



Patient Education

Koob Tshuaj Tiv Thaiiv (COVID-19) COVID-19 Vaccine

YAM UAS KOJ YUAV TSUM PAUB TXOG

WHAT YOU NEED TO KNOW

Tus kab mob uas tsim COVID-19 los ntawm tej kab mob virus hu ua Coronaviruses. Cov kab mob no ua rau yus mob khaub thuas, mob ntsws ua pa nyuaj hu ua SARS thiab mob ntsws ua pa nyuaj hu ua MERS. Tus Kab Mob COVID-19 yog los ntawm ib tug kab mob uas zoo sib xws li tus kab mob SARS. Vim li no, cov kws tshawb fawb thiaj li muab tus kab mob tshiab no hu ua kab mob SARS-CoV-2.

Nyob rau Lub Peb Hlis Ntuj xyoo 2020, lub koom haum World Health Organization (koom haum saib xyuas kab mob kev nkeeg thoob ntiaj) tau muab Tus Kab Mob COVID-19 hu ua tus kab mob kis thoob qab ntuj (global pandemic). Tus kab mob uas kis thoob qab ntuj yog sib kis mus ib puag ncig txhua lub teb chaws thiab cuam tshuam kev ua neej. Vim Tus Kab Mob COVID-19 cuam tshuam ntau tus neeg, cov kws tshawb fawb thiaj siv zog los tsim koob tshuaj kom sai li sai tau.

Yuav siv sijhawm ntev xyoo mam li tsim tau ib koob tshuaj. Tiamsis tej kev tshawb fawb txog tus kab mob SARS thiab MERS yav tag dhau los tau pab cov kws tshawb fawb tsim koob tshuaj tiv thaiv Tus Kab Mob COVID-19 twb tsim muaj lawm.

VIM LI CAS YUAV TSUM MUS TXHAJ KOOB TSHUAJ TIV THAIV?

WHY GET VACCINATED?

Koj mus txhaj koob tshuaj kom tiv thaiv thiaj li tsis muaj mob. Piv txwv li koob tshuaj txhaj tiv thaiv khaub thuas.

Kev txhaj tshuaj yuav pab koj lub cev muaj zog kov yeej ib tug kab mob. Txawm koj txhaj koob tshuaj tiv thaiv lawm los koj tseem raug tau Tus Kab Mob COVID-19. Yog koj mus txhaj tshuaj, ces koob tshuaj ntawd yuav pab kom koj tsis txhob mob hanyav. Lossis pab kom koj tsis txhob huam tuaj. Koob tsuaj no thiaj li cawm siav.

KEV UA HAUJLWM ZOO NTAWM KOOB TSHUAJ TIV THAIV

VACCINE EFFECTIVENESS

Tus Kab Mob COVID-19 kis tau yooj yim ntawm ib tug neeg dhau mus rau ib tug. Yuav ua mob hanyav heev lossis tuag tau. Vim li no, txoj kev tsim koob tshuaj tiv thaiv Tus Kab Mob COVID-19 thiaj li yog yam tseem ceeb tshaj thoob plaws ntiaj teb. Tseem tab tom sim ntau hom koob tshuaj. Lub koom haum U.S. Food and Drug Administration (FDA) (koom haum saib xyuas zaub mov thiab tshuaj) tsuas tso cai siv cov koob tshuaj uas pom tias tsis phom sij thiab ua haujlwm zoo xwb.

Muaj ntau koob tshuaj tiv thaiv Tus Kab Mob COVID-19 uas tseem tab tom sim seb puas dhau tej kevcai muab tshuaj uas nruj heev. Ib txhia tau txais kev pom zoo los ntawm FDA lawm. Cov koob tshuaj no ua haujlwm zoo li ntawm 90% uas pab kev mob nkeeg ntawm Tus Kab Mob COVID-19. Qhov no txhais tau tias muaj ntau tshaj li ntawm 90% cov neeg uas mus txhaj koob tshuaj no yuav muaj kev tiv thaiv uas tsis mob hanyav los ntawm tus kab mob no.

Tej lb txhia koob tshuaj yuav tau ua 2 zaug txhaj, yuav tau tos li ntawm 3 lub lim tiam mam txhaj dua. Tej koob tshuaj yuav tau ua 2 zaug txhaj, yuav tau tos li ntawm 4 lub lim tiam mam txhaj dua. Tej koob tshuaj txhaj ib zaug xwb.

Cov kws tshawb fawb tsis paub tseeb tias koob tshuaj no yuav tiv thaiv ntev npaum cas. Lawv kuj tsis paub tias tibneeg puas yuav tau mus txhaj tshuaj tiv thaiv ntiv, hu ua booster, los kom pab tiv thaiv thiab txo qhov sib kis Tus Kab Mob COVID-19 hauv zej hauv zog.

COV TSOS MOB TSHWM SIM TOM QAB TXHAJ KOOB TSHUAJ

SIDE EFFECTS OF THE VACCINE

Txhua yam tshuaj yeej muaj qhov tsis haum lossis cov tsos mob. Tam sim no, tsis tau pom leej twg muaj mob loj vim txhaj koob tshuaj tiv thaiv Tus Kab Mob COVID-19. Cov tsos mob, lossis tsis haum rau koob tshuaj tiv thaiv Tus Kab Mob COVID-19 yog mob me ntsis xwb. Cov tsos mob haum no tshwm sim rau thawj ob peb hnuv tom qab txhaj koob tshuaj tag thiab kav tsis ntev tshaj 3 hnuv. Ib txhia uas tau txhaj koob tshuaj tiv thaiv COVID-19 tau hais tias lawv raug tej uas hais li nram no:

- Mob, liab los yog o ntawm qhov chaw txhaj tshuaj
- Kub Ua npaws
- Qaug zog
- Mob taub hau
- Mob thooj nqaij muscle
- Ua daus no
- Mob pob qij txha

YUAV UA LI CAS RAU COV TSOS MOB UAS TSHWM TSIM

WHAT TO DO ABOUT SIDE EFFECTS

Muaj coob tus uas tsis hnov ua li cas tom qab txhaj tshuaj, tiamsis yog koj muaj mob li cas los tsis ua cas. Tsis yog koj kis tau Tus Kab Mob COVID-19. Yog tias koj tsis haum, muab sijhawm rau koj los so kom koj lub cev rov muaj zog tuaj.

Tej tsos mob uas koj raug yuav tsis cheem kom koj mus ua tsis tau haujlwm lossis mus ua lwm yam dej num. Yog tias, koj kub ua npaws yuav tsum nyob tsev. Tsis tsim nyog yuav mus kuaj Tus Kab Mob COVID-19 lossis caiv nyob twj ywm hauv tsev.

Yog tias koj muaj cov tsos mob ua rau koj noj tsis taus mov, pw tsis tsaug zog lossis mus ua tsis tau haujlwm, ces tiv tauj koj tus kws kho mob. Tiv tauj koj tus kws kho mob yog tias cov tsos mob tsis haum kav ntev tshaj 3 hnub.



Cov tsos mob ntawm kev txhaum fab tshuaj muaj xws li ua xua, ntsej muag thiab qa liab thiab o, ua pa nyuaj, plawv dhia ceev, dias taub hau, thiab tsis muaj zog. **Yog tias koj muaj cov tsos mob no tshwm sim, hu rau 9-1-1 lossis hais kom ib tug neeg thauj koj mus rau chav kho mob ceev uas nyob ze koj.**

LEEJ TWG YOG COV YUAV MUS TXHAJ KOOB TSHUAJ?

WHO SHOULD BE VACCINATED?

Koob tshuaj tiv thaiv Tus Kab Mob COVID-19 tseem tsim tsis tau kom ceev

txaus txhaj rau txhua tus tam sim no. Yuav xub txhaj koob tshuaj rau cov neeg ua haujlwm hauv tsev kho mob ua ntej. Thaum tsim muaj koob tshuaj ntau zuj zus ntxiv lawm, yuav cia lwm pab pawg muaj npe mus txhaj tshuaj. Suav nrog rau cov neeg uas yuav kis tau Tus Kab Mob COVID-19 yog tias kis tau lawm yuav mob hnyav heev. Txog qhov kawg, txhua tus yeej yuav tau txhaj koob tshuaj.

Tam sim no, tsis tau pom zoo txhaj koob tshuaj rau cov menyuam muaj 16 xyoo rov hauv. Rau qhov cov kws tshawb fawb tsis tau paub tseeb seb koob tshuaj yuav ua haujlwm li cas rau cov menyuam.

Koob tshuaj no tsis pom zoo txhaj rau cov uas muaj tej yam mob nkeeg. Yog tias koj muaj lus nug txog koob tshuaj, thov koj mus tham nrog koj tus kws kho mob.

KEV YUAV TIV THAIV TUS KAB MOB COVID-19

PREVENTING COVID-19

Yeej yuav tiv thaiv tau kev sib kis tus kab mob COVID-19.

Feem ntau Tus Kab Mob COVID-19 kis los ntawm cov neeg nyob sib ze ib tug dhau ib tug. Thaum ib tug neeg uas mob lawm hnoos, txham, hu nkauj, tham lus, lossis ua pa, ces tus kab mob tawm hauv nws lub qhov ncauj lossis qhov ntswg ua pa mus kis rau lwm tus. Koj yuav kis tau Tus Kab Mob COVID-19 yog tias koj mus nyob ze ib tug neeg uas mob lawm. Cov uas mob lawm tej zaum yuav tsis pom muaj cov tsos mob tshwm tuaj. Ib txhia yuav tsis pom muaj cov tsos mob tshwm tuaj kiag li.

Koj yuav kis tau tus kab mob yog tias koj mus kov tej chaw lossis cov khoom uas muaj tus kab mob virus nyob rau ntawd thaum muab koj txhais tes mus kov qhov ncauj, qhov ntswg lossis lub qhov muag. Nrhiav tau pom tias cov kab mob ntawm ib tug neeg mob yeej tseem nyob ya yuj yees hauv tej cua tom qab nws tawm hauv chav ntawd mus lawm.

TIV THAIV KOM TUS KAB MOB COVID-19 TSIS TXHOB KIS KOM NTAU SLOW THE SPREAD OF COVID-19



Khwb lub npog ntsej muag uas npog qhov ntswg thiab qhov ncauj.



Nyob sib nrug deb ntawm lwm tus li ntawm 6 fij (6 feet).



Siv xaub npum thiab dej los ntxuav koj tes li ntawm 20 (seconds) lossis siv cov tshuaj ntxuav tes tua kab mob uas muaj li cawv 70% alcohol nyob rau hauv.



Thiab koj mus txhaj koob tshuaj tau.

Koj thiab lwm tus yuav kis tau mob tiamsis tsis hnov mob. Thaum koj ua raws li no lawm, koj yuav tiv thaiv tau koj tus kheej thiab cov uas nyob ib puag ncig ntawm koj.

Cov ntaub ntawv sau hauv no yog qhia ua kev kawm thiab kom paub xwb. Tej no yuav tsis hloov qhov uas yuav tau mus cuag kws kho mob, tej kev kuaj xyuas lossis kho koj tus mob. Tej zaum kev tshawb fawb tshiab txog kev kho mob yuav hloov tej yam uas muab sau rau hauv no thiab. Yog tias koj muaj lus nug txog ib yam mob twg, mus tham nrog koj tus kws kho mob txhua lub sijhawm.