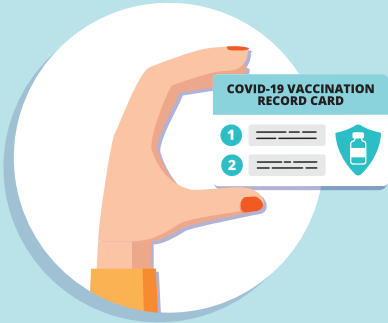


Koj Tau Txais Koj Daim Npav Txhaj Tshuaj Tiv Thaiv Kab Mob COVID Lawm: *Tam Sim No Siv Li Cas?*



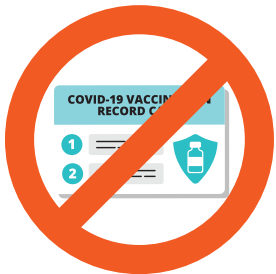
Thaum koj tau txais koj qhov tshuaj tiv thaiv kab mob COVID-19, koj tau txais daim npav txhaj tshuaj txhawm rau ua pov thawj qhov tshuaj. Khaws cia kom nws nyab xeeb! Koj tsim nyog khaws nws kom zoo li koj cov npav khes div, ntawv tsav tsheb los sis phau phav xab poj. Koj daim npav tsis yog siv ua kev nco qab rau kev teem caij xwb: nws yog ib co ntaub ntawv kaw tseg raws cai uas tej zaum koj xav siv rau kev taug kev, kev mus koom tej khoom txoos, thiab siv ua kev txhaj tshuaj rau zaum tom ntej.

Ntau txoj lag luam hauv Washington tam sim no muab kev txhawb zog rau cov uas muaj pov thawj txhaj tshuaj tiv thaiv kab mob txhij xws li kev txo nqi, kev pub dawb los sis kev mus zaum rau cov koom txoos raws li nyiam. Pov thaiv koj daim npav txhaj tshuaj tiv thaiv kab mob txhawm rau kom koj tuaj yeem siv tau txiaj ntsig ntawm cov muab los tshwj xeeb no.

Ntawm no yog qee cov lus qhia pab tau zoo uas koj sim nyog siv thaum saib xyuas koj daim npav txhaj tshuaj tiv thaiv kab mob:



- **YUAV** tau khaws koj daim npav txhaj tshuaj tiv thaiv cia ncu ntawm cov kev txhaj tshuaj thiab tom qab ntawd.
- **YUAV** tau muab koj daim npav thaj duab sab xub ntiag thiab sab nrob qaum kom koj muaj daim theej tawm ua dis cis tauj ntawm tes. Ua tib zoo muab nws xa e-mail rau koj, tsim ua phau duab, los sis muab khuam nrog daim duab txhawm rau kom koj nrhiav tau nws yooj yim zog ntxiv.
- **YUAV** tau luam ib daim theej tawm yog tias koj xav nqa ib daim nrog koj.



- **TSIS TXHOB** muab nws pov tseg los sis muab nws ua poob!
- **TSIS TXHOB** tso tawm koj daim npav txhaj tshuaj tiv thaiv kab mob rau hauv oos lais. Dhau ntawm thaj duab thiab siv peb [cov ntawv lo dis cis tauj](#) (tsuas yog lus Askiv xwb) los ntawm kev nrhiav rau [#vaccinateWA](#) los sis [#wadoh!](#) Nco qab ntsoov muab khuam nrog [@WADepthHealth](#).
- **TSIS TXHOB** muab koj daim npav thaum xub coj mus luam roj hmab tshooj. Tej zaum koj yuav xaiv siv daim theej tawm coj mus luam roj hmab tshooj nqa nrog koj.

Yuav muaj dab tsi tshwm sim yog tias koj tsis muaj koj daim npav txhaj tshuaj ntawm Centers for Disease Control and Prevention (CDC, Chaw Tswj thiab Pob Thaiv Kab Mob) mus ntxiv lawm?

Yog tias koj tau ua yuam kev los sis koj daim npav poob lawm, tsis txhob txhawj! Koj tuaj yeem tau txais pov thawj, raws cai ntawm koj li kev txhaj tshuaj tiv thaiv kab mob COVID-19 hauv oos lais, yam tsis xam nqi. Lub MyIR lub vev xaib yog txoj hauv kev raws cai ntawm xeev txhawm rau nkag mus rau qhov pov thawj ntawm kev txhaj tshuaj tiv thaiv kab mob nyob rau hauv xeev Washington. Txhawm rau kom tau txais koj daim theej tawm, mus saib www.MyIRmobile.com thiab rau npe rau yam tsis xam nqi. Yog tias koj tau teeb tus as khauj MyIR lawm, koj teeb tau txhua yam lawm!

**Thov khaws tseg hauv siab tias kev txheeb xyuas koj cov ntaub tawv kaw tseg los ntawm MyIR tej zaum yuav tsis tau kiag tam sim ntawd, thiab kev nkag mus siv tam sim no tsuas yog muaj lus Askiv nkaus xwb.*

Rau kev pab cuam txhais lus, los sis kev pab ntxiv kom tau txais koj cov ntaub ntawv kaw tseg, tej zaum koj yuav tuaj yeem hu tau rau Xeev Washington Office of Immunization and Child Profile (Lub Chaw Ua Hauj Lwm txog Kev Txhaj Tshuaj Tiv Thaiv Kab Mob thiab Ntaub Ntawv Txog Me Nyuam Yaus) ncu cov xuab moos ua hauj lwm raws li ib txwm ntawm tus xov tooj 360-236-3595 los sis txuas lus los ntawm email ntawm waisrecords@doh.wa.gov.

