



TOM QAB TXHAJ TSHUAJ TIV THAIV COVID-19

YUAV MUAJ DABTSI TSHWM SIM THAUM KOJ MUS TXHAJ TSHUAJ

Ib cov neeg yuav muaj cov tsos mob tom qab txhaj tshuaj tag. Cov tsos mob uas tsis haum tshuaj (side effects) tej zaum yuav ua rau koj mob thiab ua tsis tau hauj lwm li ob peb hnuv. Koj kuj yuav muaj:

- Mob txhais npab.
- Mob ib ce (muscle).
- Nkees nkees heev.
- Mob taub hau.
- Ua daus no/ua npaws.

Yog tias koj txhaj tshuaj tag es mob koj noj tau cov tshuaj yuav tim taj laj xwm li Tylenol/acetaminophen or Advil/Ibuprofen.

YUAV UA LI CAS YOG TIAS MUAJ TEJ QHO TEEB MEEM LOJ HEEV?

Ib txhia neeg yuav tsis haum koob tshuaj COVID-19. Yog tias qhov no tshwm sim, yuav tshwm sim li 15 mus rau 30 feeb tom qab hno koob tshuaj tag.

Tej kev tsis haum tshuaj no tsis tshwm ntu sim, tiamsis kuj yuav hais kom koj tos li 15 mus txog 30 feeb tom qab hno koob tshuaj tag seb koj puas muaj teeb meem dabtsi.

Yog koj muaj teeb meem loj heev tom qab koj tawm qhov chaw txhaj tshuaj, hu rau koj tus kws kho mob los yog mus rau ntawm lub tsev kho mob uas nyob ze tshaj. Tej teeb meem tsis haum tshuaj muaj xws li:

- Ua pa tsis taus.
- Koj lub ntsej muag thiab qa pib o tuaj.
- Lub plawv dhia ceev.
- Ua pob liab vog ntawm ib ce.
- Kiv taubhau thiab tsis muaj zog .

Yog koj tsis haum tshuaj los sis fab tshuaj (Adverse reactions) yuav tsum tau qhia rau Vaccine Adverse Event Reporting System (VAERS). Koj tus kws kho mob yeej ua daim ntawv qhia mus feem ntau, tab sis koj ua daim ntawv no koj tus kheej los yeej tau thiab.

Mus saib hauv VAERS lub website ntawm www.vaers.hhs.gov los yog hu rau 1-800-822-7967. VAERS tsuas yog siv los mus qhia txog qhov fab tshuaj nkaus xwb, thiab VAERS cov neeg ua hauj lwm yuav tsis tawm tswv yim txog kev kho mob rau koj.



TOM QAB TXHAJ TSHUAJ

THAUM TWG KUV LUB CEV THIAJ TIV THAIV TAU TUS KAB MOB COVID-19?

Nws yuav siv li ob lub lim piam tom qab koj txhaj koob tshuaj thib ob (Moderna los yog Pfizer) tas koj lub cev thiaj yuav tiv thaiv tau tus kab mob, los yog ib koob ntawm hom tshuaj Johnson & Johnson.

KUV PUAS TSEEM KIS TAU TUS KAB MOB COVID-19 TOM QAB TXHAJ TSHUAJ TAS?

Txawm tias cov tshuaj txhaj yuav ua hauj lwm zoo heev, nws tseem muaj ib feem me me uas cov neeg twb txhaj tshuaj puv ntoob lawm tseem yuav kiv tau tus kab mob COVID-19 thiab. Txawm yog txhaj tshuaj tiav lawm los, nws tseem ceeb tias yuav tsum tau ua raws li cov saib kev noj qab haus huv cov lus qhia kom tsis txhob kis COVID-19 ntxiv lawm.

KUV PUAS TSEEM TAU RAU DAIM NTAUB NPOG QHOV NCAUJ QHOV NTSWG TOM QAB TXHAJ TSHUAJ TAS LAWAM?

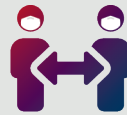
Yuav siv sij hawm ntev ua ntej txhua tus mam li tau koob tshuaj. Tsis muaj ib yam tshuaj twg ua tau hauj lwm 100%. Tom qab txhaj tshuaj tas lawm los, koj yuav tsum tau ua tas nrho tej yam no los ceev koj lub zej zos kom muaj kev nyab xeeb:



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.

YOG KUV DAIM NTAUV TXHAJ TSHUAJ POOB LAWAM YUAV UA LI CAS KUV THIAJ TAU DAIM TSHIAB?

Yog koj ua koj daim ntawv txhaj tshuaj poob tom qab koj txhaj koob tshuaj thib ib tas, hais kom lawv muab ib daim tshiab thaum koj mus txhaj koob thib ob.

Yog koj ua koj daim ntawv txhaj tshuaj poob tom qab koj txhaj tag lawm, hu rau Minnesota Department of Health ntawm www.health.state.mn.us/people/immunize/miic/records los yog ntawm 651-201-3980.

Hmong 5/12/21