

# Txoj Kev Xaiv Yam Tshuaj Tiv Thaiv Tus Kabmob COVID-19 Uas Haum Koj



Vim txoj kev sibkis loj ntawm tus kabmob COVID-19, FDA tau tso cai kom pub siv peb yam tshuaj tiv thaiv tus kabmob COVID-19 koj los txhaj rau cov tib neeg txawm tias lawv yeej tseem tsis tau muab cov tshuaj ntawm no koj los soj ntsuam tag txhua yam saib puas muaj teebmeem dabtsi. Nkag siab txog cov txiaj ntsim zoo thiab phem ntawm cov tshuaj yuav pab koj txiaiv txim tias saib yam tshuaj tiv thaiv twg yog yam yuav haum koj.

## Tus Kabmob COVID-19 Yeej Ua Tau Kom Neeg Muaj Mob Loj

COVID-19 yog ib tus kabmob tsim los ntawm ib tus kab coronavirus uas neeg yeej kis tau los ntawm tej pa lossis cua, tshwjxeeb tshaj yog thaum ib tus neeg uas muaj tus kabmob hais lus, txham lossis hnoos nyob hauv tsev. COVID-19 yeej ua tau kom neeg muaj mob loj, kom neeg muaj tus kabmob uas ua rau lub ntsuam muaj dej (pneumonia), thiab ua tau kom tus neeg tuag, thiab peb yeej tseem tab tom kawm tias saib nws yuav tsim tau teebmeem zoo li cas rau tus tib neeg ntev ntev mus.

## Cov Tshuaj Tiv Thaiv Tus Kabmob Uas Peb Pom Zoo Kom Cov Tib Neeg Muaj Hnub Nyoo 12 Xyoo Rov Saum Mus Txhaj

CDC pom zoo kom txhua tus tib neeg muaj hnub nyoo 12 xyoo thiab laus dua mus txhaj cov tshuaj tiv thaiv lawv ntawm tus kabmob COVID-19. Tam sim no, cov tub ntxhais uas muaj hnub nyoo 12 mus rau 15 xyoo yeej mus txhaj tau cov tshuaj tiv thaiv kabmob Pfizer-BioNTech lawm. Koj yog tus yuav tau txiaiv txim tias saib koj puas yuav mus txhaj, thiab koj yeej xaiv tau tias saib koj yuav mus txhaj yam tshuaj tiv thaiv twg. Qhov uas koj txiaiv txim tias mus txhaj lossis tsis mus txhaj yeej tsis hloov txoj kev khomob uas koj yeej ib txwm siv.

## Cov Tshuaj Tiv Thaiv Uas Muaj Rau Koj Xaiv

Peb yam tshuaj tiv thaiv uas tau txais kev tso cai thiab pom zoo kom koj los txhaj nyob hauv Tebchaw Meskas los mus tiv thaiv tib neeg ntawm tus kabmob COVID-19 yog:

- Pfizer-BioNTech (2 koob, koob ob yog txhaj li 21 hnub tom qab txhaj tag thawj koob)
- Moderna (2 koob, koob ob yog txhaj li 28 hnub tom qab txhaj tag thawj koob)
- Johnson & Johnson (1 koob xwb)

## Cov Txiaj Ntsim Zoo Ntawm Kev Mus Txhaj Tshuaj Tiv Thaiv

Tag nrho cov tshuaj tiv thaiv uas muaj tam sim no yeej tsis tsim lwm yam teebmeem dabtsi rau cov neeg uas lawv mus txhaj thiab yeej tiv thaiv tau kom cov tib neeg tsis txhob muaj tus kabmob COVID-19. Kev mus txhaj tshuaj tiv thaiv yuav pab tiv thaiv cov tib neeg kom lawv tsis txhob mob lossis tsis txhob muaj mob loj thaum lawv kis tau tus kabmob COVID-19 thiab tej zaum nws kuj tseem yuav pab tiv thaiv kom cov tib neeg nyob ib ncig ntawm lawv tsis txhob mob lossis tsis txhob kis tau tus kabmob thiab. Yuav kom tiv thaiv tau zoo tshaj, cov tib neeg yuav tsum mus txhaj kom tag cov koob tshuaj uas pom zoo kom txhaj. Yog muaj neeg mus txhaj coob li coob tau, nws yuav pab peb khiav kom dhau tus kabmob ntawm no.

## Xav Paub Ntau Tshaj No Ntxiv

Yog koj xav tau kev pab los mus teem sijhawm mus txhaj lossis muaj lus nug, hu (833) 422-4255 lossis mus xyuas ntawm [www.vaccinateall58.com](http://www.vaccinateall58.com) lossis ntawm [www.cdph.ca.gov](http://www.cdph.ca.gov)

## Tej Yam Phem Uas Ntxim Yuav Muaj Los Ntawm Txoj Kev Mus Txhaj Tshuaj Tiv Thaiv Kabmob

- **Cov Teebmeem Uas Neeg Pheej Muaj** (Tag txhua yam tshuaj tiv thaiv tus kabmob COVID-19 tib si) Ob peb hnub tom qab mus txhaj tag qhov tshuaj tiv thaiv, tej zaum koj yuav hnub lub qhov koob mob lossis pom lub qhov koob o tuaj lossis mob taub hau, nkees, mob tej leeg nqaij, xeev siab, lossis ua npaws. Cov teebmeem ntawm no yog cov uas qhia tias koj lub cev tab tom npaj los tawm tsam tus kabmob.
- **Tej Yam Txhaum lossis Tsis Haum Lub Cev Loj Uas Muaj Tsawg** (Tag txhua yam tshuaj tiv thaiv tus kabmob COVID-19 tib si) Tej zaum nws kuj muaj tej yam txhaum lossis tsis haum lub cev tshwm sim li ntawm ob peb feeb mus rau ib teev tom qab ib tus neeg mus txhaj tag koob tshuaj, suav nrog rau ua pob khaus lossis ua xua, muaj teebmeem ua pa lossis nqos khoom, lub ntsej muag lossis lub caj pas o tuaj, kiv taub hau, tsam plab, lossis mem tes khiav ceev.
- **Ntshav Nkoos (Blood Clots) Uas Muaj Tsawg** (Cov tshuaj tiv thaiv tus kabmob COVID-19 Johnson & Johnson) Ob peb limpiam tom qab mus txhaj tag koob tshuaj tiv thaiv tus kabmob Johnson & Johnson, ib feem tsawg tsawg ntawm cov tib neeg uas mus txhaj tau muaj ntshav nkoos. Cov ntshav nkoos ntawm no yog muaj nyob rau ntawm cov hlab ntsha hauv lub paj hlwb, lub plab, lossis kav ceg, nrog rau cov keeb ntshav (blood cells) uas yuav ua kom tsis txhob los ntshav, thiab qhov teebmeem no yuav ua tau kom muaj mob loj lossis tuag. Feem ntau ntawm cov tib neeg uas muaj cov ntshav nkoos ntawm no yog cov pojniam uas tsis tau muaj 50 xyoo. Lawv pib muaj qhov teebmeem no li ntawm 1-2 limpiam tom qab lawv mus txhaj tag koob tshuaj. Txij li thaum pib txhaj los txog tam sim no, peb yeej tseem tsis tau pom neeg muaj ntshav nkoos zoo li no tom qab lawv mus txhaj tag cov tshuaj Pfizer lossis Moderna.

## Mus Nrhiav Kev Kho

Mus ntsib kws khomob sai, lossis hu 9-1-1, yog koj muaj tej yam teebmeem loj tom qab mus txhaj tshuaj tag, zoo li txog siav, mob hauv siab, ob txhais kav ceg o tuaj, mob plab tsis txawj zoo, mob taub hau heev, tsis pom kev tseeb, pom muaj ntshav dhoog ntau lossis pom muaj ntshav nyob hauv qab koj daim ntawv nqaij. Hu rau lub chaw txhaj tshuaj lossis koj tus kws khomob yog koj muaj ib yam teebmeem uas ua rau koj hnyav siab lossis pheej tsis txawj zoo li tau li ob peb hnub lawm.

