

Mus Txhaj Tshuaj Tiv Thaiv Khaub Thuas
Cov Lus Uas Yuav Coj Mus Tham Nrog Koj Lub Zejzos
California Lub Chaw Tuav Dejnum Saibxyuas Pejxeem Txoj Kev Noj Qab
Nyob Zoo (California Department of Public Health)

- Lub caij mob khaub thuas los txog ntawm no lawm!
- Nws yog ib qho tseemceeb kom txhua tus neeg mus ua lawv txoj haujlwm los pab kom lawv ntsib kev noj qab nyob zoo nyob hauv lub caij mob khaub thuas ntawm no, tshwjxeeb tshaj yog thaum tseem muaj ib qho kev kis kabmob loj.
- Npog qhov ncauj qhov ntswg thaum koj hnoos, ntxuav koj ob txhais tes thiab nyob twb ywm hauv tsev thaum koj tsis xis neej yuav pab txwv tau txoj kev kis khaub thuas thiab lwm yam kabmob.
- Txoj kev uas yuav pab tiv thaiv tau kev mob khaub thuas zoo tshaj yog mus txhaj tshuaj tiv thaiv khaub thuas.
- Kev tiv thaiv kom tsis txhob mob khaub thuas yuav pab txuag tau tej khoom thiab chaw khomob nrog rau cov kws khomob uas yuav tau muaj los tu cov neeg muaj tus kabmob COVID-19.

Leej twg yog cov neeg uas tsim nyog mus txhaj tshuaj tiv thaiv khaub thuas:

- Kev mus txhaj tshuaj tiv thaiv khaub thuas yog ib yam tseemceeb ntawm koj thiab koj tsev neeg txoj kev noj qab nyob zoo hauv lub caij mob khaub thuas xyoo no.
- Leej twg yog cov neeg uas tsim nyog mus txhaj tshuaj tiv thaiv khaub thuas?
- Txhua tus neeg uas muaj hnuv nyoog 6 hli thiab laus tshaj ntawd yuav tsum mus txhaj tshuaj tiv thaiv khaub thuas.
- Cov menyuam mos ab uas tsis tau muaj 6 hli yuav mus txhaj tsis tau tshuaj tiv thaiv khaub thuas, tiamsis lawv tsev neeg thiab cov neeg zov lawv yeej mus txhaj tau. Nws yog ib yam uas neeg yuav ua tau yoojyim los mus tiv thaiv cov neeg lawv hlub tshua.
- Cov pojniam uas lawv lub cev xeeb menyuam yuav tsum mus txhaj tshuaj tiv thaiv khaub thuas, ib yam nkaus - nws yuav pab tiv thaiv kom leej niam tsis txhob muaj mob hnyav thiab tsis txhob ntsib teebmeem thiab yuav tiv thaiv tus menyuam kom nws tsis txhob kis tau khaub thuas.

- Cov neeg ua haujlwm pab pejxeem thiab pab cov neeg muaj mob yuav tsum mus txhaj tshuaj tiv thaiv khaub thuas vim lawv cov neeg uas ntxim yuav mus nyob tau ze cov neeg mob khaub thuas thiab mob COVID-19 coob tshaj.
- Cov tib neeg uas muaj teebmeem zoo li muaj kabmob plawv, kabmob hawbpob lossis muaj ntshav qab zib yuav tsum mus txhaj tshuaj tiv thaiv khaub thuas vim lawv yog cov neeg uas ntxim yuav mob hnyav thaum lawv kis tau khaub thuas.
- Cov neeg laus uas tsis muaj mob dabtsi los yeej tseem yuav tsum tau mus txhaj tshuaj tiv thaiv khaub thuas - los mus tiv thaiv lawv tus kheej thiab cov neeg nyob ze lawv. Tshuaj tiv thaiv khaub thuas yuav txwv tau kom cov neeg laus tsis txhob muab khaub thuas mus kis rau cov menyuam yaus, cov pojniam uas cev xeeb menyuam thiab cov neeg laus uas muaj hnuv nyoog siab tshaj 65 xyoos lawm.

Koj yuav mus txhaj tshuaj tiv thaiv khaub thuas nyob qhov twg:

- Koj yeej hu tau mus rau koj tus kws khomob lossis ib lub chaw kuaj mob thiab mus nug tias saib lawv txhaj tshuaj tiv thaiv khaub thuas nyob qhov twg xyoo no.
- Yog tias koj yeej tsis muaj ib tus kws khomob uas koj pheed mus ntsib, cov chaw tuav dejnum saibxyuas kev noj qab nyob zoo (health department), cov khw muag khoom, thiab cov tsev muab tshuaj thiab cov khw muag tshuaj los yeej txhaj tshuaj tiv thaiv khaub thuas thiab.
- Cov tsevmuabg tshuaj thiab khw muag tshuaj yeej muaj haujlwm ntau ua nyob rau lub sijhawm tam sim no; yog li ntawd, hu rau lawv ua ntej thiab mus teem ib lub sijhawm mus txhaj tshuaj yuav yog ib lub tswvim zoo. Ua zoo li ntawd, koj thiaj li yuav tsis tau tos ntev thaum koj mus txhaj tshuaj.
- Lub vassab (website) vaccinefinder.org yuav pab koj nrhiav tau ib lub chaw uas txhaj tshuaj tiv thaiv khaub thuas uas nyob ze koj.

Koob tshuaj tiv thaiv khaub thuas yuav raug nqi ntau npaum li cas?

- Feem ntau ntawm cov kev fajseeb rau kev khomob (medical insurance) yeej pub neeg mus txhaj koob tshuaj tiv thaiv khaub thuas dawb xwb - suav nrog cov qhov kev pabcuam Medicare Part B thiab MediCal. Nws yeej tsis muaj ib tus nqi uas koj yuav tau nrog them (copayment) tshwj tias koj qhov kev fajseeb yuav kom koj them xwb.
- Yog tias koj yeej tsis muaj kev fajseeb rau kev khomob, tus nqi rau koob tshuaj yuav muaj txawv nyob rau ntawm cov tsev muab tshuaj, tiamsis tej zaum lub chaw tuav dejnum saibxyuas kev noj qab nyob zoo hauv koj lub nroog yuav muaj tshuaj tiv thaiv khaub thuas los txhaj dawb.

- Ntau lub tsev kawm ntawv qib siab yeej muaj tshuaj tiv thaiv khaub thuas los txhaj lawv cov tub ntxhais kawm ntawv, thiab cov qub tub nrog uas muaj npe nyob hauv lub chaw Department of Veterans Affairs yeej mus txhaj tau tshuaj tiv thaiv khaub thuas dawb nyob rau ntawm lub tsev khomob rau Tub Rog (VA) uas nyob ze lawv.

Khaub thuas thiab COVID-19

- Koob tshuaj tiv thaiv khaub thuas pab ua kom koj tsis txhob mob khaub thuas. Txhaj tshuaj tiv thaiv khaub thuas yuav tiv thaiv tsis tau kom neeg tsis txhob muaj tus kabmob COVID-19. Tiamsis, txhaj tshuaj tiv thaiv khaub thuas yuav pab tiv thaiv kom neeg tsis txhob mob khaub thuas thiab tsis txhob tau mus pw hauv tsev khomob vim cov teebmeem tsim los ntawm khaub thuas. Yog peb txuag tau kom tsis txhob muaj neeg mus pw hauv tsev khomob coob, peb yuav muaj chaw thiab khoom khomob nrog cov kws khomob ntau los mus pab pejxeem nyob rau lub sijhawm muaj kabmob sibkis loj.
- Cov sab mob ntawm tus kabmob COVID-19 thiab ntawm khaub thuas yeej muaj ntsis zoo ib yam; yog li ntawd, neeg yuav tsis paub yooj yim tias yog lawv mob tus kabmob twg.
 - Yog tias koj tsis xis neej , cia li nyob twb ywm hauv tsev, haus dej kom txaus, thiab tsis txhob mus nyob ze lwm cov neeg zoo li qhov koj ua tau thiab hu rau koj tus kws khomob lossis lub chaw kuaj mob yog xav tau tswvyim hais txog kev kho thiab yog xa mus nug tias saib koj puas yuav tsum tau mus kuaj kom paub tias koj muaj tus kabmob COVID-19 lossis tsis muaj.
 - Yog tias koj lossis ib tus neeg koj paub muaj teebmeem ua pa, hnov mob lossis hnov muaj dabtsi zawm ntawm lub hauv siab, lossis tsaug zog tsis hnov li lossis pheej yuav tsaug zog li no, cia li mus nrhiav kev kho tam sim.
- Yog koj xav paub ntxiv txog khaub thuas, mus nug lossis nrhiav ntawm ib lub chaw uas koj yuav ntseeg tau. California Lub Chaw Tuav Dejnum Saibxyuas Pejxeem Txoj Kev Noj Qab Nyob Zoo (California Department of Public Health) lub vassab (website) yog cdph.ca.gov/FightFlu.