



STAY SAFE MN

KOOB TSHUAJ COVID-19 QHOV TSEEB

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

Ib koob tshuaj twg yog tsim los pab cheem kom tsis txhob muaj kab mob. Koob tshuaj COVID-19 qhia kom koj lub cev paub cim thiab tawm tsam tus kab mob vais lav COVID-19. Koob tshuaj rau COVID-19 tsis ua rau koj mob tau COVID-19. Koob tshuaj COVID-19 pab tiv thaiv koj ntawm tus kab mob COVID-19 zoo heev. Yog tias koj pib mob COVID-19 tom qab koj mus txhaj tshuaj tag, tej zaum koj yuav tsis mob hnyav heev thiab tsis tas mus pw hauv tsev kho mob loj.

Yeej tau muab koob tshuaj COVID-19 ua tib zoo kuaj sim rau ntau haiv neeg ua ntej tau kev pom zoo siv rau xwm txheej ceev. Muaj puas phav leej Neeg Tawv Dub, Neeg Khab Asmeskas, thiab Neeg Esxias uas tau koom nyob rau txoj kev tshawb fawb koob tshuaj Pfizer, Moderna thiab Johnson & Johnson. Peb paub tias tej pej xeeb no, nrog rau cov neeg xiam oob qhab thiab cov neeg LGBTQ+ tau raug kev tsis ncaj ncees thaum hais txog kev kho mob dua los lawm thiab tseem niaj hnuv raug kev ntub ntawg, raug mob los ntawm kev kho mob yav tag los, thiab raug tsim txom. Tej xwm li no ua rau cov pej xeeb no haj yam kis tus mob COVID-19 thiab qhia tsi ntsees tias koob tshuaj no yeej ua haujlwm zoo thiab nyab xeeb siv tau rau txhua tus. Twb yog vim li no cov kws tshawb fawb kev kho mob thiaj li tseem niaj hnuv soj qab seb txoj kev nyab xeeb rau koob tshuaj no yog mus li cas lawm rau cov tibneeg uas twb txhaj tshuaj tag lawm.

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

- **Tiv thaiv koj tus kheej** ntawm tus kab mob COVID-19.
- **Pab txhawb koj zej koj zog.** Pab kom tej lag luam, tsev kawm ntawv, thiab lwm qhov chaw qhib tau.
- **Koob tshuaj no yog DAWB** xwb rau txhua tus. Koj li ntawv pov hwm thiab ntawv nyob tebchaws no yuav tsis muaj feem.
- **Yuav pab kom peb tswj tau thiab xaus tus mob kis thoob qab ntuj.**

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

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.
- Rau ib txhia koob tshuaj rau COVID-19, yuav ua ntu zus mus txhaj ob koob tshuaj. Tus neeg txhaj tshuaj rau koj mam li qhia koj seb koj puas nij ob koob tshuaj thiab thaum twg koj mam rov tuaj txhaj. Ob koob tshuaj no yuav tsum yog tib hom. Yog tias koj mus txhaj koob tshuaj Johnson & Johnson, ces koj tsuas mus txhaj ib zaug xwb.
- Yuav tswj koj tom qab txhaj tshuaj tag seb puas pom koj muaj tej yam txhaum fab tsis zoo.
- Mam li muab ib daim ntawv txhaj tshuaj rau koj thaum koj mus txhaj tshuaj. Yuav sau tseg tias koj tau mus txhaj hom tshuaj twg.
- Nyob ntawm koj yeem mus txhaj koob tshuaj xwb.





Leejtwg thiaj li txhaj tau koob tshuaj

Txhua tus neeg nyob hauv Minnesota uas muaj hnuv nyoog raws li cov hnuv nyoog tau txais kev pom zoo mus txhaj tshuaj ces yeej mus txhaj tau koob tshuaj COVID-19. Suav tagrho cov uas muaj ib yam mob nkeeg twg, cov uas twb tau mob COVID-19 dua los lawm, thiab txhua tus tab txawm lawv hnuv yug, yog nqaij tawv, thiab haiv neeg twg. Cov tibneeg uas cev xeeb menyuam thiab cov tibneeg uas lub cev tsis muaj zog tiv thaiv kab mob lawm los yeej mus txhaj tshuaj tau thiab. Yog tias koj muaj lus nug ces mus tham tau nrog koj tus kws kho mob.

Yog xav paub yuav mus nav maim li cas, mus xyuas nyob rau hauv [Tej Kev Nrhiav Koob Tshuaj COVID-19 \(www.health.state.mn.us/diseases/coronavirus/vaccine/findvax.pdf\)](https://www.health.state.mn.us/diseases/coronavirus/vaccine/findvax.pdf).

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.

Pab kom koj thiab lwm tus nyob nyab xeeb

2 lub lim tiam tom qab koj txhaj koob tshuaj kawg tag (seb yog koob tshuaj ua ntu zus mus txhaj ob koob lossis yog ib koob xwb), ces mam li xam tias koj txhaj tshuaj tiav lawm. Nws tseem ceeb rau koj ua raws li tej txheem lus pab kom pej xeeb noj qab nyob zoo txuas mus ntxiv kom thiaj li tsis muab tus kab mob COVID-19 kis nthuav mus ntxiv. Thaum koj mus txhaj tshuaj tiav lawm...



Looj lub npog
ntsej muag.



Ntxuav koj
txhais tes.



Nrug deb li 2 dag
ntawm lwm tus.



Nyob hauv tsev yog
tias koj muaj mob
khaub thuas.

mn MINNESOTA

mn.gov/vaccine

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Tiv tauj health.communications@state.mn.us yog xav tau cov ntaub ntawv no ua lwm hom. (Hmong)

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