

COV TSEV NEEG YUAV TSUM PAUB TXOG TXOG COV TSHUAJ TIV THAIV TUS KAB MOB COVID-19



Cov tshuaj tiv thaiv puas muaj kev nyab xeeb?

- Cov tshuaj tiv thaiv kab mob COVID-19 muaj kev nyab xeeb thiab lawv ua hauj lwm tau zoo.
- Cov tshuaj tiv thaiv no tsis tuaj yeem tus tau tus kab mob COVID-19 rau koj. Tej zaum koj yuav muaj kev phiv tshuaj tom qab txhaj tshuaj tiv thaiv kab mob tas, tab sis cov no yog qhov ib txwm.
- Ntau lab tus tib neeg hauv Teb Chaws Mes Kas tau txais cov tshuaj tiv thaiv tus kab mob COVID-19, thiab cov tshuaj tiv thaiv no tau dhau los ua tus saib xyuas kev nyab xeeb tshaj plaws hauv keeb kwm hauv Teb Chaws Mes Kas.
- Cov tshuaj tiv thaiv kab mob COVID-19 yog qhov **muaj nyab xeeb thiab siv tau zoo tib si rau cov me nyuam yaus hnuv nyooq 12 xyos thiab laus dua**. Kev nyab xeeb yog qhov tseem ceeb tshaj rau cov tshuaj tiv thaiv, thiab lub chaw tswj xyuas khoom noj haus thiab tshuaj (FDA) pom zoo yog ua raws li kev soj ntsuam kev nyab xeeb.
- Cov niam txiv yuav tsum saib cov ntaub ntawv uas ntseeg siab tau txog kev nyab xeeb thiab qhov tseem ceeb ntawm kev txhaj tshuaj tiv thaiv tus kab mob COVID-19 rau lawv cov me nyuam. Kev ua cov kev tshawb fawb no tuaj yeem pab koj kom nkag siab [hom lus dab neeg hais txog cov tshuaj tiv thaiv](#).

Kuv tuaj yeem nrhiav tshuaj tiv thaiv rau qhov twg hauv Sacramento?

- Nyob hauv Sacramento koj tuaj yeem mus rau ntau qhov chaw sib txawv xws li chaw kuaj mob thiab tsev kho mob, Safeway, Tsev Muag Tshuaj, CVS, Rite Aid, Walgreens, Walmart, Cal Expo, Cal NorthState, Xeev Sacramento, Cal Expo, McClellan Park thiab lwm qhov chaw me hauv zej zog.

Leej twg thiaj tuaj yeem tau txais tshuaj tiv thaiv kab mob?

- Pib lub lim tiam no, **txhua tus neeg hnuv nyooq 12 xyos los sis tshaj saud** tuaj yeem txhaj tshuaj tiv thaiv tus kab mob COVID-19 tau. Cov tshuaj tiv thaiv kab mob yuav tsum tau muab kev pom zoo rau cov me nyuam yaus hnuv nyooq qis dua 12 xyoo tom qab lub xyoo no.
- Yuav tsum tau muaj niam txiv kev tso cai pom zoo rau cov hluas hnuv nyooq qis dua 18 xyoo.
- **Cov tub ntxhais hluas hnuv nyooq qis dua 18 xyoo yuav tsum tau txhaj tshuaj tiv thaiv kab mob Pfizer**. Ob hom ntxiv uas yog hom (Moderna thiab Johnson & Johnson) tsis tau txais kev pom zoo rau ib tus twg uas muaj 18 xyoo rov hauv.

Kuv puas yuav tsum tau teem caij mus txhaj tshuaj tiv thaiv kab mob?

- Qee thaj chaw thov kom koj teem sij hawm tab sis tam sim no muaj ntau tus neeg cia li taug kev mus txhaj yam tsis tau teem sij hawm.
- Koj yuav teem caij hauv online tau ntawm <http://bit.ly/SacCountyVaccine> lossis <https://myturn.ca.gov/>
- Muaj ntau lub chaw tau siv xov tooj teem sij hawm.
- Yog tias koj xav tau kev pab teem sij hawm, koj tuaj yeem hu rau 211 los sis (916) 529-4519.

Kuv yuav nqa dab tsi nrog kuv thaum mus txhaj tshuaj tiv thaiv kab mob?

- Ib daim foos ntawm lub cim nrog lub npe thiab hnuv yug, yog tias muaj.
- Tsis tas yuav tsum yog cov neeg Xam Xaj Mes Kas los yog chaw nyob raug cai.
- Tsis tas muaj kev tuav pov hwm li. Txhua yam tshuaj tiv thaiv yog **PUB DAWB**.

Cov txiaj ntsig ntawm cov tshuaj tiv thaiv kab mob rau cov me nyuam yaus rau tus kab mob

COVID-19 muaj dab tsi?

Cov tshuaj tiv thaiv tus kab mob COVID-19 muaj kev tiv thaiv tau zoo rau cov neeg kom tsis txhob kis tau tus kab mob COVID-19. Cov txiaj ntsig ntawm kev txhaj tshuaj tiv thaiv rau me nyuam yaus suav nrog:

- **Tiv thaiv nyuam los ntawm kev mob nkeeg:** Txawm tias me nyuam yaus tsis tshua muaj tus kab mob los ntawm tus kab mob COVID-19 los xij, lawv tseem tuaj yeem kis tau tus kab mob. Cov kev cuam tshuam lub sij hawm ntev ntawm tus kab mob COVID-19 nyob rau hauv cov me nyuam yaus tseem tsis tau paub meej. Qee tus neeg, tus kab mob COVID-19 tau ua rau cov tsos mob ntev, suav nrog kev qaug zog, ua pa nyuaj, mob pob txha thiab txawm tias muaj kev ntxhov siab thiab ntxhov siab. Tus kab mob COVID-19 kuj tseem raug txuas rau cov neeg mob uas tsis tshua muaj mob loj uas muaj peev xwm ua tau raws li tus kab mob ntau yam kev mob hauv me nyuam yaus (MIS-C).
- **Kev tiv thaiv lub zej zog:** Cov me nyuam yaus uas kis tau tus kab mob COVID-19, thiab lawv kis tus kab mob mus rau lwm tus. Qhov no yog tus kab mob kis tau yooj yim heev, thiab peb xav tau qib siab kawg ntawm kev tiv thaiv kom tsis txhob kis mus rau lwm tus. Cov me nyuam qis dua 18 xyoo muaj kwv yees li 24% ntawm cov pej xeeb hauv Sacramento. Txhawm rau tiv thaiv peb lub zej zog tag nrho peb yuav tsum tau txhaj tshuaj tiv thaiv kab mob rau cov me nyuam. Qhov no tseem ceeb tshaj plaws rau kev tiv thaiv cov neeg muaj kev pheej hmoo siab. Yog tias ib tus hauv koj tsev neeg lub cev tsis muaj zog tiv thaiv kab mob, koj xav kom txhua tus neeg nyob ib puag ncig lawv tau txhaj tshuaj.
- **Kev tiv thaiv tus kab mob COVID-19:** Kev nres tsis pub kis tus kab mob COVID-19 mus ntxiv yog qhov tseem ceeb rau kev txwv tsis pub hloov pauv tshiab los ntawm kev tsim kho. Tus kab mob yuav kis tau los ntawm ib tug neeg mus rau lwm tus ntau, nws yuav muaj txoj hmoo los hloov ua ib tus neeg muaj kev pheej hmoo siab dua los sis muaj kev phom sij.
- **Kev txhim kho qhov kev noj qab nyob zoo rau me nyuam:** Thaum kawg, los ntawm kev txhaj tshuaj tiv thaiv rau me nyuam thiab txo qis tshwm sim, cov zej zog tuaj yeem rhais ib kauj ruam ze rau tsev kawm ntawv lub sij hawm, kis las, chaw ua si thiab cov hauj lwm sab nraud ntxiv rau cov me nyuam. Qhov no yog qhov tseem ceeb rau kev nyab xeeb ntawm lub cev thiab lub hlwb hauv cov me nyuam yaus uas tau plam cov caij nyoog no rau lub xyoo dhau los.

Puas muaj kev phiv tshuaj los ntawm tus kab mob COVID-19 rau me nyuam yaus?

- Cov me nyuam yaus yuav muaj qee yam kev tiv thaiv tus kab mob COVID-19 cov kev phiv tshuaj rau cov neeg laus, suav nrog:
 - ua daus no
 - ua npaws
 - mob taub hau
 - mob ib ce
 - xeev siab
 - nkees nkees
 - mob sab caj npab ze ntawm lub chaw txhaj tshuaj
- Cov kev phiv tshuaj no tuaj yeem tshwm sim ntau dua tom qab txhaj koob thib ob thiab yog lub cim qhia tias koj lub cev muaj kev tiv thaiv lub tsev. Cov kev mob tshwm sim feem ntau yuav ploj mus li ntawm 1-2 hnuv tom qab txhaj tshuaj tiv thaiv kab mob.

Yog tias ib tus neeg hauv kuv tsev neeg twb tau txhaj tshuaj tiv thaiv tus kab mob COVID-19 lawm, lawv puas tseem tuaj yeem tau txais tshuaj tiv thaiv ntxiv?

- **Tau**, thaum koj tau ua tiav koj lub sij hawm 10 hnuv cais uas koj tuaj yeem tau txais tshuaj tiv thaiv kab mob.
- Txawm tias cov neeg uas tau rov zoo los ntawm tus kab mob COVID-19 zoo li muaj kev tiv thaiv tus kab mob lawm, peb tseem tsis paub xyov muaj zog npaum li cas — los sis nws yuav nyob ntev li cas. Cov tshuaj txhaj tiv thaiv kab mob hauv feem ntau yog siv tau rau sawv daws.

- Cov ntaub ntawv qhia tau hais tias yog qhov tshuaj tiv thaiv yog ua tau txoj hauj lwm zoo dua li xwm ntawm kev txhim kho kev tiv thaiv.
- Peb paub tias cov tshuaj tiv thaiv kab mob no siv tau zoo 95% hauv kev tiv thaiv koj los ntawm tus kab mob COVID-19.

