

# Kev Nyab Xeeb Ntawm Tshuaj Tiv Thaiv Kab Mob COVID-19: Tej Yam Uas Yuav Tsum Tau Paub

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## Cov tshuaj tiv thaiv kab mob yog muaj kev nyab xeeb

Cov tshuaj tiv thaiv kab mob COVID-19 uas peb muaj yob rau hauv Teb Chaws Mes Kas tau raug kuaj xyuas kev nyab xeeb zoo tshaj plaws nyob rau hauv keeb kwm Teb Chaws Mes Kas<sup>1</sup>. Txhua cov tshuaj tiv thaiv kab mob yog tau txais kev pom zoo los sis tau txais kev tso cai siv rau thaum muaj xwm txheej ceev los ntawm U.S. Food and Drug Administration (FDA, Teb Chaws Mekas Lub Chaw Tswj Khoom Noj thiab Tshuaj Kho Mob)—txhais tias lub FDA tsis pom muaj kev txhawj xeeb txog kev nyab xeeb loj.

Cov tshuaj tiv thaiv kab mob yuav raug khuaj xyuas txuas mus ntxiv txhawm rau kev nyab xeeb thiab cov kev siv tau zoo raws li lawv tau siv los ntawm zej tsoom. Teb Chaws Mes Kas muaj ntau cov kev ua hauj lwm txhawm rau nrhiav cov teeb meem kev nyab xeeb thiab daws cov teeb meem ntawd kom ceev thaum uas tshwm sim.



## Kev ua hauj lwm ntawm cov tshuaj tiv thaiv kab mob

Koj yuav pom tej ntaub ntawv uas zoo thooj li cov tshuaj tiv thaiv kab mob kom zoo zog lwm yam. Cov kev sim fab chaw kuaj mob qhia pom tau tias txhua cov tshuaj tiv thaiv kab mob uas muaj ntawd muaj kev pov thaiv tau kab mob COVID-19 tau zoo heev. Qhov sib txawv ncuu ntawm cov tshuaj tiv thaiv kab mob tsis yooj yim rau muab los sib piv vim tias cov tshuaj tiv thaiv kab mob ntawd raug sim nyob rau ntau lub sij hawm thiab ntau cov chaw sib txawv. Qee cov raug sim rau cov hom kab mob COVID-19 uas sib txawv.

Thaum koj tau txhaj tshuaj tiv thaiv kab mob txwm lawm, tej zaum nws kuj tseem yuav kis tau kab mob COVID-19, tab sis koj yuav tsis mob hnyav los sis yuav tsis tau mus cuag tsev kho mob lawm. Cov kev tshawb fawb qhia pom tau tias txhua tej cov tshuaj tiv thaiv kab mob yeej muaj kev pov thaiv tau zoo yam tsawg kawg 85 feem pua nyob rau kev pov thaiv kev mob **hnyav** ntawm kab mob COVID-19. Cov tshuaj tiv thaiv kab mob kuj tau pov thaiv coob leej neeg los ntawm kev muaj **tej** cov tsos mob twg ntawm kab mob COVID-19.

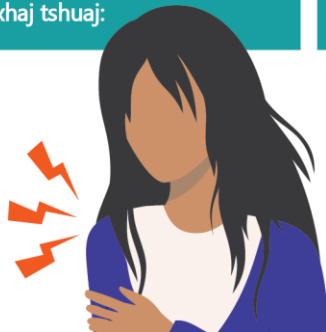
- Johnson & Johnson (Janssen), 74 feem pua
- Pfizer-BioNTech, 95 feem pua
- Moderna, 94 feem pua

## Cov kev fab tshuaj raws li ib txwm muaj

Koj yuav tsis tuaj yeem kis tau kab mob COVID-19 los ntawm tshuaj tiv thaiv kab mob. Txawm li cas los, zoo ib yam li lwm cov tshuaj tiv thaiv kab mob, tej zaum koj yuav hnov tau tias muaj qee cov kev fab tshuaj. Cov no yog cov yam ntxwv mob uas qhov tshuaj txhaj tiv thaiv kab mob tab tom ua hauj lwm. Rau ob koob tshuaj tiv thaiv kab mob, cov kev ua rau muaj mob tom qab txhaj koob thib ob tej zaum yuav loj tshaj koob xub thawj. Yog tias ua tau, muab koj tus keej lub sij hawm los so thiab ua kom rov feeb li qub nyob rau ib hnub los sis ob hnub tom qab txhaj tshuaj. Rau cov tshuaj tiv thaiv kab mob COVID-19 uas yuav tsum tau txhaj ob koob, ua kom tseeg siab tias koj tau txhaj koj ob koob tshuaj lawm. Koj yuav tsis tau txais kev pov thaiv yam uas puv npo kom txog ob vij tom qab txhaj koj koob tshuaj thib ob.

Nyob rau koj sab npab qhov chaw uas txhaj tshuaj:

- Mob
- Liab-liab
- O



Thoob plaws koj lub cev:

- Sab-sab
- Mob tob hau
- Mob leeg
- Ua daus no
- Ua npaws
- Xeev siab



<sup>1</sup> Centers for Disease Control and Prevention, "Safety of COVID-19 Vaccines (Kev Nyab Xeeb Ntawm Cov Tshuaj Txhaj Tiv Thaiv Kab Mob COVID-19)". Lub Peb Hlis Ntuj 25, 2021, muaj hauv oos lais ntawm: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/safety-of-vaccines.html> (Ua lus Askiv nkaus xwb).



## Cov tsos mob ntawm kev fab tshuaj

Cov kev fab tshuaj tiv thaiv kab mob yog muaj tsawg heev, tab sis cov kev fab tshuaj ntawd yeej tuaj yeem tshwm sim tau. Lub khw kuaj mob yuav saib koj yam tsawg kawg 15 feeb tom qab muab koj qhov tshuaj tiv thaiv kab mob nyob rau xwm txheej uas koj muaj qhov kev fab tshuaj. Lawv tau txais kev cob qhia los pab los sis paub txog txoj hauv kev los pab koj lawm.

Yog tias koj muaj qhov kev fab tshuaj tom qab tawm ntawm lub khw kuaj mob, hu rau 911. Cov tsos mob ntawm kev fab tshuaj muaj xws li: ua pa nyuaj, koj lub ntsej muag thiab qa o, plawv dhia ceev, tawm pob thoob koj ib ce, kiv tob hau, thiab qaug zog.

### Pab peb saib txhua cov kev txhawj xeeb txog kev nyab xeeb

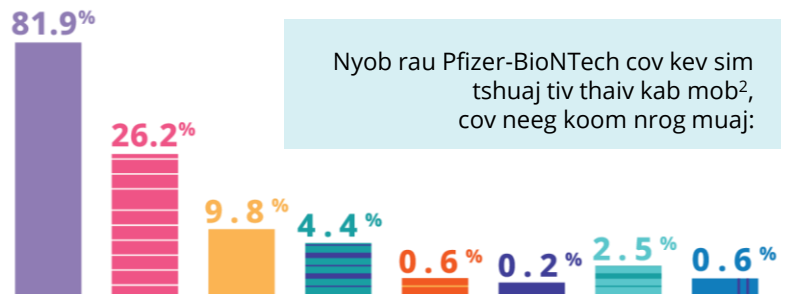
Rau npe rau V-safe txhawm rau tshaj tawm tej cov kev ua rau muaj mob twg: [vsafe.cdc.gov](https://vsafe.cdc.gov) (Ua lus Askiv nkaus xwb). Koj li kev koom nrog pab peb ceev tau cov tshuaj tiv thaiv kab mob muaj kev nyab xeeb rau txhua leej.

Koj los sis koj tus kws muab tshuaj txhaj tiv thaiv kab mob tuaj yeem los tshaj tawm tau cov kev ua rau muaj mob loj rau qhov Vaccine Adverse Event Reporting System (VAERS, Kev Ua Hauj Lwm Tshaj Tawm Xwm Txheej Tsis Zoo Txog Tshuaj Txhaj Tiv Thaiv Kab Mob). Lub FDA, Centers for Disease Control and Prevention (CDC, Cov Chaw Tswj thiab Pov Thaiv Kab Mob) thiab Washington State Department of Health (DOH, Xeev Washington Chav Hauj Lwm ntsig txog Kev Noj Qab Haus Huv) siv VAERS txhawm rau saib cov teeb meem uas tuaj yeem tshwm sim tau los sis ntxim li yuav tshwm sim tau.

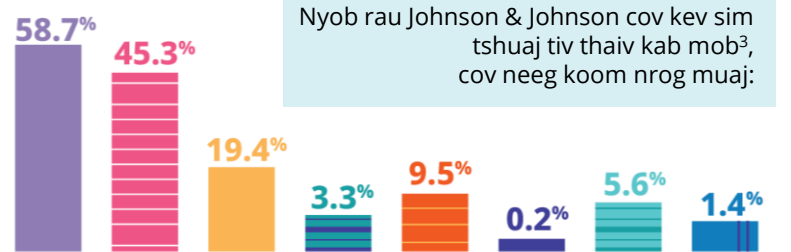
Koj tuaj yeem xa tau qhov kev tshaj tawm tau ntawm [vaers.hhs.gov](https://vaers.hhs.gov) (Ua lus Askiv nkaus xwb).

## Muaj tib neeg ntau haiv thiab ntau tsav tau koom nrog cov kev sim

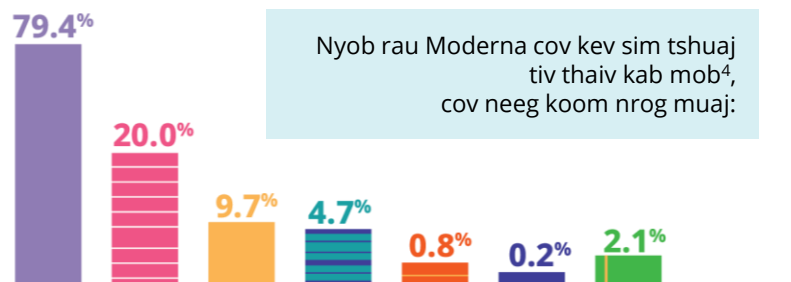
Cov kws tshawb fawb tau sim txhua tej cov tshuaj tiv thaiv kab mob rau kaum tawm txhiab tus tib neeg.



Nyob rau Pfizer-BioNTech cov kev sim tshuaj tiv thaiv kab mob<sup>2</sup>, cov neeg koom nrog muaj:



Nyob rau Johnson & Johnson cov kev sim tshuaj tiv thaiv kab mob<sup>3</sup>, cov neeg koom nrog muaj:



Nyob rau Moderna cov kev sim tshuaj tiv thaiv kab mob<sup>4</sup>, cov neeg koom nrog muaj:

<sup>2</sup>Food and Drug Administration. "FDA Briefing Document: Pfizer-BioNTech COVID-19 Vaccine", Roj Sib Tham Ntawm Vaccines and Related Biological Products Advisory Committee (Pawg Thawj Coj Sib Sab Laj Txog Cov Tshuaj Tiv Thaiv Kab Mob thiab Cov Kev Tsim Tshuaj Uas Tau Cuam Tshuam Nrog). Lub Kaum Ob Hlis Ntuj 10, 2020, muaj hauv oos lais ntawm: <https://www.fda.gov/media/144245/download> (Ua lus Askiv nkaus xwb).

<sup>3</sup>Food and Drug Administration. "FDA Briefing Document: Janssen Ad26.COV2.S Vaccine for the Prevention of COVID-19", Roj Sib Tham Ntawm Vaccines and Related Biological Products Advisory Committee. Lub Ob Hlis Ntuj 26, 2021, muaj hauv oos lais ntawm: <https://www.fda.gov/media/146217/download>.

<sup>4</sup>Food and Drug Administration. "FDA Briefing Document: Moderna COVID-19 Vaccine", Roj Sib Tham Ntawm Vaccines and Related Biological Products Advisory Committee. Lub Kaum Ob Hlis Ntuj 17, 2020, muaj hauv oos lais ntawm: <https://www.fda.gov/media/144434/download> (Ua lus Askiv nkaus xwb).



Koob tshuaj tiv thaiv muaj kev nyab xeeb thiab siv tau zoo rau cov me nyuam yaus, cov neeg uas muaj cev xeeb tub, thiab cov uas muaj mob kho tsis tu qab. Thaum muaj cov neeg tau txais kev txhaj tshuaj ntau dua qub lawm, peb yuav tau txais qhov ntaub ntawv txog kev nyab xeeb thiab cov kev phiv tshuaj ntxiv txuas mus ntxiv. Ntaub ntawv qhia tias cov tshuaj tiv thaiv Tus Kab Mob Khaus Viv-19 (COVID-19) muaj kev nyab xeeb, thiab tsis tshua pom muaj cov kev phiv tshuaj hnyav heev.

## Sib tham nrog tus kws pab saib xyuas kev noj qab haus huv los sis tus neeg ua hauj lwm khw kuaj mob yog tias koj muaj cov kev txhawj xeeb txog kev tau txhaj tshuaj tiv thaiv kab mob.



### Cov kev fab tshuaj

- Lub Centers for Disease Control and Prevention (CDC, Cov Chaw Saib Xyuas Kev Tswj thiab Tiv Thaiv Kab Mob) pom zoo siv koob tshuaj tiv thaiv kab mob rau tus neeg twg uas tsis muaj kev phiv tshuaj rau ib hom khoom sib xyaws hauv koob tshuaj tiv thaiv.
- Cov kev fab tshuaj tiv thaiv kab mob COVID-19 feem ntau lawm tau tshwm sim los ntawm cov roj nyob rau qhov tshuaj tiv thaiv kab mob, uas tau hu ua polyethylene glycol (PEG) thiab polysorbate.
- Cov tshuaj tiv thaiv kab mob tsis muaj cov kev fab tshuaj raws li ib txwm uas zoo thoog li cov uas pom muaj nyob rau hauv cov koom noj, yog li ntawd lwm cov kev fab tshuaj feem ntau thiaj tsis tsim nyog txhawj xeeb thaum uas tau txais tshuaj tiv thaiv kab mob COVID-19. Rau piv txwv, cov tshuaj tiv thaiv kab mob tsis muaj qe, tsis muaj roj hmab, thiab tsis muaj tshuaj pov thaiv khoom lwj.

### Kev koj zoo

Cov feem xyuam xyaw ntawm tshuaj tiv thaiv kab mob COVID-19 muaj kev nyab xeeb thiab xav tau rau cov tshuaj tiv thaiv kab mob los ua lawv txoj hauj lwm. Ib feem ntawm tshuaj tiv thaiv kab mob Johnson & Johnson yog tau tsim los ntawm chav tshawb kev loj hlob cov theej tawm ntawm cov tsig nqaij uas thaum xub thawj tau los ntawm cov kev rho me nyuam tawm uas tau tshwm sim tshaj 35 xyoo dhau los. Lwm cov tshuaj tiv thaiv kab mob ntau yam, suav nrog mob pob khaus, ua pob, thiab mob siab A, yog tau tsim nyob rau tib txoj hauv kev. Tsis muaj cov tshuaj tiv thaiv kab mob twg uas muaj tib neeg cov tsig nqaij (suav nrog cov tsig nqaij tus me nyuam tsis tau yug), tus vais lav COVID-19, roj hmab, tshuaj pov thaiv koom lwj, los sis tej yam khoom tau los ntawm tsiaj suav nrog cov khoom tsim los ntawm nqaij npuas los sis ces las tis (gelatin). Cov tshuaj tiv thaiv kab mob yuav tsis loj hlob nyob rau cov qe thiab tsis muaj cov khoom tsim los ntawm qe.

### Cov yam ntxwv fab kev kho mob

- Cov kev tshawb fawb tau qhia ua rau pom tias cov tshuaj tiv thaiv kab mob COVID-19 muaj kev nyab xeeb thiab kev pab tau zoo rau cov tib neeg uas muaj cov yam ntxwv fab kev kho mob. Nees nkaum txog 45 feem pua ntawm cov neeg koom nrog rau txhua tej cov kev sim tshuaj tiv thaiv kab mob muaj cov yam ntxwv mob xws li mob rog, ntshav qab zib, kab mob plawv, kab mob siab, thiab kab mob HIV.
- Peb muaj cov ntaub ntawv txog kev nyab xeeb uas tau muaj ciam txwv txog kev siv tshuaj tiv thaiv kab mob rau cov neeg uas muaj cov kev ua hauj lwm ntawm roj ntshav tiv thaiv kab mob tsis zoo los sis cov yam ntxwv mob tshwm sim los ntawm roj tshav tiv thaiv kab mob. Lub CDC tseem pom zoo siv qhov tshuaj tiv thaiv kab mob rau cov pawg neeg no vim tias lawv muaj kev pheej hmoo muaj mob hnyav siab zog yog tias lawv kis kab mob COVID-19.
- Cov kws txawj ntse fab kev kho mob rau poj niam xeeb muaj me nyuam thiab kev yug me nyuam pom zoo txhaj tshuaj tiv thaiv kab mob COVID-19 rau cov poj niam uas cev xeeb me nyuam, los sis tseem pub mis rau me nyuam los sis npaj siab yuav muaj me nyuam. Ntaub ntawv qhia tias cov tshuaj tiv thaiv kab mob COVID-19 nyab xeeb nua sij hawm lub cev xeeb me nyuam. Qhov tseeb tiag, muaj qee cov kev tshawb fawb pom tias txhaj tshuaj rau tus ua niam txiv tuaj yeem pab tau qhov roj ntshav tiv thaiv lub cev tawm tsam kab mob COVID-19 mus rau lawv tus me nyuam thaum tseem muaj me nyuam nyob hauv plab thiab thaum tseem pub mis rau noj. Cov poj niam cev xeeb me nyuam yuav pheej hmoo muaj mob COVID-19 loj, suav nrog tuag. Cov tshuaj tiv thaiv kab mob thiaj pov thaiv tau zoo tshaj plaws.