



Xuv Xwm Tshab Txug COVID-19 Txhua lub Hlis
Lub Yim Hli Ntuj 2022: Has txug COVID Cim Mob Nyob Moog Ntev

Kuv yog Laaj Xyooj (Ntxoov Laaj Xyooj) nyob huv koom hum Hmong American Friendship Association. Lub hlis nuav kuv yuav thaam txug qhov kws tug kaab mob COVID cov cim mob yuav nyob moog ntev.

Kaab mob COVID yuav nyob moog ntev nuav yog has txug tej teeb meem tuab neeg tseem muaj mob tom qaab tau kis tug kaab mob COVID-19 taag. Feem ntau ntawm cov tuab neeg tau kis tug kaab mob COVID kuj yuav zoo tom qaab nub puav los lim tam puav xwb. Tab sis ib txha tseem muaj tug cim mob tom qaab le ntawm plaub lub lim tam los seem ntev tshaaj hab. Muab tseeb tag kws cov cim mob yeej nyob ntev le ntev hli los ntev xyoo los kuj muaj.

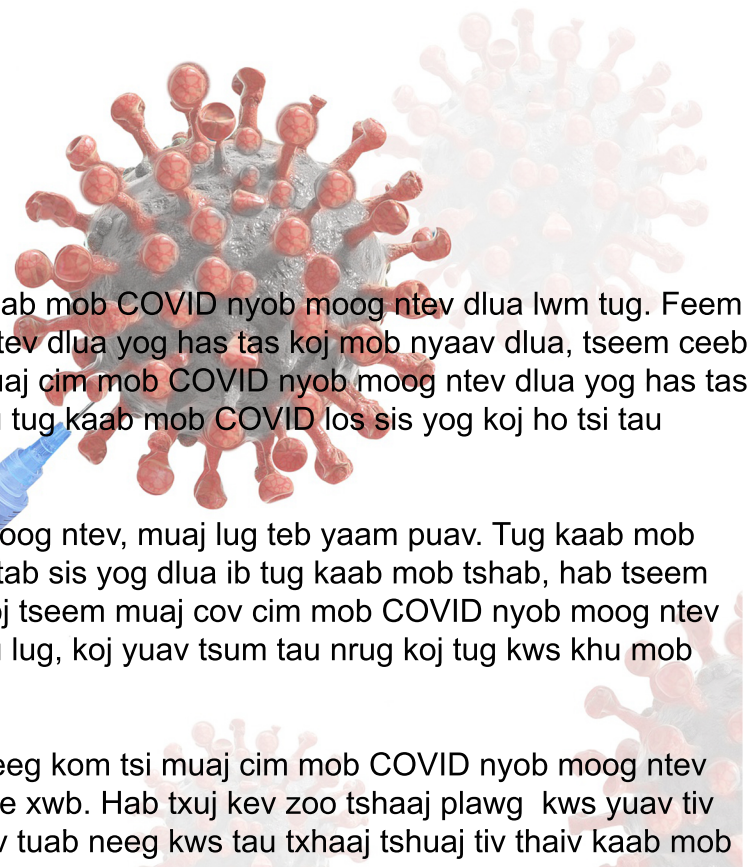
Nuav yog qho cov cim mob COVID kws muaj nyob moog ntev xws le:

- Tsaug heev
- Ua npaws
- Nqu
- Ua paa nyuaj
- Lub plawv dlha ceev
- Xaav nyuaj los sis xaav tsi tau kom pum meej
- Kiv taub hau thaum sawv tseeg
- Tsi nov ntxhab hab noj tsi qaab le qub
- Nyuaj sab los ntxhuv sab
- Thoj plaab
- Ua pob lab vog
- Mob cos txhaa los sis mob nqaj.

Muaj ib txha zoo le yuav muaj cov cim mob tug kaab mob COVID nyob moog ntev dlua lwm tug. Feem ntau koj yuav muaj cim mob COVID nyob moog ntev dlua yog has tas koj mob nyaav dlua, tseem ceeb yog koj tseem tau moog pw khu mob. koj yuav muaj cim mob COVID nyob moog ntev dlua yog has tas koj mob lwm yaam mob luj ntxiv ua ntej koj kis tau tug kaab mob COVID los sis yog koj ho tsi tau txhaaj tshuaj tiv thaiv kaab mob.

Cov tuab neeg kws muaj cim mob COVID nyob moog ntev, muaj lug teb yaam puav. Tug kaab mob tseem naj nub raug tshawb fawb kom paub ntxiv, tab sis yog dlua ib tug kaab mob tshab, hab tseem muaj ntau yaam peb tsi tau paub txug. Yog has koj tseem muaj cov cim mob COVID nyob moog ntev tshaaj le 4 lub lim tam tom qaab koj kis mob dlhau lug, koj yuav tsum tau nrug koj tug kws khu mob thaam.

Txuj kev yuav tiv thaiv tau koj hab koj tsev tuab neeg kom tsi muaj cim mob COVID nyob moog ntev ces yog tsi pub kom koj kis tau tug kaab mob hlo le xwb. Hab txuj kev zoo tshaaj plawg kws yuav tiv thaiv tau tug kaab mob yog txhaaj tshuaj xwb. Cov tuab neeg kws tau txhaaj tshuaj tiv thaiv kaab mob taag los tseem kis tau COVID hab los kuj yuav tsi tshaam muaj cov cim mob nyob moog ntev raws le kev tshaaj tawm.





Hmong American Friendship Association yuav muaj dlua ib zag txhaaj tshuaj rua lub Yim Hli ntuj tim 20 thaum 10 AM to 2 PM. Caw koj tuaj txhaaj tshuaj. Tuaj txhaaj koob booster sai le sai tau yog koj muaj cai txhaaj tau lawm. Taam sim nuav yog zoo caij txhaaj koj cov miv nyuas—ua ntej puab yuav rov moog kawm ntawv. Yog koj muaj lug nug dlaab tsi has txug kev txhaaj tshuaj,, thiv hu rua koj cov miv nyuas tug kws khu mob—los sis hu rua peb tug xuv toj muab kev paab xws le 414-465-9504.

