

Cov Tshuaj Tiv Thaiv Kab Mob Rau Koj Cov Me Nyuam Hluas

Kawm paub txog cov tshuaj tiv thaiv kab mob los pab koj tus me nyuam hluas noj qab nyob zoo thaum hluas thiab lub neej tom ntej.

Cov lus pom zoo txhaj tshuaj rau cov me nyuam hnuv nyoog 11-12 xyoos

Tdap tiv thaiv kab mob tetanus, mob diphtheria, thiab mob pertussis (hnoos hawb pob). Kev hnoos hawb pob tuaj yeem ua rau ntuav, ua pa ntawm huab cua, thiab teeb meem pw tsaug zog. Nws yuav mob ntev ntau lub hlis thiab kis tau zoo heev. Cov tshuaj tiv thaiv kab mob no yuav tsum txhaj rau cov kawm qib 7th thoob plaws hauv California.

Cov tshuaj tiv thaiv kab mob **HPV** (human papillomavirus) raug pom zoo pib txhaj thaum muaj hnuv nyoog 9 xyoos. Nws tiv thaiv cov pob txhuv thiab ntau cov mob khees xaws ntawm cov chaw xeeb tub, nrog rau cov mob khees xaws hauv caj pas thiab qhov ncauj. Cov tshuaj tiv thaiv kab mob HPV ua hauj lwm tau zoo tshaj plaws thaum txhaj rau lub sij hawm tseem yog me nyuam hluas. Cov me nyuam hluas uas tau txhaj tshuaj tiv thaiv kab mob ua ntej yuav tsum tau txhaj ob zaug xwb tsis yog peb.

Cov tshuaj tiv thaiv kab mob **meningococcal** tiv thaiv kab mob meningi-tis, ib hom mob loj heev uas tuaj yeem ua rau lub hlwb puas, caj npab thiab txhais ceg puas, lub raum puas, thiab tuag tau. Cov me nyuam yaus yuav tsum tau txhaj tshuaj tiv thaiv kab mob tam sim no thiab txhaj ntiv thaum muaj hnuv nyoog 16 xyoo.

Yuav tsum txhaj tshuaj tiv thaiv kab mob **khaub thuas** (khaub thuas hnoos) txhua xyoo. Mob khaub thuas yuav tsum hnyav dua li tus mob hnoos li txhua zaus. Txawm tias cov tub ntshais hluas muaj dag zog zoo los yeej tuaj yeem kis tau tus mob khaub thuas. Cov me nyuam hluas uas muaj mob ntev xws li mob hawb pob thiab ntshav qab zib yog cov tshwj xeeb tshaj uas muaj kev pheej hmoo rau mob ntsws qhuav los sis tuag taus.

Cov tshuaj tiv thaiv **COVID-19** tuaj yeem tiv thaiv kev mob hnyav hauv txhua tus 6 lub hlis thiab ntau dua, suav nrog cov me nyuam hluas. Kev tiv thaiv tus kab mob COVID-19 tuaj yeem txhais tau tias muaj sij hawm tsawg dua ntawm tsev kawm ntawv, ua kis las, thiab cov hauj lwm ua si hauv zej zog.

Tau txais ib daim ntawv digital theej ntawm koj tus me nyuam cov ntaub ntawv txhaj tshuaj tiv thaiv kab mob ntawm bit.ly/myDVR

KOM UA:

- ☐ TDAP
- ☐ HPV
- ☐ MENINGOCOCCAL
- ☐ KHAUB THUAS
- ☐ COVID-19



Nug Tus Kws Kho Mob

- ▶ Puas yog kuv tus me nyuam yuav tsum tau txhaj tshuaj tiv thaiv kab mob (piv txwv li, MMR, mob khaub thuas, thiab kab mob siab B)?
- ▶ Puas muaj kev siv tsis haum cov tshuaj tiv thaiv kab mob no?
- ▶ Cov tshuaj tiv thaiv twg yuav tsum tau txhaj rau tsev kawm ntawv, thiab koj puas tuaj yeem muab cov ntaub ntawv kuv xav tau?
- ▶ Puas yuav tsum tau txhaj lwm yam tshuaj tom qab mtawd?
- ▶ Puas yog kuv tuaj yeem tau txais cov ntaub ntawv txhaj tshuaj hloov kho tshiab?
- ▶ Puas yog kuv tuaj yeem teem sij hawm kuv tus me nyuam txhaj tshuaj tiv thaiv kab mob HPV hnuv no?

ShotsForSchool.org

California Lub Chaw Hauj Lwm Saib Xyuas Zej Tsoom Kev Noj Qab Haus Huv Lub Chaw Sawv Cev Txhaj Tshuaj Tiv Thaiv Kab Mob
Cov ntawv tshaj tawm no tau txais kev txhawb nqa los ntawm Tus Npawb Pab Nyiaj H23/CCH922507 los ntawm Lub Chaw Hauj
Lwm Tswj Hwm thiab Tiv Thaiv Kab Mob (CDC).



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