

# LOS PAUB QHOV TSEEB.

## TXHUA TUS TSIS TAS THEM NYIAJ RAU COV TSHUAJ TIV THAIV.



Tiamsis zoo rau koj lam nug seb puas tau them rau lwm yam thaum mus txhaj.

- Txawm koj tsis muaj nyiaj them rau tus nqi txhaj tshuaj kiag los lawv yeej yuav txhaj koob tshuaj tiv thaiv ntawd rau koj.
- Thaum twg muaj cov tshuaj tiv thaiv nyob rau txhua txhia qhov chaw lawm ces, txawm koj muaj ntaub ntawv nyob hauv lub tebchaws no los tsis muaj los txhua tus yeej txhaj tau tibi.
- Txhua leej txhua tus mus txhaj tau koob tshuaj tiv thaiv thaum txog lawv thib.

## Cov tshuaj tiv thaiv COVID-19 yeej pab tau koj kom tsis txhob kis tau COVID-19.

- Txawm koj kis tau COVID tom qab txhaj tshuaj tiv thaiv tas los, cov tshuaj tiv thaiv yuav pab kom koj tsis txhob mob hnyav heev.
- Koj tseem yuav tsum tau txhaj cov tshuaj tiv thaiv tabtxawm koj twb mob COVID-19 dua los lawm.
- Tsis tau paub tseeb tias cov tshuaj tiv thaiv COVID-19 no yuav tiv thaiv tau ib tug mus ntev npaum li cas.



## Cov tshuaj tiv thaiv COVID-19 yuav tsis ua li cas rau koj thiab zoo heev li. Cov tshuaj tiv thaiv yuav TSIS kis COVID-19 rau koj.

- Zoo rau koj txhaj koob tshuaj tiv thaiv dua qhov uas kis tau COVID-19.
- Twb tau muaj tsheej plhom tus tibneeg uas tau txhaj koob tshuaj tiv thaiv lawm thiab tsis tsim teeb meem dabtsi.
- Tsis tau muaj lwm yam tshuaj uas tau muab kuaj zoo npaum li no dua hauv tebchaws U.S. tej keeb kwm.
- Tsheej txhiab tus tibneeg twb tau txhaj cov tshuaj tiv thaiv no lawm thiab pom tias tsis tsim teeb meem dabtsi rau lawv, tsis hais haiv neeg twg, tuaj lub tebchaws twg tuaj thiab txawm laus los hluas.
- Cov tshuaj tiv thaiv COVID-19 yuav tsis hloov koj cov DNA.

# TXHOB POOB SIAB YOG TIAS HO MUAJ TEJ TSOS MOB TWG.

## Qhov uas muaj tej tsos mob no qhia TSIS tau tias koj mob COVID-19 lawm.

- Qhov uas muaj tej tsos mob txhais tias cov tshuaj tiv thaiv qhia koj lub cev kom txawj ntaus tus kab mob COVID-19 xwb.
- Tej zaum koj kuj yuav muaj tej tsos mob xws li:
  - Mob mob lossis o o ntawm koj txhais npab uas txhaj koob tshuaj tiv thaiv.
  - Mob taubhau, ua kub ua no, lossis kub taubhau.
- Yog tias koj tsis xis nyob, tej zaum koj yuav tau los nyob tsev ob peb hnuv kom zoo mentsis tso koj mam rov mus ua haujlwm.
- Koj yuav tau nyob 15–30 feeb tom qab koj txhaj koob tshuaj tiv thaiv tas kom saib seb koj puas haum cov tshuaj.



### Tsis tau muaj pov thawj qhia tias cov tshuaj tiv thaiv no yuav tsim teeb meem rau kev muaj taus tub ki.

Cov pojniam uas xeeb tub yuav tsum nrog lawv tus kws kho mob tham seb puas tsimnyog rau lawv txhaj cov tshuaj tiv thaiv no.

## Tej co tshuaj tiv thaiv ces yuav tsum tau txhaj ob koob tiamsis lwm cov tsuas txhaj ib koob xwb. Ob hom tshuaj tiv thaiv yuav tsis ua li cas rau koj thiab puavleej zoo huvsi tibs.

Rau cov tshuaj tiv thaiv uas yuav tsum txhaj **ob** koob:

- Thawj koob yog los npaj koj lub cev.
- Ob peb lub lim tiam tom qab ntawd mam txhaj koob thib ob es thiaj yuav tiv thaiv tau koj zoo.
- Tseem ceeb heev rau koj txhaj ob koob tshuaj tibs es thiaj yuav tiv thaiv tau koj zoo.

## Cov tshuaj tiv thaiv TSIS muaj

- Cov tshuaj pab kom txhob xiam (Preservatives)
- Qe
- Tej keeb npua
- Gelatin
- Latex
- Ib yam kab mob uas tseem ciaj ntawm COVID-19 li

## UA TIB ZOO SAIB XYUAS TOM QAB TXHAJ KOOB TSHUAJ TIV THAIV TAS.

Tamsim no, cov kws txawj tsis paub tias cov tshuaj tiv thaiv yuav tiv thaiv koj mus ntev npaum li cas. Tom qab txhaj koob tshuaj tiv thaiv tas, nco ntsoov:



Npog qhov ncauj qhov ntswg.



Xyaum nyob sib nrug.



Nquag ntxuav koj ob txhais tes.



So tej chaw uas kheev kov tsis tseg.



**NRC-RIM**  
National Resource Center for  
Refugees, Immigrants, and Migrants

Yog tias xav paub ntxiv: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)