

# Mob leeg plawv tom qab txhaj tshuaj tiv thaiv kab mob COVID-19: Tej Yam Uas Cov Niam Txiv thiab Cov Hluas Tsim Nyog Paub



## Mob leeg plawv yog dab tsi?

Mob leeg plawv (thiab mob daim nplaub qhvw plawv) yog lo lus piav qhia txog mob o rau sab hauv los sis ib puag ncig lub plawv. Cov tsos mob raws li ib txwm suav nrog mob hauv siab, ua pa nyuaj, thiab hnov zoo li koj lub plawv dhia ceev dhau lawm. Lub cev li roj ntshav tiv thaiv kab mob nquag ntsim ua rau muaj qhov mob o no uas ua rau tuaj yeem kis tau kab mob, xws li cov vais lav.

## Mob leeg plawv yuav tsis zoo li ib txwm lawm thiab muaj feem tsawg uas ua rau tuag taus.

Txhua tej lub xyoo nyob rau hauv Teb Chaws Mes Kas muaj neeg mob leeg plawv tsawg tshaj 200,000 leej, muaj tsawg tshaj 2% tau tuag. Nyob rau hauv Teb Chaws Mes Kas tsis tau muaj neeg mob leeg plawv tuag uas yog vim txhaj tshuaj tiv thaiv kab mob COVID-19.



- Raws li paub nws tsis yog kab mob sib kis
- Cov xwm txheej feem ntau lawm me heev
- Kev kho mob feem ntau lawm muaj tsawg, tau tsom kwm rau kev tswj cov tsos mob

## Puas cuam tshuam rau kev txhaj tshuaj tiv thaiv kab mob COVID-19?

Tej zaum muaj feem. Qhov kev pheed hmoo tom qab txhaj tshuaj tiv thaiv kab mob muaj tsawg heev, tab tsis tej zaum nws tuaj yeem tshwm sim tau. Mob leeg plawv los kuj tshwm sim tau rau cov tib neeg uas tsis tau txhaj tshuaj tiv thaiv kab mob thiab.

Vim nws tsis tuaj yeem txiav tawm tau, CDC cov thawj coj kev nyab xeeb txiav txim tias muaj qhov "kev sib cuam tshuam tau" ncu ntau mob leeg plawv thiab mob daim nplaub qhvw plawv thiab tshuaj tiv thaiv kab mob COVID-19 mRNA (tau tsim los ntau Moderna thiab Pfizer-BioNTech).

## Kuv tsim nyog paub cov tsos mob thiab cov yam ntxwv mob twg tom qab txhaj tshuaj tiv thaiv kab mob?

Cov xwm txheej feem ntau lawm tau tshwm sim rau cov tub ntxhais hluas thiab cov txiv neej hluas uas muaj hnuv nyoog qis dua 30 xyoo. Cov tsos mob yuav tshwm sim ntau tuaj tom qab txhaj koob tshuaj thib ob.

Centers for Disease Control and Prevention (CDC, Cov Chaw Tswj thiab Pov Thaiv Kab Mob) qhia tias cov tib neeg uas tau txhaj tshuaj tiv thaiv kab mob tsis ntev los no tsim nyog mus ntsib kws kho mob yog tias lawv muaj tej qhov twg ntau cov tsos mob no tom qab tau txhaj tshuaj tiv thaiv kab mob, tshwj xeeb nyob rau thawj vij tom qab txhaj tshuaj tiv thaiv kab mob:



- Mob hauv siab
- Txog siav heev
- Hnov lub plawv dhia ceev, lub plawv tshee, los sis lub plawv dhia muaj yog

Qhov feem xyuam yuav muaj cov no tshwm sim yog muaj tsawg Txawm li cas los, yuav tau nrhiav kev ua zoo kho mob tam sim yog tias koj hnov muaj cov yam ntxwv mob no.

**Cim tseg, nws yog qhov ib txwm muaj uas yuav muaj cov yam ntxwv mob me mus rau qib nrab**, suav nrog ua npaws, mob tob hau, nkees, thiab mob raws cov yag txha sib txuas/mob raws leeg, ncu sij hawm thawj lub vij tom qab tau txais tej yam tshuaj tiv thaiv kab mob COVID-19 twg. Cov kev fab tshuaj no feem ntau lawm yuav pib tshwm sim nyob rau pib hnuv ntau kev tau txais qhov tshuaj tiv thaiv kab mob thiab tsim nyog ploj mus nyob rau ob pib hnuv.

## Kev txhaj tshuaj tiv thaiv kab mob tseem yog qhov kev xaiv uas zoo tshaj plaws

Cov txiaj ntsig tau txais los ntau tshuaj tiv thaiv kab mob muaj ntau tshaj ho qhov kev pheed hmoo uas muaj mob leeg plawv kuj muaj tsawg. Tshuaj tiv thaiv kab mob muaj kev tiv thaiv kev tuag thiab kab mob tau zoo heev, thiab suav nrog kev pov thaiv cov vais lav tshiab, uas muaj kev phom sij tshaj qub.



DOH 348-835 August 2021 - Hmong (White)

Xav thov cov ntau ntau no sau ua lwm tus qauv ntau, 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](mailto:civil.rights@doh.wa.gov).