

Cov Niam Txiv/Cov Neeg Saib Xyuas – Koj Cov Me Nyuam Puas Npaj Txhij Yuav Mus Kawm Ntawv?

Yuav Tsum Tau Txhaj Tshuaj Tiv Thaiv Kab Mob rau Thaum Nkag Tuaj Tim Tsev Kawm Ntawv

Thov nqa koj tus me nyuam cov ntaub ntawv teev tseg txog kev txhaj tshuaj tiv thaiv kab mob nrog koj thaum lub sij hawm tso npe. Koj tuaj yeem saib thiab luam ntawm daim theej ntawm koj tus me nyuam daim ntawv teev tseg txog tshuaj tiv thaiv kab mob hauv California rau ntawm: [MyVaccineRecord.CDPH.CA.gov](https://myvaccinerecord.cdph.ca.gov)

Cov Me Nyuam Kawm Ntawv Uas Tab Tom Hloov Pauv Mus Kawm Qib Kawm Me Nyuam Yaus los sis Xav Tau Cov Ntaub Ntawv Teev Tseg Txog Qib Kawm Me Nyuam Yaus txog:

- ☐ **Kev Tshaj Tshuaj Tiv Thaiv Kab Mob Hom Diphtheria, Tetanus, thiab Pertussis (DTaP, DTP, Tdap los sis Td) — 5 koob**
4 koob los yeej OK yog tias tau txhaj tshuaj ib hom rau thaum los sis tom qab puv hnub nyoog 4 xyos; 3 koob los yeej OK yog tau txhaj ib koob rau thaum los sis tom qab puv hnub nyoog 7 xyoo.
- ☐ **Polio (IPV los sis OPV) — 4 koob**
3 koob los yeej OK yog tias tau txhaj tshuaj ib hom rau thaum los sis tom qab puv hnub nyoog 4 xyos. Muab tshuaj tiv thaiv kab mob polio nrog ntawm qhov ncauj (OPV) muab ib zaug rau thaum los sis tom qab hnub tim 1 Lub Plaib Hlis, 2016, tsis muab suav nrog.
- ☐ **Hepatitis B — 3 koob**
- ☐ **Measles, Mumps, thiab Rubella (MMR) — 2 koob**
Yuav tsum txhaj ob koob tshuaj no rau thaum los sis tom qab puv 1 xyos.
- ☐ **Varicella (Chickenpox) — 2 koob**

Cov Me Nyuam Kawm Ntawv Tshiab thiab Hloov Chaw Tshiab Uas Kawm Qib TK/K-12 Yuav Tsum Muaj Cov Ntaub Ntawv Teev Tseg txog:

- ☐ **Txhua yam kev txhaj tshuaj tiv thaiv kab mob hais los saum toj saud**
Rau cov kawm qib 7-12: tsawg kawg yog 1 koob tshuaj pertussis-uas muaj xyaw nrog hom tshuaj tiv thaiv kab mob uas yuav tsum tau txhaj rau thaum los sis ttom qab puv hnub nyoog 7 xyoo. Tshuaj tiv thaiv kab mob Siab B mas yuav tsum tau txhaj rau tshuaj qib kawm, zam rau thaum mus kawm qib 7.

Cov Me Nyuam Kawm Ntawv Uas Pib Kawm Qib 7 Yuav Tsum Muaj Cov Ntaub Ntawv Teev Tseg txog:

- ☐ **Tetanus, Diphtheria, thiab Pertussis (Tdap) —1 koob**

Lwm cov ntaub ntawv kev txhaj tshuaj tiv thaiv kab mob uas kuv yuav nug txog kuv tus kws txhaj tshuaj yog dab tsi?

Thaum koj mus ntsib koj tus kws saib xyuas kev noj qab haus huv rau qhov txhaj tshuaj tiv thaiv kab mob ua ntej yuav rov qab mus kawm ntawv, ces kuj yuav tau nug txog lwm cov tshuaj tiv thaiv kab mob uas pab ua kom koj tus me nyuam noj qab nyob zoo thiab, suav nrog **tshuaj tiv thaiv kab mob siab A, kab mob COVID-19, thiab kab mob khaub thuas hnoo raws hauv lub xyoo**. Cov me nyuam yaus thiab cov hluas los kuj yuav tau **txhaj tshuaj tiv thaiv kab mob human papillomavirus (HPV) thiab txhawm rau tiv thaiv qee cov kab mob khees xaws thiab cov tshuaj tiv thaiv kab mob meningococcal**.

Kom kom paub ntau ntxiv txog [Cov tshuaj tiv thaiv kab mob uas koj tus me nyuam yuav tsum txhaj raws li nws lub hnub nyoog](https://bit.ly/CDCVaccinesByAge) (bit.ly/CDCVaccinesByAge) thiab [koj yuav tau txais kev txhaj tshuaj tiv thaiv kab mob rau ntawm lub chaw twg](https://bit.ly/Where2BVaxed) (bit.ly/Where2BVaxed).