



# KOOB TSHUAJ COVID-19 QHOV TSEEB

## Koob tshuaj COVID-19 nyab xeeb siv tau thiab ua haujlwm.

Tshuaj txhaj tiv thaiv yog tsim los tiv thaiv kab mob. Cov tshuaj txhaj tiv thaiv COVID-19 qhia koj lub cev kom paub txog thiab tawm tsam tus kab mob vais lav uas ua rau muaj mob COVID-19. Cov tshuaj txhaj tiv thaiv COVID-19 yuav tsis muab tus kab mob COVID-19 rau koj. Cov tshuaj txhaj tiv thaiv COVID-19 pab tiv thaiv koj ntwam tus kab mob COVID-19. Yog tias koj mob COVID-19 tom qab koj mus txhaj tshuaj tiv thaiv tag, nws muaj feem xyuam tsawg txog qhov ua rau koj mob hanyav los sis yuav tsum tau mus pw tsev kho mob. Txhua tus neeg muaj hnuv nyoog 6 hli nce mus yuav tsum tau txhaj tshuaj tiv thaiv.

**Cov tshuaj tiv thaiv tus kab mob COVID-19 tau ua tib zoo kuaj hauv ntau pawg neeg ua ntej tau txais kev tso cai siv nyob rau ncuu sij hawm xwm txheej ceev.** Kaum tawm txhiab tus neeg Tawv Dub, Neeg Latinx, Neeg Mes Kas Khab, thiab Neeg Asxis tau koom nrog kev tshawb fawb cov tshuaj tiv thaiv kab mob Pfizer, Moderna, thiab Johnson&Johnson. Peb paub tias cov zej zog no, nrog rau peb cov neeg xiam oob khab thiab LGBTQ + cov zej zog, feem ntau tsis suav nrog cov txiaj ntsig ntwam cov tshuaj thiab kev paub txog kev ntsub ntxaug keeb kwm, kev raug mob, thiab kev tsim txom. Cov xwm txheej no ua rau muaj kev cuam tshuam ntwam tus kab mob COVID-19 rau cov zej zog no thiab hais txog qhov tseem ceeb uas cov tshuaj tiv thaiv ua haujlwm thiab muaj kev nyab xeeb rau txhua tus li cas.

Tsis muaj kev hla cov kauj ruam rau kev nyab xeeb los ntwam kev tsim cov tshuaj tiv thaiv kab mob COVID-19. Lub Chaw Tswj Xyuas Khoom Noj Haus thiab Tshuaj (FDA) xav tau cov ntaub ntawv kev nyab xeeb rau cov tshuaj tiv thaiv kom raug tso cai. Tsis tas li ntawd, cov kws tshawb fawb kho mob txuas ntxiv saib xyuas cov tshuaj tiv thaiv kab mob kom nyab xeeb.

## Yuav muaj dabtsi tshwm sim thaum koj mus txhaj tshuaj

- Cov tibneeg uas muaj kev txawj txhaj tshuaj mam li yog tus qhia koj qhov txheej txheem txhaj tshuaj, tham qhia txog tej kev phom sij lossis yam mob tom qab, thiab teb koj tej lus nug.
- Muaj ntau yam tshuaj txhaj tiv thaiv COVID-19. Cov koob tshuaj uas koj xav tau yuav nce raws li koj lub hnuv nyoog, thawj koob tshuaj txhaj tiv thaiv uas koj tau txais, thiab seb koj puas muaj qee yam mob uas ua rau koj lub cev tsis muaj zog. **Mus saib daim phiaj ziam nyob rau phab ntawv tom ntej.**
- Tom qab tau txhaj lawv cov koob tshuaj tiv thaiv xub thawj tag lawm, ces cov neeg uas muaj hnuv nyoog 5 xyoos nce mus yuav tsum tau txhaj koob tshuaj loos ntxiv (bivalent) tshiab, yog tias tsim nyog.
- Nws yog ib qho tseem ceeb uas yuav tsum tau txhaj kom tag nrho txhua yam tshuaj tiv thaiv uas tau qhia rau koj, suav nrog cov koob tshuaj loos ntxiv, txhawm rau kom tau txais kev tiv thaiv kab mob COVID-19 kom zoo tshaj plaws. Hais txog rau cov ntaub ntawv qhia paub ntau ntxiv ces mus saib daim phiaj ziam thiab [CDC: Soj Qab Ntsoov Saib Cov Xov Xwm Tshiab txog Cov Tshuaj Tiv Thaiv Kab Mob COVID-19 suav nrog Cov Koob Tshuaj Txhaj Loos Ntxiv \(www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html\)](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html).
- Koj yuav tau txais daim npav txhaj tshuaj thaum koj tau txais koj cov tshuaj txhaj tiv thaiv. Qhov no yuav muaj qhov qhia tias yam tshuaj txhaj tiv thaiv twg uas koj tau txais. Tus neeg txhaj tshuaj tiv thaiv rau koj tuaj yeem qhia rau koj thaum koj xav tau lwm koob tshuaj ntxiv.
- Yuav tswj koj tom qab txhaj tshuaj tag seb puas pom koj muaj tej yam txhaum fab tsis zoo.



## TEJ YAM MOB TOM QAB

Ib txhia tibneeg pom muaj tej yam tsos mob tom qab mus txhaj koob tshuaj tag. Tej yam mob li no tsuas kav ntev li ib ob hnuv xwb thiab tsis ua cas. Tej zaum koj yuav:



Mob txhais npab



Mob thooj leeg nqaij



Nkees nkees



Mob taubhau



Ua npaws/ib ce txias

Yog tias koj mob phem tuaj, mus rau tsev kho mob loj lossis hu rau 911.


# Vim li cas koj yuav tsum mus txhaj koob tshuaj COVID-19?

- **Tiv thaiv koj tus kheej** los ntawm qhov mob hnyav rau tus kab mob COVID-19 thiab cuam tshuam mus ntev ntawm tus kab mob COVID-19.
- **Txhawb nqa koj lub zej zog.** TTiv thaiv cov neeg uas tsis tuaj yeem txhaj tshuaj tiv thaiv kab mob tau (me nyuam mos ab) los sis cov neeg uas txhaj tshuaj tiv thaiv kab mob tsis tau zoo (cov uas muaj lub cev tsis muaj zog).
- **Koob tshuaj no yog DAWB** xwb rau txhua tus. Koj li ntawv pov hwm thiab ntawv nyob tebchaws no yuav tsis muaj feem.

# Leejtwg thiaj li txhaj tau koob tshuaj



**KOOB TSHUAJ NO TSIS MUAJ COV NO NYOB HAUV**



- Tshuaj ua kom txuag cia tau ntev
- Nqaij npuas lossis kua nplaum
- Qe
- COVID-19 tus kab mob ciaj sia

Tag nrho cov neeg Minnesota uas muaj hnub nyoog 6 xyoo nce mus xav kom mus txhaj koob tshuaj tiv thaiv.

Yog xav paub txog kev teem sij hawm, xaib [Koob Tshuaj Txhaj Tiv Thaiv Tus Kab Mob COVID-19 Rau Cov Me Nyuam Yaus thiab Cov Tub Ntxhais Hluas \(mn.gov/covid19/vaccine/vaxforkids/\)](#) los yog nrhiav qhov chaw txhaj tshuaj mus xyuas [Nrhiav Kuv Qhov Tshuaj Txhaj Tiv Thaiv Kab Mob \(mn.gov/covid19/vaccine/find-vaccine/index.jsp\)](#).

## KEV TXHAJ TSHUAJ TIV THAIV TUS KAB MOB COVID-19\*

Hnub nyoog	Pfizer	Moderna	Novavax	Johnson and Johnson
6 lub hlis – 4 lub xyoos	3-koob tshuaj xub thawj	2-koob tshuaj xub thawj	Tsis tau tso cai	Tsis tau tso cai
5 – 11 xyoos	2-koob tshuaj xub thawj <b>Koob tshuaj txhawb ntxiv uas tau pom zoo. Yuav tsum yog txhaj Pfizer rau cov me nyuam uas muaj hnub nyoog 5 xyoos. Tuaj yeem txhaj Pfizer los sis Moderna rau cov muaj 6 xyoo nce mus.</b>	2-koob tshuaj xub thawj <b>Pom zoo rau koob tshuaj txhaj ntxiv (bivalent) hloov kho tshiab thiab tuaj yeem yog Pfizer los yog Moderna</b>	Tsis tau tso cai	Tsis tau tso cai
12 – 17 xyoos	2-koob tshuaj xub thawj <b>Pom zoo rau koob tshuaj txhaj ntxiv (bivalent) hloov kho tshiab thiab tuaj yeem yog Pfizer los yog Moderna</b>	2-koob tshuaj xub thawj <b>Pom zoo rau koob tshuaj txhaj ntxiv (bivalent) hloov kho tshiab thiab tuaj yeem yog Pfizer los yog Moderna</b>	2-koob tshuaj xub thawj <b>Pom zoo rau koob tshuaj txhaj ntxiv (bivalent) hloov kho tshiab thiab tuaj yeem yog Pfizer los yog Moderna</b>	Tsis tau tso cai
18 xyoos nce mus	2-koob tshuaj xub thawj <b>Pom zoo rau koob tshuaj txhaj ntxiv (bivalent) hloov kho tshiab thiab tuaj yeem yog Pfizer los yog Moderna</b>	2-koob tshuaj xub thawj <b>Pom zoo rau koob tshuaj txhaj ntxiv (bivalent) hloov kho tshiab thiab tuaj yeem yog Pfizer los yog Moderna</b>	2-koob tshuaj xub thawj <b>Pom zoo rau koob tshuaj txhaj ntxiv (bivalent) hloov kho tshiab thiab tuaj yeem yog Pfizer los yog Moderna</b>	1-dose primary series (limited situations) <b>Pom zoo rau koob tshuaj txhaj ntxiv (bivalent) hloov kho tshiab thiab tuaj yeem yog Pfizer los yog Moderna</b>

\*Qee cov neeg uas lub cev tsis muaj zog tuaj yeem raug pom zoo kom tau txais koob tshuaj tiv thaiv ntxiv uas yog ib feem ntawm lawv thawj koob tshuaj yuav tau txhaj.

\*Novavax tuaj yeem siv los ua koob tshuaj txhaj loos ntxiv rau cov muaj 18 xyoo nce mus nyob rau qee qhov xwm txheej uas yog tias koj tsis tuaj yeem txhaj Pfizer los sis Moderna tau. Sab laj rau koj tus kws kho mob.