



Tej Xov Tseem Ceeb Txog Koob Tshuaj COVID-19

RAU COV PEJ XEEM NEEG ZEJ ZOG THIAB KOOM HAUM KEV NTSEEG

3/16/2021

Koj pab cheem tau tus kab mob kom tsis txhob nthuav dav ntxiv thoob qab ntuj thaum koj mus txhaj koob tshuaj COVID-19.

Qhov koj mus txhaj koob tshuaj COVID-19 yuav yog ib txoj kev zoo tshaj los tiv thaiv koj thiab cov nyob ib puag ncig koj. Yim muaj coob tus mus txhaj koob tshuaj COVID-19 ces yim zoo dua rau txhua tus xwb.

Thaum tswj tau tus kab mob COVID-19 lawm, peb qhib tau tej lag luam, tej tsev kawm ntawv, thiab lwm yam. Thaum tswj tau tus kab mob COVID-19 lawm, ces yuav pab ua kom tus kab mob kis thoob qab ntuj no txawj xaus.

Tam sim no koj yuav tsum ua raws li tej koom haum saib xyuas mob nkeeg cov txheem lus tom qab txhaj tshuaj.

Peb tseem yuav kawm ntxiv seb koob tshuaj yuav cuam tshuam kev sib kis ntawm tus kab mob COVID-19 li cas. Peb paub tias koob tshuaj no yeej tiv thaiv kom tibneeg tsis txhob mob, tiamsis peb tsis tau paub seb ib tug neeg uas twb txhaj tshuaj tag lawm puas tseem kis tau tus kab mob COVID-19 mus rau lwm tus.

Nyob raws seb koj mus txhaj hom npe koob tshuaj twg, tej zaum koj yuav tau mus txhaj ib lossis ob zaug thiaj li tiv thaiv koj. Tom qab koj mus txhaj koob tshuaj COVID-19 tag, nws yuav siv sijhawm li 2 lub lim tiam rau cov tshuaj tiv thaiv tau koj lub cev. Tab txawm koj mus txhaj tshuaj tag lawm los, nws tseem ceeb rau koj ua raws li koom haum saib xyuas mob nkeeg tej txheem lus kom tsis txhob sib kis tus kab mob COVID-19. Xws li kav tsij looj lub npog qhov ncauj, sib nrug deb li 2 dag ntawm lwm tus, thiab ntxuav tes thaum koj tawm mus sab nraud lossis thaum koj mus nyob tham nrog cov tibneeg tsis tau txhaj tshuaj. Kav tsij ua raws li tej txheem lus tom koj qhov chaw haujlwm, tsev kawm ntawv, thiab lwm qhov chaw tibi thiab.

Txhua koob tshuaj COVID-19 yeej nyab xeeb siv thiab ua haujlwm.

Qhov muaj ib koob tshuaj uas nyab xeeb siv tau thiab ua haujlwm zoo yog yam tseem ceeb tshaj. Tej txheem lus tsim koob tshuaj COVID-19 yeej zoo ib yam li tej txheem lus uas tsim lwm koob tshuaj thiab. Tej tuam txhab tsim koob tshuaj yuav tsum muab ntaub ntawv ua pov thawj qhia tias koob tshuaj yeej nyab xeeb siv tau thiab yeej ua haujlwm zoo ua ntej yuav tau kev pom zoo siv rau tibneeg zej zog. Muaj coob pab pawg kws tshawb fawb los ntsuam xyuas tej ntaub ntawv no thiab lawv yog cov uas txiav txim qhov zoo qhov phem ntawm kev siv koob tshuaj no.

CDC kuj tau tsim ib lub twj hu ua v-safe. Nws pab koj soj qab thiab qhia tawm tej yam mob koj raug tom qab koj mus txhaj koob tshuaj tag. V-safe kuj pab koj nco ntsoov thaum txog sijhawm mus txhaj koob tshuaj thib ob. Koj tus kws kho mob mam li qhia kom koj paub ntxiv txog lub twj v-safe. Koj mus kawm tau ntxiv ntawm [V-safe After Vaccination Health Checker \(kev soj qab mob v-safe\)](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html) (www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html).

Tej kev tshawb fawb qhia tias koob tshuaj COVID-19 ua haujlwm zoo los pab tiv thaiv kom koj tsis txhob kis tus kab mob COVID-19. Koob tshuaj no kuj pab tawm tsam tej hom kab mob uas tawm tshiab thiab. Koob tshuaj COVID-19 no kuj pab cheem kom koj tsis txhob mob hnyav heev thiab yog tias koj cia li kis mob COVID-19 lawm. Koob tshuaj COVID-19 ua tsis tau rau koj kis tus kab mob COVID-19.

Tau muab koob tshuaj COVID-19 kuaj sim rau coob leej ntau haiv neeg.

Nws tseem ceeb los muaj ntau haiv neeg nyob rau txoj kev kuaj sim koob tshuaj COVID-19 no. Muaj txhiab txhiab tus Neeg Tawv Dub, Neeg Latinx, Neeg Asmeskas Is Dias, thiab Neeg Esxias koom rau txoj kev tshawb fawb no. Peb paub tias tej neeg zej zog no raug kev tsis ncaj ncees ntawm kev kho mob vim kev tsis ncaj ncees ntawm kev kho mob vim lawv raug kev ntxub ntxaug thiab kev tsim txom. Vim cov tibneeg no yog txawv nqaij tawv, ntau haiv neeg, txawv hnuv nyoog, thiab muaj ntau yam mob nyob ua ke koom rau txoj kev tshawb fawb no, peb paub tias koob tshuaj no ua haujlwm zoo rau txhua tus.

Txhua koob tshuaj COVID-19 pab tiv thaiv tus kab mob COVID-19.

Txhua koob tshuaj COVID-19 yeej tiv thaiv koj zoo heev ntawm tus kab mob COVID-19. Tsis muaj ib koob tshuaj uas zoo dua rau ib haiv neeg twg (xws li cov laus dua lossis cov muaj ib yam mob nkeeg twg, tej ntawd). Tsis tsom ntsoov ib koob tshuaj rau ib haiv neeg twg.

Lub xeev Minnesota yeej muab tagrho 3 hom koob tshuaj COVID-19 no faib thoob plaws tej tsev kho mob, tsev txhaj tshuaj hauv zos, koom haum saib xyuas kev noj qab haus huv, thiab tej tsev muag tshuaj. Tam sim no, feem ntau tej chaw txhaj tshuaj thiab kws kho mob hauv Minnesota tsuas muaj tib koob tshuaj COVID-19 xwb, ces yuav tsis muaj ntau hom rau tibneeg los xaiv seb lawv yuav txhaj koob twg. Peb txhawb koj mus txhaj koob tshuaj uas muaj tau rau koj. Koj tsis xav yeem txhaj tshuaj los tau, tiamsis

tej zaum yuav nyuaj rau koj rov qab teem dua sijhawm tuaj txhaj tshuaj vim tsis tau muaj koob tshuaj txaus rau txhua tus tam sim no.

Tom qab koj txhaj koob tshuaj COVID-19 tag, tej zaum koj yuav muaj lwm yam mob tom qab. Yeej tsis ua cas vim yog koj lub cev npaj tiv thaiv koj xwb.

Tom qab koj mus txhaj koob tshuaj COVID-19 tag, tej zaum koj txhais npab yuav mob thiab mog leeg nqaij tej ntawd, yuav sab, mob taubhau, lossis ua npaws mentsis (qhov ua npaws tsis tshua tshwm sim). Qee zaus tej yam mob uas tshwm sim tom qab no kuj yuav cheem koj ua tsis tau koj tej haujlwm rau ob peb hnuv.

Koob tshuaj COVID-19 yuav yog dawb rau koj.

Yuav muaj koob tshuaj COVID-19 dawb rau koj xwb. Tiamsis, tej kws kho mob kuj yuav tshoj tus nqi txhaj tshuaj rau ib tug twg los tau. Qhov no txhais tau tias kuj yuav nug koj muab tej ntaub ntawv pov hwm los rau thaum koj tuaj txhaj koob tshuaj COVID-19. Txawm koj tsis muaj ntawv pov hwm thiab/lossis them tsis tau tus nqi txhaj tshuaj los, koj yeej tseem mus txhaj tau koob tshuaj COVID-19.



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