

Cov cuab yeej rau cov tswv ntiav ua haujlwm: Pab Koj Cov Neeg Ua Hauj Lwm Kom Tau Txais Tshuaj Tiv Thaiv COVID-19

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**Cov ntaub ntawv rau koj cov kev xav tau kev sib txuas lus:
Daim foos email, cov ntawv xov xwm cov ntsiab lus, cov ntsiab lus rau social media**

Ib tsab ntawv los ntawm Oregon Pawg Neeg Saib Xyuas Kev Noj Qab Haus Huv

Oregon Pawg Neeg Saib Xyuas Kev Noj Qab Haus Huv ua tsaug rau koj pab koj cov neeg ua haujlwm tau txhaj tshuaj tiv thaiv COVID-19. Koj txoj kev koom tes yuav pab cawm tau ntau tus neeg txoj sia. Peb mob siab rau qhia cov lus qhia nrog koj thaum peb txuas ntxiv muab kev txhaj tshuaj tiv thaiv hauv Oregon.

Koj tuaj yeem mus kho cov ntsiab lus no rau koj cov neeg ua haujlwm. Koj yog ib feem tseem ceeb ntawm lub xeev kev rau siab ua kom cov neeg ua haujlwm muaj ntaub ntawv tseeb txog qhov chaw lawv tuaj yeem mus txhaj tshuaj tiv thaiv kab mob. Yog tias koj muaj lus nug txog cov cuab yeej no, thov hu rau OHA Health Information Center ntawm COVID.19@dhsosha.state.or.us.

Txheeb xyuas cov xov xwm tshiab rau Cov Cuab Yeej Kev Sib Txhuas Lus ntawm <https://govstatus.egov.com/or-oha-covid-resources>.

Cov ntsiab lus yuav tham/Cov lus tseem ceeb: Yam uas koj cov neeg ua haujlwm yuav tsum paub txog COVID-19 Tshuaj tiv thaiv hauv Oregon



LEEJ TWG tuaj yeem tau txais tshuaj tiv thaiv? THAUM TWG?

Oregon tab tom muab tshuaj tiv thaiv ntau zaus. Tsuas yog cov neeg nyob rau hauv pab pawg uas tsim nyog tuaj yeem tau txhaj tshuaj tiv thaiv.

▶ Cov ntaub ntawv hais txog kev nce qib ntawm cov tshuaj tiv thaiv



QHOV CHAW TWG kuv tuaj yeem txhaj tshuaj tiv thaiv tau?

Cov neeg uas nyob hauv Oregon tuaj yeem mus txhaj tshuaj tiv thaiv nyob ntau qhov chaw.

▶ Cov ntaub ntawv rau qhov chaw txhaj tshuaj

Yuav muaj kev txhaj tshuaj tiv thaiv rau neeg ua haujlwm ntawm:

- Qee qhov chaw ua haujlwm xaib
- Qee qhov chaw nyob rau cov neeg ua haujlwm

Txhawm rau qhia koj txoj kev txaus siab rau kev txhaj tshuaj tiv thaiv kab mob nyob rau ntawm koj qhov chaw haujlwm lossis chaw ntiav neeg ua haujlwm, tiv tauj koj lub chaw saib xyuas kev noj qab haus huv hauv zej zog. Thov nco ntsoov tias cov kev txwv nrog kev muab khoom thiab cov tshuaj txhaj tiv thaiv txhais tau tias tsuas yog qee qhov kev thov no thiaj li pom zoo xwb.

[Saib ntuab ntawv ntawm COVID-19 cov ncauj lus qhia tshuaj tiv thaiv los ntawm txhuas lub nroog.](#)



Yuav teem caij mus txhaj tshuaj tiv thaiv LI CAS

Cov neeg hauv Oregon muaj cais tau txai tshuaj tiv thaiv tuaj yeem mus rau covidvaccine.oregon.gov txheeb xyuas cov ntaub ntawv txhaj tshuaj hauv lawv cov zej zog, rau npe hauv cov cuab yeej [Get Vaccinated Oregon](#), thiab txheeb xyuas cov ntuab ntawv qhia tshwj xeeb rau txhuas lub nroog. Tam sis no, tsis muaj sijhawm teem sijhawm txai tshuaj ntawm covidvaccine.oregon.gov tab sis muaj link rau cov neeg saib xyuas kev noj qab haus huv hauv zos thiab cov chaw txhaj tshuaj loj rau kev teem caij.

Cov neeg hauv Oregon tuaj yeem nrhiav kev pab los ntawm kev xa cov ntawv ORCOVID rau 898211 (Askiv thiab Spanish nkaus xwb) lossis xa email rau ORCOVID@211info.org (muaj kev pab txhais lus). Yog tias koj tsis tuaj yeem tau txais cov lus teb rau koj cov lus nug txog COVID-19 cov tshuaj tiv thaiv hauv lub vev xaib, los ntawm kab ntawv, lossis hauv email, koj tuaj yeem hu 211 lossis 1-866-698-6155, uas yog hu dawb thiab qhib txij 6 a.m. txog 7 p.m. txhua hnuv, suav nrog cov hnuv so. Tej zaum koj yuav tau tos vim muaj ntau yam hu.

Rau cov khw muag tshuaj, cov neeg hauv Oregon uas tsim nyog tau txais kev txhaj tshuaj tuaj yeem teem caij mus txhaj tshuaj tiv thaiv ncaj qha hauv lawv cov vev xaib. Cov tsev muag tshuaj yuav xyuas seb koj puas tsim nyog tau txais tshuaj tiv thaiv.

Bi-Mart: <https://book-ch.appointment-plus.com/ctkqt9ky/#/>

Costco: costco.com/covid-vaccine.html

Health Mart: healthmartcovidvaccine.com

Rite-Aid: riteaid.com/oregon

Safeway/Albertsons: safeway.com/pharmacy/covid-19.html

Walgreens: <https://www.walgreens.com/findcare/vaccination/covid-19>

Walmart: <https://www.walmart.com/cp/flu-shots-immunizations/1228302>



VIM LI CAS THIAJ txhaj tshuaj tiv thaiv

Cov tshuaj tiv thaiv COVID-19 tuaj yeem pab peb kom rov qab mus rau yam uas peb nyiam. Peb txhua tus xav rov qab mus rau peb lub neej. Kev txhaj tshuaj tiv thaiv tuaj yeem pab peb rov qab mus rau ntau yam uas peb nco qab txog. Thaum cov neeg tau txhaj tshuaj txaus, peb yuav pom peb cov neeg hlub, noj peb caug hnuv so, thiab rov qab rau peb lub neej zoo dua.



Cov txiaj ntsig ntawm kev tau txais cov tshuaj tiv thaiv COVID-19



Kuv yuav tsum paub dab tsi ua ntej kuv yuav mus txhaj tshuaj tiv thaiv?

Cov tshuaj tiv thaiv twg koj yuav tsum tau txais? Cov tshuaj tiv thaiv uas tau ntuas.

Tag nrho cov tshuaj tiv thaiv ntawm COVID-19 tam sim no muaj nyob rau hauv Asmeskas tau txais kev tso cai los ntawm FDA raws li kev cai Emergency Use Authorization. Qhov no txhais tau hais tias lawv tau ua tiav kev sim thiab tau pov thawj tias muaj kev nyab xeeb thiab muaj txiaj ntsig zoo hauv kev txo qis mob hnyav, pw hauv tsev kho mob, thiab kev tuag.

Tau txhaj tshuaj kom sai li sai tau uas yog koj thib. Txawm hais tias tam sim no cov tshuaj tiv thaiv muaj tsawg, cov neeg ua haujlwm rau pej xeem txoj kev noj qab haus huv tabtom ua haujlwm kom txhaj tshuaj tiv thaiv tau dav rau txhua tus neeg. Txhawm rau tiv thaiv koj tus kheej thiab tiv thaiv kom tsis txhob kis COVID-19, nws yog ib qho tseem ceeb uas koj yuav tsum tau txhaj tshuaj tiv thaiv sai li sai tau thaum koj rov qab los.

▶ **Kev nyab xeeb thiab kev ua tau ntawm cov tshuaj tiv thaiv**



Dab tsi tshwm sim tom qab txhaj tshuaj tiv thaiv

Tom qab tau txais cov tshuaj tiv thaiv COVID, koj tuaj yeem muaj qee qhov kev mob tshwm sim. Tom qab koj tau txais koob tshuaj tiv thaiv, tej zaum yuav muaj qee qhov mob, liab lossis o ntawm thaj chaw txhaj tshuaj. Koj yuav nkees, muaj mob tob hau lossis mob ib ce, ua npaws (tswm sim tau nyuab) lossis xeev siab. Qhov no txhais tau tias cov tshuaj tiv thaiv ua haujlwm kom koj lub cev nyob zoo.

▶ **Sab sij huam tshuaj tiv thaiv**

Thaum txhaj tshuaj puv tag, koj yuav tsum tau npaj kev tiv thaiv kev nyab xeeb los tiv thaiv koj tus kheej thiab lwm tus vim tias COVID-19 yog tus kab mob tshiab thiab cov kws txawj tau kawm ntxiv txog tus kabmob no tas li.

▶ **Yam peb yuav tsum tau ua ua ke**

Cov lus nug uas raug nug ta lis

Cov lus nug uas cov tswv ntiav haujlwm muaj:

Leej twg thiaj suav tau ua ib tus neeg ua haujlwm pem hauv ntej?

Thov saib [OHA cov tuab ntawv kev qhib muab tshuaj tiv thaiv kab mob](#) rau cov npe uas tsim nyog tau txai thiab thaum twg.

Puas yog cov neeg ua haujlwm lossis cov tswv ntiav neeg ua haujlwm yuav tsum tau muab ntawv pov thawj tias ib tus neeg ua haujlwm yog cov neeg ua haujlwm pem hauv ntej?

Tsis yog. Peb tab tom siv cov txheej txheem ntseeg siab. Pem hauv ntej tus neeg ua haujlwm tsis tas yuav tsum muaj ntawv pov thawj tias koj tsim nyog tau txais, tabsis tus kws muab tshuaj tiv thaiv yuav kom koj muab ntawv pov thawj los ntawm qee txoj kev uas koj tsim nyog tau txais.

Puas yuav muaj qhov tuaj yeem tau txhaj tshuaj tiv thaiv raw qhov chaw?

Yog lawm, peb cia siab tias qee tus tswv ntiav ua haujlwm yuav muab chaw txhaj tshuaj rau ntawm chaw ua haujlwm lossis chaw sos ntawm cov neeg ua haujlwm. Qhov no yuav xav tau kev npaj ua tiav thiab kev sib koom tes nrog cov tswj hwm kev noj qab haus huv ntawm koj cheeb tsam. Nws yuav tsis yog qhov kev xaiv rau txhua tus tswv thiav ua haujlwm. Tab sis rau ntau tus tswv ntiav ua haujlwm nws tuaj yeem ua tau, tsuav yog muaj cov neeg ua haujlwm hauv thaj av txaus rau cov neeg ua haujlwm hauv chaw kho mob. Hu rau koj cov tswj hwm kev noj qab haus huv hauv zos yog tias koj xav tau kev koom txoos.

Cov neeg ua haujlwm yuav teem sijhawm mus txhaj tshuaj tiv thaiv li cas?

Cov tswv haujlwm puas tuaj yeem pab?

Cov tswv ntiav neeg ua haujlwm tuaj yeem pab qhia rau lawv cov neeg ua haujlwm paub tias qhov twg mus teem sijhawm rau lawv cov sijhawm teem sijhawm txhaj tshuaj tiv thaiv.

Cov neeg hauv Oregon muaj cais tau txai tshuaj tiv thaiv tuaj yeem mus rau covidvaccine.oregon.gov txheeb xyuas cov ntaub ntawv txhaj tshuaj hauv lawv cov zej zog, rau npe hauv cov cuab yeej [Get Vaccinated Oregon](#), thiab txheeb xyuas [cov ntaub ntawv qhia tshwj xeeb rau txhuas lub nroog](#). Tamsis no, tsis muaj sijhawm teem sijhawm txai tshuaj ntawm covidvaccine.oregon.gov.

Cov neeg hauv Oregon tuaj yeem nrhiav kev pab los ntawm kev xa cov ntawv ORCOVID rau 898211 (Askiv thiab Spanish nkaus xwb) lossis xa email rau ORCOVID@211info.org (muaj kev pab txhais lus). Yog tias koj tsis tuaj yeem tau txais cov lus teb rau koj cov lus nug txog COVID-19 cov tshuaj tiv thaiv hauv lub vev xaib, los ntawm kab ntawv, lossis hauv email, koj tuaj yeem hu 211 lossis 1-866-698-6155, uas yog hu dawb thiab qhib txij 6 a.m. txog 7 p.m. txhua hnuv, suav nrog cov hnuv so. Cov xov tooj hu tau ntau dua li ib txwm. Koj muaj txoj kev xaiv kom tau rov qab hu dua li qhov tos kom tos.

Puas yuav muaj kev qhia ua ntej hauv pawg ua haujlwm pem hauv ntej?

Pib txij lub Peb Hlis 29, cov neeg tsiv teb tsaws thiab cov neeg ua liaj ua teb, nqaij nruab deg thiab neeg ua liaj ua teb, neeg ua zaub mov noj, thiab cov neeg tua hluav taws hauv hav zoov yuav tsim nyog tau txais tshuaj tiv thaiv COVID-19. Cov neeg ua haujlwm tom hauv ntej yuav muaj cai tau txai tshuaj tiv thiav txij lub Plaub Hlis 19.

Tus neeg ua haujlwm pem hauv ntej yog tus neeg uas muaj txoj haujlwm ua rau lawv muaj kev pheej hmoo siab ntau dua rau kev ua yuav kis COVID-19 vim tias lawv tsis tuaj yeem ua lawv txoj haujlwm nyob hauv tsev lossis lwm qhov chaw uas txwv txoj kev nyob sib ze lossis ib txwm nrog lwm tus sab nraud ntawm lawv tsev neeg. Ib tug neeg ua hauj lwm tom ntej yuav tsum muaj:

- Nyob sib ze ta li nrog lwm tus neeg ua tsis nyob hauv koj tsev neeg (tsawg dua rau tshim); thiab
- nyob sib ze ta li nrog lwm tus neeg ua tsis nyob hauv koj tsev neeg (ntau duas 15 vij rau ib leeg).

Yog tias ib tus neeg ua raws li cov txheej txheem no, thiab muaj nyob rau hauv cov npe ntawm kev lag luam uas tau teev tseg los ntawm CDC hauv nws Ntu 1b lossis 1c, lossis nyob hauv cov npe kev lag luam ntawm Oregon Pawg Neeg Saib Xyuas Kev Noj Qab Haus Huv (OHA), ces tus neeg yuav suav tau tias yog tus ua haujlwm pem hauv ntej.

OHA cov npe tuaj yeem saib tau ntawm no:

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lh3527A.pdf>

Cov CDC muaj ntau yam tseem ceeb, uas suav nrog cov lus txhais, tuaj yeem nrhiav nyob ntawm no:

<https://www.cdc.gov/vaccines/covid-19/categories-essential-workers.html>

Cov neeg yuav tau txiav txim rau lawv tus kheej seb lawv puas yog qhov haujlwm pem hauv ntej. Lub xeev tsis tas yuav tsum muaj pov thawj hais tias ib tug neeg poob rau hauv ib qeb tshwj xeeb, txawm hais tias koj yuav raug nug nyob ntawm qhov chaw txhaj tshuaj tiv thaiv kab twg koj poob cov neeg npab npawg twg.

Vim tias qhov ntau ntawm cov lus nug txog qhov tsim nyog tau txais tshuaj tiv thaiv neeg ua haujlwm pem hauv ntej, OHA tsis tuaj yeem teb cov lus nug tshwj xeeb txog kev tsim nyog tau txais kev pab nyob rau neeg ua haujlwm pem hauv ntej. OHA yuav teb txuas mus ntxiv Cov Lus Nquag Nug (FAQ), txawm tshawb xyuas cov peev txheej ntawd rau cov lus teb tshwj xeeb ntxiv ua ntus zus.

Cov FAQ tuaj yeem pom ntawm no:

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/lh2390u.pdf>

Cov npe hauv qab no yog cov lus nug uas koj tuaj yeem tau txais los ntawm cov neeg ua haujlwm:

Qhov chaw twg kuv tuaj yeem txhaj tshuaj tiv thaiv tau?

Tam sim no, cov chaw uas tau txhaj tshuaj tiv thaiv yog cov tub ceev xwm saib xyuas kev noj qab haus huv hauv zej zog lossis lawv cov koom tes, chaw muag tshuaj, tsev kho mob, cov koob tshuaj txhaj, Tsoom Fwv Cov Chaw Muaj Cai Tau Txais Kev Noj Qab Haus Huv, thiab tsoomfwv cov neeg noj qab haus huv.

Tamsim no, vim muaj tshuaj tiv thiav khoom siv tsawg, koj thawj tus kws khomob (koj tus kws kho mob lub chaw haujlwm) yuav tsis muaj tshuaj tiv thaiv kab mob rau koj.

Kuv yuav paub li cas yog tias kuv tsim nyog txhaj tshuaj tiv thaiv?

Mus rau covidvaccine.oregon.gov thiab siv cuab yeej Get Vaccinated Oregon. Nws yog tsim los pab kom koj nkag siab yog tias koj tsim nyog tau txai tshuaj tiv thaiv. Koj yuav xav tso npe txhawm rau tau txais cov sijhawm txhaj tshuaj tiv thaiv. Yog koj xav tau kev pab sau npe, nug kom lwm tus pab lossis hu rau 211.

Kuv tuaj yeem tau txhaj tshuaj tiv thaiv thaum twg?

Txij li lub Peb Hlis 29, qee cov neeg ua haujlwm pem hauv ntej tau txais qhov tshuaj tiv thaiv COVID-19. ([Saib cov npe tag nrho ntawm cov neeg tsim nyog tau txai thiab thaum twg.](#)) Vim tias cov tshuaj tiv thaiv tsis tshua muaj, nws yuav siv li ob peb hnuv lossis ntau lub lim tiam rau koj teem sijhawm mus txhaj tshuaj tiv thaiv. Koj tau tos lo ntev. Nws yog qhov nyuaj los tos tab sis peb thov kom koj tos, yog li thov ua siab ntev. Qee lub nroog tseem tab tom txhaj tshuaj tiv thaiv lwm cov neeg tsim nyog tau txai tshuaj nyob hauv Oregon thiab tshuaj ntawm tsoom fvv nws muaj tsawg.

Kuv tuaj yeem mus nrhiav cov ntaub ntawv ntau ntxiv qhov twg?

Mus rau covidvaccine.oregon.gov.

Xa xov ORCOVID mu 898211 txhawm txai ntaub ntawv lo ntawm xov/SMS (Askiv thiab Spanish nkaus xwb).

Xa email rau ORCOVID@211info.org.

Yog tias koj tsis tuaj yeem tau txais cov lus teb rau koj cov lus nug txog COVID-19 cov tshuaj tiv thaiv hauv lub vev xaib, los ntawm kab ntawv, lossis hauv email, koj tuaj yeem hu 211 lossis 1-866-698-6155 (hu dawb). Nws qhib txij 6 a.m. txog 7 p.m. txhua hnuv, suav nrog cov hnuv so. Tej zaum koj yuav tau tos vim muaj ntau yam hu. Koj muaj txoj kev xaiv kom tau rov qab hu dua li qhov tos kom tos. Lus Askiv thiab lus Spanish raug hais ntawm lub chaw hu. Kev txhais lus pub dawb yog muaj rau txhua lwm yam lus. TTY: Hu 711 lossis hu rau 1-866-698-6155.

Kuv yuav tau nqa daim ID twg nrog kuv mus ua pov thawj rau kuv qhov muaj cai tau txai tshuaj tiv thaiv?

Koj tsis tas yuav tsum muaj ntawv pov thawj tias koj tsim nyog tau txais, tabsis tus kws muab tshuaj tiv thaiv yuav kom koj muab ntawv pov thawj los ntawm qee txoj kev uas koj tsim nyog tau txais.

Tus nqi ntau npaum li cas?

Kuv puas yuav tsum muaj is saws las thiaj li tau txais tshuaj tiv thaiv? COVID koob tshuaj tiv thaiv yuav pub dawb rau koj. Koj tsis tas yuav muaj is saws las kho mob. Yog tias koj muaj is saws las kho mob, cov chaw muab tshuaj tiv thaiv yuav tsum qhia rau koj lub tuam txhab kev pov hwm them tus nqi tshaj tshuaj rau koj. Qhov no txhais tau tias koj yuav raug nug txog koj cov ntaub ntawv kev pov hwm thaum koj tau txais cov tshuaj tiv thaiv COVID, yog li thov nqa koj daim npav pov hwm kev noj qab haus huv yog tias thov nqa koj daim ntawv pov hwm tuaj nrog yog tia muaj. Cov chaw muab tshuaj tiv thaiv tsis tuaj yeem tsub nqi rau koj rau qhov muab tshuaj tiv thaiv rau koj.

Cov Lus Nug Txog Tshuaj Tiv Thaiv

Yuav muaj dab tsi tshwm sim tom qab kuv tau txais tshuaj tiv thaiv?

Tam sim no koj tseem yuav tsum tau hnav lub npog ntsej muag thiab nyob nrug deb ntawm lwm leej tab qab tau txai tshuaj tiv thaiv. Txhua yam yuav mus tsis taus li qub kom txog thaum muaj neeg txhaj tshuaj tiv thaiv lawm. Peb paub hais tias kev txhaj tshuaj tiv thaiv kab mob yuav tiv thaiv cov neeg muaj mob. Tab sis peb tsis tau paub meej yog tias ib tus neeg uas tau txhaj tshuaj tiv thaiv ob zau lawm tseem tuaj yeem kis tau tus kabmob COVID-19 tau lo tsis tau. Peb tsis xav kom koj kis nws rau cov neeg uas tsis tau txhaj tshuaj. Nws yog ib qho tseem ceeb uas yuav tsum hnav daim npog qhov ncauj, nyob deb ntawm 6 feet ntawm lwm tus, ntxuav koj ob txhais tes, thiab tsis txhob siv sijhawm nyob nrog cov neeg koj tsis nrog nyob.

Koj kuj tseem yuav tsum tau txhaj ob koob tshuaj tiv thaiv. Rau feem ntau hom tshuaj tiv thaiv, tej zaum koj yuav tsum tau txhaj ob koob tshuaj. Koj tau txhaj koob thib ob 3 lossis 4 lub lis piam tom qab koj tau txais thawj koob. Nws yog ib qho tseem ceeb rau koj yuav tau txai tshuaj tiv thaiv ob zau ua ntej koj yuav mu ua haujlwm. Tham nrog tus uas tau muab tshuaj thawj zaug rau koj tsuam txog koj tuaj yeem tshaj tshuaj zaum thib ob tau thaum twg. Koj yuav tsum tau txais koj lub tshuaj thib ob ntawm qhov chaw koj tau txais tshuaj thawj zaug. Ua li no tshwj tsis yog tus kws ntsuas mob lossis tus kws kho mob yuav qhais rau koj mu txai tshuaj zaum thib ob nyob rau lwm qho.

Yuav ua li cas yog tias kuv kis tau COVID-19 tom qab kuv tau txai tshuaj thawj zaus?

Yog tias koj raug rau COVID, koj yuav tsum ua raws li cov txheej txheem kev noj qab haus huv thiab nyob hauv tsev 14 hnuv txawm tias koj tau txhaj thawj koob tshuaj.

Yuav ntev npaum li cas kuv thiaj li raug kuaj xyuas tom qab kuv tau txhaj tshuaj tiv thaiv?

Koj yuav pom koj li 15-30 feeb. Qhov no txhais tau tias koj yuav tsum tau tos qhov chaw koj tau txhaj koob tshuaj tiv thaiv, yog li ntawd cov chaw muab tshuaj tiv thaiv tuaj yeem saib xyuas koj kom ntseeg tau tias koj tsis ua li cas.

Qhov tshwm sim tshuaj tiv thaiv yog dab tsi?

Tom qab tau txais cov tshuaj tiv thaiv COVID-19, koj yuav mob caj npab. Tej zaum koj yuav muaj mob nqaij pob txha, mob pob txha, nkees, mob taub hau, ua daus no, los sis tej zaum yuav ua npaws. (Ua npaws tsis tshua muaj.) Nws txhais tau tias cov tshuaj tiv thaiv ua haujlwm kom koj lub cev nyob zoo. Cov no yog cov phiaj xwm ib txwm qhia tias koj lub cev tiv thaiv kev tsim kho. Qee zaum cov kev mob tshwm sim no yuav nres koj los ntawm kev ua koj li ib txwm ua rau ob peb hnuv. Feem ntau ntawm cov kev mob tshwm sim no yuav tsum ploj mus nyob hauv ob peb hnuv.

Kuv yuav hu leej twg yog tias kuv muaj cov kev mob tshwm sim: qhov chaw txhaj tshuaj lossis kuv thawj tus kws kho mob?

Cov kev mob tshwm sim tswm sim ta li tom qab tshaj tshuaj tiv thaiv COVID-19. Yog tias koj muaj kev txhawj xeeb txog kev mob tshwm sim tom qab koj tawm ntawm qhov chaw txhaj tshuaj, koj yuav tsum hu rau koj thawj tus kws saib xyuas mob. Lossis koj tuaj yeem mus rau qhov chaw kho mob lossis chaw kho mob maj nrawm.

Kuv puas yuav tsum tau hnav lub npog ntsej muag thiab nyob deb ntawm lwm tus?

Tam sim no koj tseem yuav tsum tau hnav lub npog ntsej muag thiab nyob deb lwm tus tom qab txhaj tshuaj tiv thaiv rau. Txhua yam yuav mus tsis taus li qub kom txog thaum muaj neeg txhaj tshuaj tiv thaiv lawm. Peb paub hais tias kev txhaj tshuaj tiv thaiv kab mob yuav tiv thaiv cov neeg muaj mob. Tab sis peb tsis tau paub meej yog tias ib tus neeg uas tau txhaj tshuaj tiv thaiv ob zau lawm tseem tuaj yeem kis tau tus kabmob COVID-19 tau lo tsis tau. Peb tsis xav kom koj kis nws rau cov neeg uas tsis tau txhaj tshuaj. Nws yog ib qho tseem ceeb uas yuav tsum hnav daim npog qhov ncauj, nyob deb ntawm 6 feet ntawm lwm tus, ntxuav koj ob txhais tes, thiab tsis txhob siv sijhawm nyob nrog cov neeg koj tsis nrog nyob.

Rau cov lus nug ntiv txog cov tiv thaiv kabmob COVID-19, saib ntawm [Cov lus nug uas raug nug ta lis](#) ntawm peb.

Yuav txhawb nqa cov koob tshuaj txhaj tiv thaiv kev txhaj tshuaj hauv zos thiab/lossis ua ib lub koom txoos

Nrhiav neeg ua haujlwm pab dawb rau cov xwm txheej txhaj tshuaj tiv thaiv zej zos/koj qhov kev txhaj tshuaj

Ib qho kev pheej hmoo loj tshaj plaws hauv kev muab tshuaj tiv thaiv rau cov neeg hauv Oregon sai sai yog qhov tsis txaus ntawm cov tib neeg tsim nyog rau kev txhaj tshuaj. Qhov xov xwm zoo yog, muaj cov tib neeg tsim nyog los ua qhov no, xws li cov kws tshaj lij kev kho mob (EMTs), cov neeg ua haujlwm tu neeg laus, thiab cov neeg ua haujlwm kho mob yav dhau los uas tau hloov mus ua haujlwm. Tseem tsis tau muaj leej twg mu thov kom lawv pab li.

Koj tuaj yeem pab nrhiav cov neeg ua haujlwm pab dawb no los ntawm kev hu xov tooj rau koj cov neeg ua haujlwm, lawv tsev neeg thiab kev sib koom ua ke, thiab koj cov neeg siv khoom. Siv cov ntawv hauv qab no hauv email thiab/lossis social media post:

Xav tau cov neeg tuaj yeem pab txhaj tshuaj tiv thaiv kab mob pub dawb

Yog tias koj tau kawm tshaj lij dhau los hauv kev txhaj tshuaj, [rau lub npe teb chaws] xav tau koj kev pab.

Ua haujlwm pub dawb los pab txhaj tshuaj tiv thaiv peb cov zej zog tiv thaiv COVID-19

Cuv npe pab dawb rau <https://serv-or.org>.

Ua ib lub koom txoos tshaj tshuaj

Peb cia siab tias qee tus tswv ntiav ua haujlwm yuav muab chaw txhaj tshuaj rau ntawm chaw ua haujlwm lossis chaw sos ntawm cov neeg ua haujlwm. Qhov no yuav xav tau kev npaj ua tiav thiab kev sib koom tes nrog cov tswj hwm kev noj qab haus huv ntawm koj cheeb tsam. Nws yuav tsis yog qhov kev xaiv rau txhua tus tswv thiav ua haujlwm. Tab sis rau tus tswv ntiav ua haujlwm qee leej nws tuaj yeem ua tau, tsuav yog muaj cov neeg ua haujlwm hauv thaj av txaus rau cov neeg ua haujlwm hauv chaw kho mob. **Hu rau koj cov tswj hwm kev noj qab haus huv hauv zos (LPHA) yog tias koj xav tau kev koom txoos kev tshaj tshuaj.**

Cov Kev Pab Ntxiv

Dhau kev yuav siv tus qauv hauv cov cuab yeej OHA no lawm, peb xav kom koj tshawb xyuas cov ntaub ntawv ua raug hloov kho ta li CDC thiab Health Action Alliance. Lawv muab cov cuab yeej pub dawb thiab cov khoom siv rau cov chaw lag luam, tau txai kev pab los ntawm cov kws tshaj lij hauv kev lag luam, kev noj qab haus huv thiab kev sib txuas lus. Tuaj yeem pom cov ntaub ntawv ntawm no:

- [Cov lug hai txog tshuaj tiv thiab COVID-19 ua tuaj yeem kho tau ntawm CDC rau cov neeg ua haujlwm tseem ceeb](#)
- [Cov ntaub ntawv txuas lug hai txog COVID-19 ntawm Health Action Alliance rau kev lag luam](#)
 - [Phau ntawv qhia ntxuas lug rau kev lag luam](#)
 - [Tsab xov tseem ceeb rau cov neeg ua haujlwm](#)
 - [Phau ntawv qhia sib tham rau tus coj](#)
 - [Phau ntawv qhia txog kev lag luam me txog tshuaj tiv thaiv COVID-19.](#)
 - [Acov ntaub ntawv ntawm tus nug thiab phau ntawv qhia txog txuas lus rau zej zos Black, Hispanic, American Indian thiab Alaska Native](#)
 - [Qauv kev sib txuas lus rau cov meeg ua haujlwm](#)
 - [Cuab tam rau social media](#)
 - [Piv txwv ntawm ntawv xov](#)



Cov ntaub ntawv rau koj cov kev xav tau kev sib txuas lus:
Daim foos email, cov ntawv xov xwm cov ntsiab lus, cov ntsiab lus rau social media