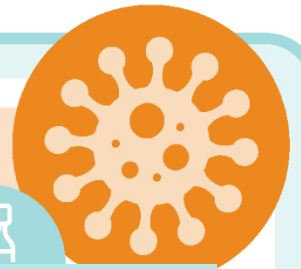


# Cov txiaj ntsig ntawm kev tau txais kev txhaj tshuaj tiv thaiv kab mob



TSHUAJ TXHAJ TIV THAIV KAB MOB

Yog hais tias koj tau txais koj tus tshuaj txhaj tiv thaiv Tus Kab Mob Khaus Viv-19 (COVID-19) thaum muaj lawm, koj yuav:

- 1** Tiv thaiv koj tus kheej thiab koj cov neeg uas koj hlub kom tsis txhob kis tau kab mob.
- 2** Pab peb mus kom txog lub zog tiv thaiv kab mob hauv nrog cev hauv cheeb tsam zej zos thiab tiv thaiv peb cov neeg nyob koom zej zos uas raug teeb meem yooj yim.
- 3** Xyuas kom paub tseeb hais tias peb cov tsev kawm ntawv, cov lag luam thiab cov cheeb tsam zej zos muaj peev xwm rov qab qib dua tau yam nyab xeeb lug.
- 4** Muab peb tso rau ib kauj ruam uas ze zog ntxiv rau kev muab tus kab mob sib kis nod xaus mus.

Txhawm rau kom paub txog tias thaum twg koj thiaj li muaj peev xwm tau txais ib qho kev txhaj tshuaj tiv thaiv Tus Kab Mob Khaus Viv-19 (COVID-19):



Mus saib tau rau ntawm [covidvaccine.oregon.gov](https://covidvaccine.oregon.gov).



Sau lo lus tias ORCOVID xa mus rau 898211 muaj ua Lus As Kiv thiab Lus Xab Pees Niv nkaus xwb.



E-mail [ORCOVID@211info.org](mailto:ORCOVID@211info.org), muaj ua tag nrho txhua cov hom lus.



Hu rau 211.

Puas hnov ceev hauv siab li cas txog rau kis no?



Mus saib tau rau ntawm [www.safestrongoregon.org](https://www.safestrongoregon.org) los sis hu rau Tus Xov Tooj Muab Kev Pab Ntsig Txog Kev Nyab Xeeb + Lub Zog Loj (Safe + Strong Helpline) ntawm 800-923-4357 (800-923-KEV PAB).



**Kev muaj peev xwm nkag cuag tau rau daim ntaub ntawv:** Rau cov tib neeg uas muaj kev xiam oob qhab los sis cov tib neeg uas hais tau ib hom lus uas tsis yog Lus As Kiv, Lub Oos Kas Saib Xyuas Kev Noj Qab Haus Huv Hauv Xeev Oregon (Oregon Health Authority, OHA) muaj peev xwm muab tau cov lus qhia paub sau ua lwm hom ntaub ntawv xws li muab txhais ua lwm hom lus, muab sau ua tus tsiaj ntawv loj, los sis muab sau ua cov ntawv su uas cov neeg tsis pom kev siv tau. Tiv tauj rau Lub Chaw Ua Hauj Lwm Saib Xyuas Cov Lus Qhia Paub Txog Fab Kev Noj Qab Haus Huv (Health Information Center) ntawm tus xov tooj 1-971-673-2411, 711 TTY los sis [COVID19.LanguageAccess@dhsaha.state.or.us](mailto:COVID19.LanguageAccess@dhsaha.state.or.us).