



HMONG AMERICAN
FRIENDSHIP ASSOCIATION INC.
MILWAUKEE, WI. EST. 1983



wisconsin
literacy



wisconsin
**health
literacy**

Xuv Xwm tshab txug tug kaab mob COVID-19 Xyaa Hli Ntuj 2022: Cov kaab mob txa tshab hab kev txhaaj tshuaj

Kuv yog Laaj Xyooj (Ntxoov Laaj Xyooj) nyob huv koom hum Hmong American Friendship Association. Xuv xwm tshab txug COVID 19 nyob rua huv lub hlis nuav yog peb yuav lug thaam txug ob yaam, tej zag koj tub nov lawm, yog has txug cov kaab mob txa tshab hab kev txhaaj tshuaj. Ob yaam nuav yeej muaj feem ua ke yog vim le nuav.

Yog has tas koj tub paub txug kev mob khaub thuas hab koj pheej txhaaj tshuaj tiv thaiv khaub thuas txhua xyoo lawm mas tej zag koj yuav paub has tas cov kws tshawb fawb yuav tsum tau tsim dlua ib hom tshuaj tshab lug tiv thaiv huv txhua xyoo —tsyuas vaam has tas yuav tiv thaiv tau cov kaab mob khaub thuas txa tshab rua thaum lub caij muaj khaub thuas. Zoo xws le kaab mob khaub thuas txawj hloov nrug caij, kaab mob coronavirus los ib yaam nkaus. Tej zag koj tub tau nov txug tug kaab mob delta variant lawm. Taam sim nuav ho nov txug tug omicron hab lwm hom kaab mob txa tawm lug ntawm omicrom lug—xws le BA.5. Nuav puav leej yog lwm cov kaab mob txa tawm lug ntawm COVID-19.

Tug kaab mob nuav yeej ua txhua yaam kom nthuav tau ntxiv moog! Qhov ntawd yog txuj kev txa tshab. Thaum tug kaab mob txa tshab lawm ces cov tshuaj yuav tiv thaiv tsi tau zoo lawm. Txawm yog cov kaab mob txa tshab nuav zoo le tsi phom sij heev los, puab kuj yuav nthuav tau ceev tshaaj, vim le ntawd tej zag koj yuav nov has tas tuab neeg mob coob quas zug tuaj. Muaj ib txha tuab neeg - tseem ceeb yog cov kws tsi tau txhaaj tshuaj—kuj yuav muaj mob nyaav. Thaum tug kaab mob txa tshab omicron nuav heev ntxiv, cov moog pw khu mob yog vim COVID-19 los kuj coob quas zug tuaj.

Tab sis kuj muaj qho yaam xuv xwm zoo hab!

Qhov ib, cov tuab neeg kws tau txhaaj tshuaj tiv thaiv puv ob koob hab koob boster taag lawm mas yuav tsi mob nyaav los tsi taag yuav moog pw khu mob los muaj. Kev txhaaj tshuaj yeej paab tiv thaiv tau peb qho yaam. Cov kws tshawb fawb tseem taab tom tsim kom tau ib cov tshuaj txhaaj tiv thaiv tug omicron kws zoo dlua kws tseem yuav muaj siv rua thaum lub caij nplooj ntoos zeeg tom ntej nuav.

Qhov ob, peb paub txug tas yuav ua le caag tug kaab mob COVID-19 txhaj le tsi nthuav dlaav ntxiv. Yog koj muaj mob lawm ces yuav tau nyob tsev xwb! Thaum kev nthuav nyob huv koj lub zej zog ntau tuaj ces yuav tau coj dlaim ntaub npug qhov ncauj qhov nswg thaum koj nyob rua huv tej tsev kws suav dlawg nyob tau ua ke, xws le kab khw. Taam sim nuav, kaab mob nthuav luj nyob huv Milwaukee County hab ntau qhov chaw nyob huv xeev lub Wisconsin.

Peb suav dlawg yeej nkeeg nyob nrug tug kaab mob COVID-19. Tab sis ho ca le tsi mob sab txug nwg le los nwg kuj yuav tsi pluj moog; kuj yuav ua kom teeb meem luj tuaj xwb. Ca le moog txhaaj tshuaj tiv thaiv. Txhaaj koob tshuaj booster thaum koj muaj cai txhaaj tau. Coj cov miv nyuas moog txhaaj tshuaj. Koj yim meem ua koj feem lug thaiv tug kaab mob nuav. Yog tas koj muaj lug nug has txug kev txhaaj tshuaj nuav, thov hu rua koj tug kws khu mob los sis cov miv nyuas tug kws khu mob—los sis hu tau rua peb tug xuv tooj muab kev paab ntawm 414-465-9504.

TIME TO
VACCINATE
STOP COVID-19