

# Koj Cov Me Nyuam Npaj Txhij Lawm Puas Yog?

## Txoj Cai Lij Choj Hais Txog Kev Txhaj Txhuaj Tiv Thaiv Ntawm Cov Khoos Kas Zov Me Nyuam thiab Phaum Me Nyuam Me

Cov me nyuam yaus yuav tsum tau txais kev txhaj tshuaj tiv thaiv kab mob ua ntej tso npe nkag rau hauv cov khoos kas zov me nyuam thiab phaum me nyuam me hauv Minnesota los sis xa tsab ntawv zam. Qhov kev tseev kom muaj no siv tau rau txhua lub chaw zov me nyuam uas muaj ntawv tso cai, cov chaw zov me nyuam ntawm tsev neeg, cov chaw zov me nyuam uas muaj kev zam ntawv tso cai, thiab cov khoos kas rau phaum me nyuam me xws li cov me nyuam uas tseem tsis tau kawm ntawv, kev ntxiv kev npaj txhij kawm ntawv, cov me nyuam tseem tsis tau kawm ntawv uas muaj kev txaus siab, thiab kev kawm tshwj xeeb rau cov me nyuam me. Nrhiav koj tus me nyuam li phaum hnuv nyooq hauv daim ntawv qhia hauv qab no thiab saib seb yuav siv tag nrho pes tsawg koob tshuaj ntawm txhua hom tshuaj tiv thaiv uas tsim nyog muaj rau lawv lub hnuv nyooq.

Cov Kev Txhaj Tshuaj Tiv Thaiv Uas Tseev Kom Muaj	3-4 hlis	5-6 hlis	7-15 hlis	16-23 hlis	24 lub hlis mus txog rau qib kawm me nyuam me
Kab mob siab B (Hep B)	2 Koob	2 Koob	3 Koob	3 Koob	3 Koob
Kab mob hawb pob, tetanus, thiab pertussis (DTaP)	1 Koob	2 Koob	3 Koob	3 Koob	4 Koob
Kab Mob Polio (IPV)	1 Koob	2 Koob	2 Koob	2 Koob	3 Koob
Kab mob ntsws ua paug (PCV)	1 Koob	2 Koob	3 Koob	3 Koob	
Kab mob npaws loj haemophilus hom b (Hib)	1 Koob	1 Koob	1 Koob	1 Koob	1 Koob
Kab mob measles, mumps, rubella (MMR)				1 Koob	1 Koob
Kab mob varicella (qhua pias)				1 Koob	1 Koob
Kab mob siab A (Hep A)					1 Koob

**Lus Cim Tseg:** Qhov uas yuav muaj pes tsawg koob tshuaj ntawd yuav sib txawv yog tias koj tus me nyuam poob qab lub sij hawm lawm. Yog tias koj tus me nyuam tau poob qab rau nws cov kev txhaj tshuaj tiv thaiv uas tseem tsis tau lig dhau, ces mus nrog nws tus kws kho mob tham.

## Pom zoo tab sis tsis tseev kom muaj rau cov khoos kas zov me nyuam los sis phaum me nyuam me

Kab mob npaws loj (khaub thuas loj), kab mob COVID-19, kab mob hauv txoj hlab ua pa (respiratory syncytial virus, RSV), kab mob rotavirus thiab lwm yam tshuaj tiv thaiv tau txais kev pom zoo rau cov me nyuam yaus kom ntseeg tau tias lawv tau txais kev tiv thaiv puv ntwb lawm. Tham nrog koj tus kws kho mob txog qhov uas thaum twg koj tus me nyuam yuav tsum tau txais cov tshuaj tiv thaiv no. Yog xav paub ntau ntxiv ces mus xyuas hauv: [CDC: Vaccine Schedules Fo You and Your Family \(www.cdc.gov/vaccines/imz-schedules/index.html\)](https://www.cdc.gov/vaccines/imz-schedules/index.html).

## Cov lus qhia rau cov niam txiv thiab cov neeg saib xyuas

- Xyuas kom meej tias koj tus me nyuam tau txais tag nrho cov tshuaj tiv thaiv uas yuav tseev kom muaj ua ntej yuav txog nws thawj hnuv ntawm lub khoos kas zov me nyuam/phaum me nyuam me los sis xa ib tsab ntawv zam.
- Xa ib tsab luam qauv ntawm koj tus me nyuam cov ntaub ntawv txhaj tshuaj tiv thaiv mus rau nws lub khoos kas zov me nyuam, phaum me nyuam me, los sis lub tsev kawm. Koj tuaj yeem tau txais ib tsab luam qauv ntawm nws cov ntaub ntawv tuav tseg los ntawm lub chaw kho mob los sis nrhiav lawv cov ntaub ntawv saum [Find My Immunization Record \(www.health.state.mn.us/people/immunize/miic/records.html\)](https://www.health.state.mn.us/people/immunize/miic/records.html).
- Thov sau kom tiav sab tom qab yog tias koj tus me nyuam yuav tsum muaj kev zam rau laj thawj kev kho mob los sis yog tias koj xaiv qhov kev zam uas tsis yog sab kev kho mob vim yog muaj tej kev ntseeg ntawm tus kheej.



[Vaccines for Infants, Children, and Adolescents \(www.health.state.mn.us/people/immunize/basics/kids.html\)](https://www.health.state.mn.us/people/immunize/basics/kids.html)

Tiv tauj rau lub Khoos Kas Txhaj Tshuaj Tiv Thaiv ntawm 651-201-5503 los sis 1-800-657-3970 kom tau lwm hom qauv.  
ID# 80155 (08/2024) Hmong



# Cov kev zam sab kev kho mob thiab tsis yog sab kev kho mob

## Cov lus qhia rau kev teev ntaub ntawv cov kev zam sab kev kho mob los sis tsis yog sab kev kho mob thiab keeb kwm ntawm kab mob qhua pias (varicella)

Ua raws kauj ruam 1 thiab 2 hauv qab no txhawm rau teev ntaub ntawv rau ib qhov kev zam sab kev kho mob, kev zam uas tsis yog sab kev kho mob, los sis keeb kwm ntawm kab mob qhua pias.

- Muab tus X tso rau hauv lub npov txhawm rau qhia txog qhov kev zam sab kev kho mob los sis tsis yog sab kev kho mob. Yog tias koj muab koj tus me nyuam zam ntau tshaj ib hom tshuaj tiv thaiv, ces kos rau txhua hom tshuaj tiv thaiv uas koj muab nws zam nrog tus X.
- Tau txais cov kev kos npe rau cov kev zam los sis keeb kwm ntawm tus kab mob qhua pias.

Cov Kev Txhaj Tshuaj Tiv Thaiv Uas Tseev Kom Muaj	Sab Kev Kho Mob	Tsis Yog Sab Kev Kho Mob
Kab mob siab B (Hep B)		
Kab mob hawb pob, tetanus, thiab pertussis (DTaP)		
Kab Mob Polio (IPV)		
Kab mob npaws loj haemophilus hom b (Hib)		
Kab mob measles, mumps, rubella (MMR)		
Kab Mob Varicella (Qhua Pias)		
Kab mob siab A (Hep A)		

**Kev zam sab kev kho mob:** Tus kws kho mob yuav tsum ntsuam xyuas thiab kos npe rau qhov kev zam sab kev kho mob. Tus kws kho mob xam muaj xws li tus kws kho mob uas muaj ntawv tso cai, tus kws tu neeg mob, los sis tus kws pab kho mob. Los ntawm kuv tus qauv tes kos npe hauv qab no, ces kuv qhia tseeb tias tus me nyuam no yuav tsum tsis txhob tau txais cov tshuaj tiv thaiv uas cim nrog tus X hauv kem teev lus rau cov laj thawj sab kev kho mob (cov kev txwv) los sis vim muaj kev qhia tseeb hauv kev kuaj pom hais tias nws twb yeej muaj kev tiv thaiv kab mob lawm.

Kos Npe: \_\_\_\_\_

(ntawm tus kws kho mob)

Hnub Tim: \_\_\_\_\_

**Kev zam uas tsis yog sab kev kho mob:** Leej niam-txiv/tus neeg saib xyuas yuav tsum tau kos npe rau qhov kev zam uas tsis yog sab kev kho mob thiab yuav tsum kos npe rau daim foos thiab ntaus thwj los ntawm tus kws lij choj. Tus me nyuam tsis tas yuav muaj hom tshuaj tiv thaiv uas tsis haum rau nws leej niam leej txiv los sis tus saib xyuas txoj kev ntseeg. Kev xaiv qhov tsis txhaj tshuaj tiv thaiv yuav ua rau txoj kev noj qab haus huv ntawm koj tus me nyuam los sis lwm leej lwm tus uas nyob ib ncig nws muaj kev pheej hmoo. Cov me nyuam yaus uas tsis tau txais tshuaj tiv thaiv uas nphav txog tus kab mob uas tiv thaiv tau los ntawm tshuaj tiv thaiv yuav tsum tau nyob tom tsees tsis txhob mus kawm ntawv thiab lwm yam dej num kom ntev txog 21 hnub txhawm rau tiv thaiv lawv tus kheej thiab lwm leej lwm tus.

Los ntawm kuv tus qauv tes kos npe kuv qhia tseeb tias tus me nyuam no yuav tsis tau txais cov tshuaj tiv thaiv uas cim nrog tus X hauv kem teev lus vim kuv txoj kev ntseeg thiab kuv nkag siab hais tias nws yuav tsum tsis txhob nyob rau hauv tsev kawm ntawv thiab lwm yam dej num kom ntev txog 21 hnub yog tias nphav txog tus kab mob uas tiv thaiv tau los ntawm tshuaj tiv thaiv.

Kos Npe: \_\_\_\_\_ Hnub Tim: \_\_\_\_\_  
(ntawm niam-txiv/tus saib xyuas)

### Cov kev zam uas tsis yog sab kev kho mob yuav tsum tau kos npe rau thiab ntaus thwj los ntawm tus kws lij choj:

### Lub Thwj Ntawm Kws Lij Choj

Raug lees paub cov ntaub ntawv no rau ntawm kuv xub ntiag rau thaum

\_\_\_\_\_ (hnub tim),  
los ntawm \_\_\_\_\_  
(npe leej niam leej txiv los sis tus saib xyuas)



Qauv Tes Kos Npe Ntawm Kws Lij Choj:

\_\_\_\_\_

Xeev \_\_\_\_\_,

Cheeb Nroog \_\_\_\_\_

**Keeb kwm ntawm kab mob qhua pias (kab mob varicella) :** Yog hais tias ib tug me nyuam twg tau muaj tus kab mob qhua pias yav dhau los, ces nws tsis tas yuav tau txais hom tshuaj tiv thaiv kab mob varicella li. Tus kws kho mob yuav tsum tau kos npe rau daim food no yog tias tus kab mob tau tshwm sim tom qab lub Cuaj Hli tim 1, 2010. Yog hais tias tus me nyuam muaj kab mob qhua pias ua ntej lub Cuaj Hli tim 1, 2010, ces leej niam leej txiv los sis tus saib xyuas yuav tau kos npe rau daim foos no.

Kuv tus qauv tes kos npe hauv qab no txhais tau hais tias kuv qhia tseeb hais tias tus me nyuam no tsis tas yuav tau txais cov tshuaj tiv thaiv kab mob varicella vim tias nws tau muaj tus kab mob phua pias hauv lub hli thiab xyoo \_\_\_\_\_

Kos Npe: \_\_\_\_\_ Hnub Tim: \_\_\_\_\_

(ntawm tus kws kho mob, tus neeg sawv cev ntawm lub chaw kho mob rau pej xeem, los sis niam txiv/tus saib xyuas)