



Txhon txaj muag, rau kev hno tshuaj tiv thaiv

Tshuaj tiv thaiv kab mob COVID-19

Pfizer thiab Moderna yog thawj lub tuam txhab ua cov tshuaj thiab thaiv kab mob COVID-19 nyob rau teb chaws Meskas. Cov tshuaj tiv thaiv qhia kom koj lub cev tsim kev thiv thaiv thiab tawm tsam nrog tus kab mob vaislav COVID-19 ua ntej nws yuav rhuav tshem koj. Tag nrho ob yam tshuaj tiv thaiv puav leej pom tias tau txiaj ntsim ntau tshaj 94% (94 leej ntawm 100 leej lneeg), raws li qhov tau sim dhau los.

Puas yog cov tshuaj tiv thaiv dhau tau mus ua kab mob COVID-19?

Tsis yog. Cov tshuaj tiv thaiv tsis muaj tsis hais cov kab mob muaj sia los yog tsis muaj sia ntawm tus vaislav COVID-19. Tom qab txhaj tshuaj tiv thaiv, nws yuav siv li ib ob lim tiam rau koj lub cev muaj peev xwm tiv thaiv kab mob COVID-19. Nus kuj tseem muaj peev xwm kis tau kab mob lub sij hawm no, tiam sis nws tsis yog vim cov tshuaj tiv thaiv.

Cov tshuaj tiv thaiv no muaj kev nyab xeeb npaum li cas?

Cov tshuaj tiv thaiv yuav tsum ua raws nraim tus qauv kev nyab xeeb. Tag nrho cov kauj ruam yuav tsum tau ua raws kom ntseeg tias cov tshuaj tiv thaiv kab mob COVID-19 muaj kev nyab xeeb, huv thiab tau txais txiaj ntsim. Cov neeg uas sim tshuaj tiv thaiv kab mob COVID-19 nws kuj siv coob ib yam li lwm hom tshuaj tiv thaiv thiab kuj siv cov neeg uas muaj keeb kwm sib txawv ntau hom. Thiab, cov txheej xwm kab mob sib kis kuj pab qhia tau cov neeg tshawb fawb txog kev tsim cov tshuaj tiv thaiv kab mob COVID-19 uas muaj kev nyab xeeb.

Nws puas muaj ntau yam kev tshwm sim?

Tej tus neeg yuav ua npaws, khaus, mob ib ce los sis mob tob hau. Cov zoo li no kheev hom zoo tom qab 24 teev.

Puas yog muaj nqaij npuas nyob hauv cov tshuaj tiv thaiv?

Tsis yog, nws yuav tsis muaj dab tsi txog npua xyaw hauv cov tshuaj tiv thaiv.

Puas muaj cov nqaij neeg tuag xyaw cov tshuaj tiv thaiv?

Nws yuav tsis muaj dab tsi txog cov nqaij neeg tuag xyaw hauv cov tshuaj tiv thaiv.

Puas yog cov tshuaj tiv thaiv ua tau rau lub cev tsis muaj zog?

Tsis yog.

Kuv puas yog tseem yuav tau rau ntaub npog qhov ncauj?

Yog. Tom qab txhaj tshuaj tiv thaiv lawm, tseem ceeb heev uas yuav tau rau ntaub npog qhov ncauj (raws li xeev cov lus qhia), ntxuav tes, nyob hauv tsev yog koj tseem mob thiab zam txhob mus tej qhov neeg coob.

Yuav ua cas yog kuv muaj keeb kwm tsis haum tshuaj?

Yog koj muaj keeb kwm tsis haum tshuaj tiv thaiv los sis hno tshuaj, nug koj qhov chaw kho mob seb koj puas yuav hno tau tshuaj tiv thaiv.

tshuav ntxiv sab nrob qaum

Yuav ua li cas yog kuv cev xeeb tub los sis pub mis me nyuam?

Thov tham nrog koj qhov chaw kho mob txog txiaj ntsim thiab kev phom sij ntawm kev hno tshuaj tiv thaiv.

Kuv hnuv nyoog pes tsawg xyoo thiaj tau hno tshuaj tiv thaiv?

Koj yuav tsum muaj hnuv nyoog yam tsawg 16 xyoo. (Tshuaj tiv thaiv rau cov me nyuam qis dua 16 xyoo tam sim no tab tom muaj kev tshawb fawb.)

Yuav ua cas yog kuv twb mob COVID-19 lawm?

Cov neeg uas twb kuaj pom mob COVID-19 lawm lub cev twb tsim kev tiv thaiv lawm, tiam sis kuj tsis paub zoo tias nws yuav tiv thaiv tau ntev npaum li cas. Yog li ntawv, peb qhia koj tias yog lawv muab lawm txhua tus yuav tsum tau hno tshuaj tiv thaiv.

- **Yog tam sim no koj tseem tab tom muaj cov tsos moab COVID-19:** Tos kom koj zoo thiab tos ntxiv li 14 hnuv tom qab ntawv mam hno tshuaj tiv thaiv.
- **Yog koj kuaj es muaj kab mob lawm:** Tos li 90 hnuv txij hnuv koj kuaj zaum tag los koj mam li mus hno tshuaj tiv thaiv.

Kuv puas yog yuav tsum tau hno tshuaj tiv thaiv kab mob COVID-19?

Yog ib qhov uas, tsis muaj ib lub tuam txhab los sis koom haum nyob rau teb chaws Meskas yuav kom nws cov neeg mus hno tshuaj tiv thaiv.

Vim li cas kuv thiaj yuav tsum hno tshuaj tiv thaiv kab mob COVID-19?

COVID-19 tuaj yeem ua rau muaj mob thiab tag lub neej txoj sia. **Hno tshuaj tiv thaiv yog tiv thaiv koj tus kheej, tus koj hnuv, thiab koj cov neeg zej zog.**

Kuv yuav hno tshuaj tiv thaiv tau li cas?

Tshuaj tiv thaiv kab mob COVID-19 tam sim no yuav tau hno ob koob (zaug). Tom qab hno thawb koob, koj yuav tau rov tuaj li 3 txog 4 lim tiam es hno koob thib ob. Nws yog ib qhov tseem ceeb uas yuav tau hno ob koob thiaj yuav tiv thaiv tau zoo. Txawm tias yuav hno tshuaj tiv thaiv COVID-19 dawb xwb los, tej zaum yuav tau kom koj lub tuam txhab ivsaslas pab them nqi tes.

Kawm paub ntau txog tej yam tshiab

Muaj ntau yam tawm los hais txog tshuaj tiv thaiv, ceev faj txhua yam koj pom thiab hnov hauv istawsnev tsis yog tseeb. Siv cov txheej xwm los ntawm feem tshawb fawb txog tshuaj uas txaws ntseeg thiab yog qhov tseeb:

- mhealthfairview.org/covid19
- health.state.mn.us/diseases/coronavirus/index.html