



KOOB TSHUAJ COVID-19

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.

Tau muab koob tshuaj COVID-19 kuaj sim zoo heev ua ntej tau pom zoo siv rau xwm txheej ceev. Muaj coob txhiab leej Neeg Tawv Dub, Latinx, Asmeskas Is Dias, thiab Esxias tau koom rau txoj kev kuaj sim cov koob tshuaj Pfizer, Moderna, thiab Johnson & Johnson no. Peb paub tias cov pej xeem zej zog no, nrog rau cov neeg xiam oob qhab thiab cov neeg LGBTQ+ yeej raug kev tsis ncaj ncees ntawm kev kho mob vim lawv raug kev ntxub ntxaug thiab kev tsim txom. Tej yam no yuav ua rau muaj ntau tus neeg no mob COVID-19 thiab haj yam tseem ceeb rau koob tshuaj no ua haujlwm zoo thiab nyab xeeb siv rau cov pej xeem no.

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.
- **Pab cheem kom tus kab mob kis thoob qab ntuj no dua mus.**

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

QHOV TSEEB

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

Yuav muaj dabtsi tshwm sim thaum koj mus txhaj tshuaj

- Yuav muaj cov neeg ua haujlwm pab coj koj kev mus txhaj koob tshuaj. 
- 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. Yog tias koj yuav tau rov tuaj txhaj tshuaj rau zaum ob, ces mam li sau tseg hnuv tim rau daim ntawv txhaj tshuaj no. 
- Nyob ntawm koj yeem mus txhaj koob tshuaj xwb. 

STAY SAFE MN



Leejtwg thiaj li txhaj tau koob tshuaj?



Txhua tus muaj 16 xyoo rov saud mus txhaj tau koob tshuaj COVID-19 thaum txog lawv thib. Cov no suav tagnrho cov neeg muaj mob nkeeg, tau mob COVID-19 dua los, thiab txhua hnuv nyoog, neeg nqaij tawv, thiab txhua haiv neeg. Koob tshuaj no nyab xeeb rau cov cev xeeb menyuam thiab cov lub cev kev tiv thaiv kab mob tsis muaj zog, tiamsis lawv yuav tsum xub tham nrog lawv tus kws kho mob ua ntej mus txhaj koob tshuaj COVID-19.

Minnesota lub hom phiaj tam sim no yog txhaj tshuaj rau cov neeg uas muaj kev phom sij kis tau tus kab mob COVID-19 thiab/lossis mob hnyav heev yog tias lawv tau mob COVID-19 ua ntej tso vim tsis tau muaj koob tshuaj txaus rau txhua tus.

Peb mam li tshaj tawm tej xov xwm tshiab rau seb txog leejtwg thib mus txhaj tshuaj, thaum twg lawv mam li mus txhaj tshuaj tau, thiab yuav mus txhaj tshuaj rau qhov twg.

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

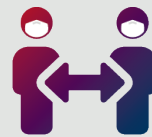
Nws yuav siv sijhawm ntev heev los txhaj tshuaj kom txhij txhua rau sawvdaws. Tab txawm koj tau mus txhaj koob tshuaj COVID-19 lawm los, koj yuav tsum txuag thiab xyuam xim mus ntxiv raws li pom zoo ua:



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