kab mob.
- Txhua tub neeg hnuv nyoog 5 xyoo rov saud tsim nyog txhaj ib koob ntawm cov tshuaj tiv thaiv COVID-19 uas tawm rau thaum 2023-2024.
- Cov menyuam muaj 6 hli mus txog 4 xyoo, cov neeg uas muaj qee yam mob nkeeg, thiab cov neeg muaj 65 xyoo rov saud tej zaum yuav tau txhaj ob peb koob tshuaj thiaj li puv.
- Yog tsim nyog rau ua, ces tej zaum tseem ceeb heev tias koj yuav tsum tau txhaj kom txhij txhua txhua koob tshuaj uas pom zoo rau koj es thiaj muaj kev tiv thaiv kab mob COVID-19 tau zoo tshaj plaws. Yog xav paub ntxiv ces mus saib [CDC: Txhaj Tshuaj Tiv Thaiv COVID-19 Kom Puv Raws Sijhawm \(www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html\)](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html).
- Tom qab koj txhaj tshuaj tag tej zaum koj yuav raug saib ib nyuag tsam seb koj puas muaj tsos mob hnyav li cas.

## Cov tsos mob tom qab

Qee leej neeg muaj tau tsos mob tshwm sim tom qab txhaj tshuaj tag. Feem ntau cov tsos mob tsuas kav ntev li ib ob hnuv xwb thiab tsis cuam tshuam li cas rau txoj kev nyob noj. Tej zaum koj muaj tau li no:

- Mob ntawm txhais npab
- Mob tej nqaij leeg
- Nkees
- Mob taub hau
- Kub taub hau/no tshee

Yog koj muaj tsos mob hnyav heev ces mus rau tom tsev kho mob loj lossis hu xov tooj rau 911.

## Koob tshuaj tiv thaiv tsis muaj

- Tshuaj tov kom txuag cia tau ntev
- Tej yam khoom tov los ntawm nqaij npuas
- Qe
- COVID-19 tus kab ciaj sia

## Vim li cas koj thiaj tsim nyog txhaj tshuaj tiv thaiv COVID-19?

- **Tiv thaiv koj tus kheej** ntawm kev mob COVID-19 hnyav thiab kev cuam tshuam mob nkeeg COVID-19 ntev.
- **Txhawb nqa koj tsoom zej zog.** Tiv thaiv cov tib neeg uas mus txhaj tshuaj tsis tau (cov menyuam mos) lossis cov tib neeg uas lub cev txais tshuaj tiv thaiv tau tsis zoo (cov lub cev tsis muaj zog tiv thaiv kab mob).

## Yuav mus txhaj tshuaj li cas

- Nug rau koj tus kws kho mob txog kev teem sijhawm.
- Tiv toj rau cov kws kho mob thiab cov khw muag tshuaj nyob ze rau koj, koom nrog rau cov tsev kho mob me rau menyam yaus thiab tsev neeg, cov thawj kws kho mob, cov tsev saib xyuas kev noj qab haus huv hauv zej zog uas txhawb nrog tsoom fwv, cov chaw saib xyuas pej xeem kev noj qab haus huv hauv ib cheeb tsam, cov chaw saib xyuas kev noj qab haus huv rau tsoom khab, cov tsev kho mob me thiab chaw sib koom ntawm zej zog, thiab cov Chaw Pab Kev Noj Qab Haus Huv Rau Haiv Neeg Khab.
- Saib ntsoov cov chaw txhaj tshuaj uas muaj nyob rau tej tsev kawm ntawv thiab lwm cov chaw pej xeem sib koom hauv koj cheeb tsam zej zog.

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