

# Lus Coj Qhia Kev Paub Txog Cov Koob Tshuaj Txhawb Tiv Thaiv Kab Mob COVID-19 rau Cov Neeg Txhua Theem Hnub Nyoog



Koj los sis koj tus me nyuam twb tau txais kev txhaj cov koob tshuaj tseem ceeb uas yog tshuaj tiv thaiv kab mob COVID-19 los mus tiv thaiv koj tus kheej thiab lwm cov neeg los ntawm kev muaj mob nyhav, kev tau mus pw kho hauv tsev kho mob, thiab tsis hais kev ploj tuag los ntawm kab mob COVID-19. Co kev tshawb fawb kawm paub tau qhia pom hais tias txawm cov koob tshuaj tiv thaiv kab mob COVID-19 tseem siv tiv thaiv kab mob tau zoo li qub los yuav muaj kev tiv thaiv tsis tau yog sij hawm ntev dhau mus lawm.

***Nyob rau tam sim no, kev txhaj koob tshuaj txhawb yog txoj hau kev pab tiv thaiv tau zoo tshaj plaws yuav ceev qhov kev tiv thaiv kab mob no tau txuas mus ntxiv.***

Mus saib qhov phiaj taw qhia hauv qab no los saib seb koj los sis koj tus me nyuam puas muaj cai tau txais koob tshuaj txhawb tiv thaiv kab mob COVID-19 ib koob los sis ntau koob tshaj ntawv.\*

	Leej twg thiaj muaj cai tau txhaj?	Kuv yuav tsum txhaj koob tshuaj txhaj pab ntxiv rau thaum twg?	Kuv puas tuaj yeem txhaj tau koob tshuaj txhawb koob thib ob?	Koob tshuaj txhawb hom twg?
<p><i>Yog koj tau txais...</i></p> <p><b>Pfizer</b></p>	Txhua tus neeg uas muaj hnub nyoog <b>5+</b> xyoos yuav tau txais koob tshuaj txhawb kom tiv thaiv tau.	Yam tsawg yuav tsum yog <b>5 lub hlis</b> tom qab txhaj tiav thawj xuv tshuaj Pfizer tiv thaiv kab mob.	Txhua tus neeg muaj hnub nyog 50 xyoo nce yuav tau txais koob tshuaj txhawb koob thib 2 yam tsawg <b>4 lub hlis</b> tom qab tau txais koob tshuaj txhawb koob thib 1 tag.	<p><b>Cov neeg loj muaj hnub nyoog 18 xyoo nce</b> tuaj yeem txhaj koob tshuaj txhawb uas yog hom tshuaj tiv thaiv kab mob COVID-19 hom mRNA.</p> <p><b>Cov me nyuam muaj hnub nyoog 5–17 xyoo</b> tuaj yeem txais khoob tshuaj txhawb uas yog Pfizer.</p>
<p><i>Yog koj tau txais...</i></p> <p><b>Moderna</b></p>	Cov neeg loj muaj hnub nyoog <b>18+</b> xyoos yuav tau txais koob tshuaj txhawb kom tiv thaiv tau.	Yam tsawg yuav tsum yog <b>5 lub hlis</b> tom qab txhaj tiav thawj xuv tshuaj Moderna tiv thaiv kab mob.	Txhua tus neeg muaj hnub nyog 50 xyoo nce yuav tau txais koob tshuaj txhawb koob thib 2 yam tsawg <b>4 lub hlis</b> tom qab tau txais koob tshuaj txhawb koob thib 1 tag.	Koob tshuaj txhawb uas yog hom tshuaj tiv thaiv kab mob COVID-19 hom mRNA.
<p><i>Yog tias koj tau txais...</i></p> <p><b>Johnson &amp; Johnson</b></p>	Cov neeg loj muaj hnub nyoog <b>18+</b> xyoos yuav tau txais koob tshuaj txhawb kom tiv thaiv tau.	Yam tsawg yuav tsum yog <b>2 lub hlis</b> tom qab txhaj tiav thawj xuv tshuaj J&J tiv thaiv kab mob.	Txhua tus neeg muaj hnub nyog 50 xyoo nce thiab cov uas tau txais koob tshuaj J&J tiv thaiv kab mob ua lawv koob xub thawj thiab koob txhawb yuav tau txais koob tshuaj txhawb koob thib 2 yam tsawg <b>4 lub hlis</b> tom qab tau txais koob tshuaj txhawb koob thib 1 tag.	Koob tshuaj txhawb tiv thaiv kab mob hom mRNA yuav tau txhaj J&J ua koob txhawb koob thib 1. Koob tshuaj txhawb uas yog hom tshuaj tiv thaiv kab mob COVID-19 hom mRNA yuav tsum txhaj ua koob txhawb thib 2.
<p><i>Yog tias koj tau txais...</i></p> <p><b>Novavax</b></p>	Yog tias koj twb tau txais tshuaj Novavax tiv thaiv kab mob ua koob txhaj tseem ceeb, koj yuav tsis muaj cai tau txais koob tshuaj txhawb tsis hais yam tshuaj twg li nyob rau lub sij hawm no.			

*Yog koj muaj roj ntshav tiv thaiv kab mob tsis zoo qib nrab los sis qib siab yuav muaj cov lus qhia sib txawv.*

\*Cov neeg uas muaj kev kis kab mob SARS-CoV-2 los tsis tau ntev yuav tsum tau **ncua lawv koob tshuaj txhawb tiv thaiv kab mob COVID-19 koob thib ib thiab thib ob kom txog 3 lub hlis suav txij pib muaj tsos mob tshwm sim los sis kuaj tau muaj kab mob (yog qhov kev kis kab mob muaj tsos mob tshwm sim). Cov kev tshawb fawb tau qhia paub** (Ua Lus Askiv) tias kev txuas sij hawm ntxiv nyob rau ncuu sij hawm kis kab mob thiab txhaj tshuaj tiv thaiv kab mob yuav tsum kev ua hauj lwm zoo rau kev tiv thaiv kab mob hauv nrog cev kom txhawb tau qhov kev txhaj tshuaj tiv thaiv kab mob. Tsis tag li, tseem pom tau tias muaj feem rov kis kab mob tau tsawg nyob rau ncuu sij ntau lim tiam mus rau ntau hli tom qab muaj kev kis kab mob. Txhua yam yuav ua rau muaj kev kis kab mob xws li kab mob COVID-19 **kab mob nyhav** (Ua Lus Askiv), **qib kev kis kab mob COVID-19 nyob hauv zej zos** (Ua Lus Askiv), los sis yuav tau los saib cov yam ntxwv ces kab mob SARS-CoV-2 tshwm sim tshiab seb puas yuav tau ncuu kev txhaj koob tshuaj txhawb tom qab kis kab mob tag.

# Cov Lus Nquag Nug Txog Koob Tshuaj Tiv Thaiiv Kab Mob COVID-19 Koob Txhawb

## Vim li cas cov koob tshuaj txhaj txhawb thiaj li tseem ceeb?

Cov koob tshuaj txhawb yuav pab muab tau kev tiv thaiiv tawm tsam kab mob uas ua mob nyhav kom cuag ncuu. Yav dhau los cov koob tshuaj pab txhawb ntxiv tsuas tau txais kev pom zoo txhaj rau cov pej xeeb uas muaj qhov yuav mob tus kab mob COVID-19 hnyav nkaus xwb, tab sis kev pom zoo tau nthuav dav kom muab rau txhua tus neeg uas muaj hnuv nyooq 5 xyoos nce mus uas tau txais tshuaj Pfizer ua thawj koob tshuaj txhaj tiv thaiiv kom pab pov thaiiv ntau ntxiv tawm tsam rau kev mob nkeeg ntawm tus kab mob COVID-19. Qee cov neeg, xws li cov neeg uas muaj teeb meem rau kev tiv thaiiv kab mob hauv nrog cev theem nrab mus rau mob nyhav yuav tau txhaj tshuaj ntxiv los mus txhawb kev tiv thaiiv kab mob hauv nrog cev. Tshwj xeeb qhov no yog qhov tseem ceeb rau thaum muaj cov kab mob sib kis tshiab siab tuaj thiaj cov neeg mob tus kab mob COVID-19 nce siab ntxiv thoob plaws Teb Chaws Meskas.

## Yog tias yuav tsum tau txhaj cov koob tshuaj txhawb, puas yog tias cov tshuaj tiv thaiiv kab mob tiv thaiiv tsis tau zoo lawm?

Tsis Yog. Cov tshuaj tiv thaiiv kab mob COVID-19 uas peb muaj nyob rau hauv Teb Chaw Meskas tam sim no yeej pov thaiiv tau kev muaj mob loj, kev muaj mob ua rau pw hauv tsev kho mob, thiaj kev tuag tau zoo, tab txawm tias tus kab mob txia tshiab los yeej thaiiv tau zoo. Txawm li cas los xij, cov kws paub txog kev noj qab haus huv rau zej tsoom tau pom tias txo kev tiv thaiiv kev mob me thiaj nruab nrab ntawm COVID-19, tshwj xeeb tshaj yog cov neeg muaj feem xyuam yuav kis tau kab mob zoo.

## Kuv yuav tau nqa dab tsi thaum mus txhaj koob tshuaj txhawb raws kev teem caij?

[Thov nqa koj/koj tus me nyuam daim npav txhaj tshuaj tiv thaiiv kab mob](#) mus nrog thaum mus txhaj koob tshuaj txhawb raws kev teem caij kom tus kws kho mob tuaj yeem paub tau ua ntej tias puas tau txhaj tiav thawj cov koob tshuaj tiv thaiiv kab mob. Yog koj daim npav ploj lawm, tus kws kho mob tuaj yeem nrhiav tau koj cov ntaub ntawv teev tseg

## Qhov sib txawv ntawm ib koob tshuaj ntxiv thiaj koob tshuaj tiv thaiiv kab mob txhawb yog li cas?

Ib koob tshuaj ntxiv yog rau cov neeg mob uas muaj teeb meem rau kev tiv thaiiv kab mob hauv nrog cev uas txhaj tiav 2-koob tshuaj mRNA (Pfizer los sis Moderna) tab sis feem tiv thaiiv kab mob hauv lub cev tseem tsis tau muaj zog txaus.

Yuav tau txhaj koob tshuaj txhawb los pab lov sis tsim kev pov thaiiv thiaj/los sis kev tiv thaiiv kab mob hauv nrog cev rov qab los tom qab txhaj tas cov koob tshuaj uas yog thawj koob thaum sij hawm dhau ntev mus lawm.

## Hom tshuaj tiv thaiiv kab mob puas muaj teeb meem rau koob tshuaj txhawb?

Koj tuaj yeem txhaj tshuaj tiv thaiiv kab mob txawv hom tau ua koob tshuaj txhawb uas tsis yog cov txhaj ua koob xub thawj yog koj muaj hnuv nyooq 18 xyoo nce thiaj tau txais tshuaj Johnson & Johnson los sis tshuaj tiv thaiiv kab mob uas yuav tau txhaj 2 koob hom mRNA ua koj koob tshuaj txhaj tseem ceeb. Lub Chaw Centers for Disease Control and Prevention (CDC, Cov Chaw Khiav Hauj Lwm Tswj Hwm thiaj Tiv Thaiiv Kab Mob) yeej tau ua tib zoo los muab kev txiav txim siab raws li cov ntaub ntawv xov xwm tshiab kawg nkaus (Moderna, Johnson & Johnson, koob tshuaj txhaj pab txhawb ntxiv uas sib txawv los sis yog tib hom xub thawj dhau los), thiaj tau ua tib zoo xav thiaj sib sab laj ntau heev txog cov koob tshuaj txhaj pab txhawb ntxiv no lawm. Niaj hnuv no tseem tsis tau xav pub siv tshuaj Novavax ua koob txhaj txhawb thiaj tsim nyog txhaj txuam nrog los sis siv nrog lwm cov tshuaj tiv thaiiv kab mob COVID-19. ***Cov neeg uas muaj hnuv nyooq 17 xyoo thiaj qis dua tsuas tuaj yeem txhaj tau cov tshuaj Pfizer tiv thaiiv kab mob ua lawv koob tshuaj txhawb yog tias lawv tau txais koob tshuaj Pfizer ua thawj koob tshuaj txhaj tiv thaiiv kab mob.***

## Zoo li cas thiaj hu tau tias yog tus neeg txhaj tshuaj txwm lawm?

Koj los sis koj tus me nyuam uas **txhaj tshuaj txwm** ob vij tom qab txhaj tag txhua koob tshuaj uas tau pom zoo txhaj nyob rau thawj xuv tshuaj ntawm kev txhaj tshuaj tiv thaiiv kab mob COVID-19.

Muaj cai tau txais yog thaum koj los sis koj tus me nyuam uas **txhaj tshuaj tshiab** los ntawm tshuaj txhaj tiv thaiiv kab mob COVID-19 yog thaum tau txais tag nrho cov koob tshuaj xub thawj thiaj [cov tshuaj txhaj txhawb uas xav kom txhaj](#) (Ua Lus Askiv).

## Puas tuaj yeem txais tau koob tshuaj siv lwm yam tshuaj tiv thaiiv kab mob, xws li tshuaj tiv thaiiv kab mob npaws loj?

Tau. Koj los sis koj tus me nyuam tuaj yeem txais tau tshuaj tiv thaiiv kab mob COVID-19 nyob rau tib lub sij hawm thaum lawv tau txais lwm yam tshuaj tiv thaiiv kab mob. Koj tsis tas yuav ua kev teem caij rau koj tus me nyuam [cov kev txhaj tshuaj tiv thaiiv kab mob ntawm tsev kawm ntawv uas yuav tsum tau muaj](#) (Ua Lus Askiv) los sis lwm cov tshuaj tiv thaiiv kab mob uas tau pom zoo uas tsis txuam nrog kev txhaj tshuaj tiv thaiiv kab mob COVID-19. Qhov kev teem caij muab tshuaj tiv thaiiv kab mob COVID-19 yog ib lub hwm tsam ntxiv uas yuav ua rau koj los sis koj tus me nyuam tau txais txhua cov tshuaj tiv thaiiv kab mob uas xav kom txhaj.

**Puas muaj cov lus nug dab tsi ntxiv?**

Mus saib: [doh.wa.gov/covidbooster](https://doh.wa.gov/covidbooster)