

Kev Tau Txais Tshuaj Txhaj Tiv Thaiv Kab Mob COVID-19

**Vaccinate
WA** 

[CovidVaccineWA.org](https://www.CovidVaccineWA.org)

Kev tawm tsam qhov kev sib kis kab mob loj yog qhov nyuaj heev, tab sis tam sim no peb muaj ntau hom tshuaj txhaj tiv thaiv kab mob los pov thaiv ntawm kab mob COVID-19.

Cov tshuaj txhaj tiv thaiv kab mob no muab yam tsis xam nqi rau koj.



Nom tswv kev kav tswj yuav pab them tus nqi ntawm koj qhov tshuaj txhaj tiv thaiv kab mob. Cov kws pab kho mob yuav xam tus nqi muab tshuaj txhaj tiv thaiv kab mob rau koj them, tab sis tuam txhab tuav pov hwm kev noj qab haus huv yuav pab them tus nqi ntshuaj ntawd. Cov kws pab kho mob yuav zam tus nqi yog tias koj tsis tuaj yeem them taus tus nqi ntawd.

Nug seb koj yuav siv pes tsawg koob tshuaj.



Nce raws ntawm hom tshuaj tiv thaiv kab mob koj tau txais, koj yuav tau txhaj nyob rau ntu nruab nrab ntawm koob 1 thiab 3. Nug koj tus kws kho mob txog ntawm pes tsawg koob tshuaj koj los sis koj tus me nyuam yuav tau txhaj. Koj los sis koj tus me nyuam yuav tau txhaj koob tshuaj txhawb ntxiv 2-6 hli tom qab txhaj tiav thawj xuv tshuaj.

Cov tshuaj txhaj tiv thaiv kab mob yeej muaj kev nyab xeeb thiab tiv thaiv tau zoo.



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.

Txhua tus muaj 6 hli rov sauv ces txhaj tau lawm.



Tshuaj tiv thaiv COVID-19 muaj rau txhua tus neeg hnuv nyoog 6 hli rov sauv. Mus saib [VaccineLocator.doh.wa.gov](https://www.VaccineLocator.doh.wa.gov) mus nrhiav thiab ua kev teem sij hawm. Koj los kuj tseem hu tau rau 1-800-525-0127 tag ntawd ntaus #. Rau cov kev pab cuam txhais lus, hais koj hom lus thaum txais tsab xov tooj lawm.

Tej zaum koj yuav hnov tau tias muaj cov fab tshuaj.



Zoo li lwm cov tshuaj txhaj tiv thaiv kab mob uas niaj zaus txhaj, tej zaum koj yuav hnov mob sab caj npab, ua npaws, mob tob hau, los sis qaug zog tom qab txhaj tshuaj tiv thaiv kab mob tag. Cov no yog cov yam ntxwv mob uas qhov tshuaj txhaj tiv thaiv kab mob tab tom ua hauj lwm.

Nyob yam muaj kev nyab xeeb.



Tom qab koj txhaj tshuaj tiv thaiv kab mob, coj koj daim ntaub npog qhov ncauj-qhov ntswg, nyob kom sib nrug deb li rau feet (ob mev), thiab tswj kev sib sau nyob ua ke kom tsawg.

Puas muaj lus nug? Mus saib: www.CovidVaccineWA.org

Kev Tau Txais Tshuaj Txhaj Tiv Thaiv Kab Mob COVID-19

Muaj cov tshuaj txhaj tiv thaiv kab mob dab tsi?

Nws muaj 4 hom tshuaj tiv thaiv kab mob – Pfizer, Moderna, Novavax, thiab Johnson & Johnson.

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.

Leej twg thiaj tsim nyog txhaj tshuaj tiv thaiv kab mob COVID-19?

Nws yog koj qhov kev xaiv los txais kev txhaj tshuaj tiv thaiv kab mob. Yog tias koj xiaiv txim los txhaj tshuaj tiv thaiv kab mob, koj tsim nyog qhia rau koj tus kws muab tshuaj txhaj tiv thaiv kab mob paub yog tias koj:

- Muaj keeb kwm txog kev fab tshuaj hnyav
- Ua npaws
- Muaj mob los ntshav tsis tu los sis tau noj tshuaj tiv thaiv ntshav khov
- Roj ntshav tiv thaiv kab mob tsis zoo lawm los sis yog qhov tshuaj kho mob uas muaj feem cuam tshuam tsis zoo rau koj li roj ntshav tiv thaiv kab mob li kev ua hauj lwm.
- Cev xeeb me nyuam, npaj yuav muaj me nyuam, los sis tab tom muaj me nyuam noj mis.
- Tau txhaj lwm hom tshuaj txhaj tiv thaiv kab mob COVID-19 lawm

Koj tsim nyog txhob txhaj tshuaj tiv thaiv kab mob yog tias koj tau muaj kev fab tshuaj hnyav thaum txhaj koob tshuaj tiv thaiv kab mob COVID-19 tag los, los sis tej feem xyuam xyaw twg nyob rau qhov tshuaj txhaj tiv thaiv kab mob.

Cov tshuaj uas muaj lwm feem xyuam xyaw uas muaj zog, nrog rau roj, ntsev, thiab piam thaj los pov thaiv qhov tshuaj tiv thaiv kab mob thiab pab nws ua hauj lwm kom zoo zog tuaj nyob rau koj lub cev.

Koj yuav tsum muaj yam tsawg kawg 6 hli thiaj tau txhaj cov tshuaj tiv thaiv kab mob Pfizer-BioNTech los sis Moderna, 12 xyoos rov sau ces tau txais Novavax thiab 18 xyoo rov sau ces tau txais Johnson & Johnson.

Cov kev ua rau muaj mob yog dab tsi?

Nws yog li ib txhwm uas muaj kev ua rau muaj mob nyob rau ib hnuv los sis peb hnuv tom qab txhaj tshuaj tiv thaiv kab mob. Cov kev ua rau muaj mob raws li ib txwm yog nkees-nkees, mob leeg, mob koj sab npab qhov chaw txhaj tshuaj, ua npaws, mob tob hau, mob pob qej txha, ua daus no, xeev siab, los sis ntuav. Yog tias koj cov tsos mob pheej tsis ploj mus li, txuas lus rau koj tus kws kho mob los sis lub khw kuaj mob.

Koj tsim nyog tos rau 15 txog 30 feeb ua ntej tawm ntawm lub chaw txhaj tshuaj tiv thaiv kab mob txhawm rau kom koj tus kws muab tshuaj txhaj tiv thaiv kab mob tuaj yeem pab tau koj yog tias koj muaj kev fab tshuaj los sis lwm yam kev tsim ua rau muaj mob. Thaum koj tos, koj tuaj yeem rau npe tau rau v-safe txhawm rau tshaj tawm tej cov kev tsim ua rau muaj mob twg: v-safe.cdc.gov (tsuas yog ua Lus As Kiv xwb).

Koj los sis koj tus kws muab tshuaj txhaj tiv thaiv kab mob los kuj tuaj yeem los tshaj tawm tau cov kev tsim ua rau muaj mob rau qhov Kev Ua Hauj Lwm Tshaj Tawm Xwm Txheej Tsis Zoo Txog Tshuaj Txhaj Tiv Thaiv Kab Mob (Vaccine Adverse Event Reporting System, VAERS): vaers.hhs.gov/reportevent.html (tsuas yog ua Lus As Kiv xwb).

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

Yuav ua dab tsi tom qab kuv tau txhaj tshuaj tiv thaiv kab mob lawm?

Yog tias koj los sis koj tus me nyuam tau txhaj 2 los sis 3 koob tshuaj tiv thaiv lawm, nco ntsoov teem sij hawm rau koob tom ntej. Koj yuav tau rov los txhaj dua koj cov koob tshuaj nyob rau 3-8 vij tom ntej. Rau lus qhia ntxiv txog tshuaj tiv thaiv kab mob, thov mus saib doh.wa.gov/covidbooster

Nws yuav siv sij hawm nce txog li ob vij tom tom qab koj txhaj tshuaj txwm lawm mam li pov thaiv tau txhij txhua. Kuj tseem pom zoo kom tau txais koob tshuaj pab ntxiv nyob rau hauv ob mus txog rau lub hlis txhawm rau ceev txoj kev tiv thaiv koj.



DOH 348-782 December 2022 Hmong (White)

Xav thov cov ntaub ntawv no sau ua lwm tus qauv ntawv, hu rau 1-800-525-0127. Cov tub lag luam uas tsis hnov lus los sis hnov lus tsis zoo, thov hu rau 711 (Washington Relay) los sis sau email rau civil.rights@doh.wa.gov.