

# Cov Cuab Yeej Kev Sib Txhuas Lus: Pab cov neeg hauv Oregon ua muaj lwm yam mob kom lawv mus txhaj 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 kev tshaj xov xwm



## Tsab xov ntawm Tus Tswv Saib Xyuas Kev Noj Qab Haus Huv Ntawm Oregon

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.

Peb Cov Cuab Yeej Kev Sib Txhuas Lus muab rau koj nrog cov cuab yeej yooj yim, links thiab tus qauv koj yuav xav tau nthuav thiab teb cov lus nug. Koj tuaj yeem mus kho cov ntsiab lus no rau koj cov neeg ua nyob ze. 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](mailto:COVID.19@dhsosha.state.or.us).

Nhriav cov cuab yeej Kev Sib Txuas Lug ntawm  
<https://sharingsystems.dhsosha.state.or.us/DHSForms/Served/lh3646.pdf>.

# Cov ntsiab lus yuav tham/Cov lus tseem ceeb



## 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 neeg ua haujlwm kho mob, cov neeg nyob hauv cov tsev tu neeg mus ntev, cov kws qhia ntawv, cov neeg saib xyuas menyuam yaus, thiab cov neeg hnuv nyoog 65 thiab laus dua tau txais kev txhaj tshuaj lawm.

**THAUM TWG:** Pib lub Peb Hlis 29, 2021

**LEEJ TWG:** Cov neeg laus hnuv nyoog 45–64 ua muaj lwm tus kab mob nrog rau ib lossis ntau Centers for Disease Control and Prevention (CDC)teev cias\* muaj kev pheej hmoo siab ua yuav muaj mob hnyav lo ntawm COVID-19:

- Cancer
- Kab mob raum tsws sim lo ntev
- Cov kab mob ntsws ntev, suav nrog COPD (mob ntsws tsis paub meej), mob hawb pob (mob dog dlig rau hnyav), mob ntsws, cystic fibrosis, thiab mob ntsws ntsig
- Dementia lossis cov tso mob txog lwm yam mob hlwb
- Mob ntshav qab zib (hom 1 losis hom 2)
- Down syndrome
- Mob plawv (xws li lub plawv tsis ua haujlwm, mob cov hlab ntshav, cardiomyopathies, lossis ntshav siab)
- Kev kis kab mob HIV
- Lub cev tsis muaj zog tiv (lub cev tsis muaj zog tiv thaiv kab mob)
- kab mob siab
- Rog dhaus (kev ntsuas lub cev (BMI) ntau dua 25 kg/m<sup>2</sup>)
- Kev muaj menyuam
- Kab mob sickle cell lossis thalassemia
- Haus luam yeeb, ta sim no losis yav tag lo
- Kev hloos khos hauv nruab nrog cev lossis cov hlab ntshav
- Kab mob siab losis kab mob cerebrovascular
- kev txaum lo ntawm shuaj yeeb

**THAUM TWG:** Pib hnuv tim 5 lub plaub hlis 2021

**LEEJ TWG:** Cov neeg laus hnuv nyoog 16–44 ua muaj lwm tus kab mob nrog rau ib lossis ntau CDC teev cias muaj kev pheej hmoo siab ua yuav muaj mob hnyav ua tau hai lo saum toj no.



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

# Cov lus nug txog lwm yam mob

## 1. Cov neeg uas muaj lwm kab mob ib lossis ntau dua ua muaj kev pheej hmoo ntau ntxiv yuav tsum muaj pov thawj ntawm lawv tus mob nrog daim ntawv los ntawm lawv tus kws kho mob?

Tsis tau, koj tsis tas yuav tsum muaj ntawv pov thawj. Koj tsis tas hu xov tooj rau koj tus kws kho mob lossis mus saib koj daim ntawv kho mob pov thawj ntawm koj tias koj muaj mob lwm yam mob.

## 2. Puas yuav muaj ib qho tseem ceeb rau tus neeg muaj lub hnuv nyoog nyob rau hauv 16-64 xyoo lossis lawv puas muaj feem tau txais tshuaj tiv thiav tam sim ntawv?

Yog lawm. Cov neeg muaj hnuv nyoog 45-64 uas muaj ntau yam mob ib lossis ntau dua ua CDC-teev cias tias muaj kev pheej hmoo ntau yuav tau txai tshuaj tsis pub dhau Lub Peb Hlis 29. Cov neeg laus hnuv nyoog 16-44 yuav tsim nyog tau txai tshuaj tsis pub dhau lub Plaub Hlis 5, 2021. Cov neeg hnuv nyoog 16 thiab laus dua ntawv uas cev xeeb tub los tseem yuav tsim nyog tau txai tshuaj rau lub Peb Hlis 5.

## 3. Cov neeg uas muaj mob ib lossis ntau qhov mob ua muaj kev pheej hmoo siab yuav tau txai tshuaj tiv thiav nyob qhov twg?

Cov neeg laus hnuv nyoog 16-64 xyoo uas muaj kev pheej hmoo siab yuav tuaj yeem tau txais tshuaj tiv thiav los ntawm qhov ntau chaw txhaj tshuaj/koom txoos chaw txhaj tshuaj loj, los ntawm qhov chaw saib xyuas kev noj qab haus huv hauv zej zog (LPHA), Tsoom Fwv Cov Chaw Muaj Peev Xwm Zoo los ntawm Tsoom Fwv, chaw muag tshuaj, thiab los ntawm kev koom tes nrog koom haum ua tau tshas raw zej zos thiab raw kev ntseeg.

## 4. Kuv puas tuaj yeem txhaj tshuaj tiv thaiv tau yog tias kuv tab tom noj tshuaj?

Yog lawm, koj ua tau. Tam sim no tsis muaj ntaub ntawv teev cia hais tias tshuaj tiv thaiv nrog lwm yam tshuaj. Saib daim ntaub ntawv emergency use authorization (EUA) rau Pfizer (<https://www.fda.gov/media/144637/download>) thiab Moderna (<https://www.fda.gov/media/146304/download>) thiab Johnson & Johnson (<https://www.fda.gov/media/146304/download>).

## 5. Qhov tshuaj tiv thaiv no puas muaj kev nyab xeeb yog tias kuv muaj kev fab tshuaj lossis ua xua rau lwm yam kev txhaj tshuaj?

Koj yuav tsum tham nrog koj tus kws kho mob tham txog koj qhov xwm txheej tshwj xeeb ntawm koj. Qhia rau lawv paub txog ib qho keeb kwm ntawm kev fab tshuaj lossis qhov kev txhaum fab ntawm kev txhaj tshuaj lossis koob tshuaj. CDC hais kom koj TSIS TXHOB txhaj cov tshuaj tiv thaiv COVID-19 yog tias koj tau muaj:

- Cov kev txhaum fab hnyav (xws li mob anaphylaxis) tom qab koj txhaj koob tshuaj tiv thaiv COVID-19 thawj zaug.
- Kev fab tshuaj ta sim rau kev tau txhaj tshuaj tiv thaiv COVID-19 ua dhau lo, lossis cov khoom xyaw tshuaj tiv thiav (suav nrog polyethylene glycol).
- Kev fab tshuaj ta sim ntawm hom twg ntawm polysorbate.

Yog tias koj muaj keeb kwm muaj kev kev fab tshuaj rau hom twg ntawm tshuaj, tshuaj txhaj, khoom noj, tshuaj noj lossis kab muaj kob txaum, lossis koj muaj anaphylaxis, koj yuav tsum tau saib xyuas li 30 feeb tom qab tau txais koj cov tshuaj tiv thaiv COVID-19.

# Cov lus nug txog cev xeeb tub, pub mis, tsis muaj menyuam

## 1. Kuv puas yuav tsum tau txhaj tshuaj tiv thaiv yog tias kuv xeeb tub?

Kev txhaj tshuaj tiv thaiv yog qhov kev xaiv ntawm tus kheej. Txhua yam tshuaj tiv thaiv COVID-19 muaj nyob rau Tebchaws Meskas tuaj yeem muab rau cov neeg cev xeeb tub lossis pub niam mis. Yog tias koj muaj lus nug txog kev txhaj tshuaj tiv thaiv, kev sib tham nrog koj tus kws kho mob tej zaum yuav pab, tab sis tsis tas yuav.

Txawm hais tias tag nrho kev pheej hmoo ntawm kev mob hanyav yog tsawg, cov neeg cev xeeb tub yog cov muaj kev pheej hmoo siab mob hanyav los ntawm COVID-19 thaum piv rau cov neeg ua cev tsis xeeb tub. Mob hanyav heev txhais tau tias yog mob uas ua rau pw hauv tsev kho mob lossis tas sim neej. Tsis tas li, cov neeg cev xeeb tub muaj COVID-19 tej zaum yuav muaj feem ntau yuav ua rau muaj qhov tsis zoo rau kev xeeb tub xws li: yug menyuam ntxov, piv nrog cov neeg cev xeeb tub uas tsis muaj COVID-19.

## 2. Puas zoo rau kuv mus txhaj tshuaj tiv thaiv yog tias kuv xeeb tub? Cov tshuaj tiv thaiv puas tuaj yeem tsim kev puas tsuaj rau kuv tus menyuam?

Muaj ntaub ntawv tsawgm hai txog kev nyab xeeb tiv thaiv ntawm COVID-19 rau cov neeg cev xeeb tub. Raws li qhov kev txhaj tshuaj no ua haujlwm nyob shauv lub cev, cov kws tshaj lij ntseeg tias lawv yuav tsis ua rau muaj kev pheej hmoo tshwj xeeb rau cov neeg cev xeeb tub.

CDC thiab U.S. Food and Drug Administration (FDA) muaj [kev tswj xyuas nyab xeeb](#) txhawm rau khaws cov ntaub ntawv hais txog kev txhaj tshuaj tiv thaiv thaum cev xeeb tub thiab yuav saib xyuas cov ntaub ntawv kom zoo. Feem ntau ntawm cov cev xeeb tub hauv cov kab ke no tau txuas ntxiv, yog li peb tseem tsis tau muaj cov ntaub ntawv hais txog cov txiaj ntsig ntawm cov kev xeeb menyuam no. Peb yuav tsum tausoj xyuas ntxiv rau kev cev xeeb tub sij hawm ntev kom nkag siab txog kev cuam tshuam ntawm kev xeeb tub thiab cov menyuam mos.

Cov tshuaj tiv thaiv Moderna thiab Pfizer-BioNTech yog [mRNA tshuaj tiv thaiv](#) uas tsis muaj cov kab mob ua muaj sia uas ua rau COVID-19 thiab, yog li ntawv, tsis tuaj yeem muab ib tus neeg COVID-19 tau. Ib qho ntxiv, mRNA cov tshuaj tiv thaiv tsis cuam tshuam nrog ib tus neeg lub DNA lossis ua rau muaj kev hloov caj ces vim hais tias mRNA tsis nkag mus rau lub hlwb ntawm lub cell, uas yog qhov chaw peb DNA khaws cia. Xav paub ntau ntxiv txog [li cas cov tshuaj tiv thaiv COVID-19 mRNA ua haujlwm](#).

Qhov tshuaj tiv thaiv Johnson & Johnson COVID-19 yog qhov tshuaj tiv thaiv tiv thaiv kab mob, txhais tau tias nws siv hloov kho ntawm tus kab mob sib txawv (cov vector) xa cov lus qhia tseem ceeb rau peb lub hlwb Viral vector thev naus laus zis tau siv rau lwm cov phiaj xwm tshuaj tiv thaiv kab mob. Cov tshuaj tiv thaiv uas siv cov voos sib kis qub tau muab rau cov neeg cev xeeb tub hauv txhua qhov kev txiaj txim siab ntawm cev xeeb tub, suav nrog kev sim tshuaj tiv thaiv kab mob Ebola loj. Tsis muaj qhov tshwm sim muaj feem rau cev xeeb tub, nrog rau cov txiaj ntsig tsis zoo uas cuam tshuam rau tus menyuam mos, cuam tshuam nrog kev txhaj tshuaj hauv cov kev sim no. Kawm paub ntxiv txog [li cas viral vector ua haujlwm](#).

### 3. Qhov tshwm sim tshuaj tiv thaiv yog dab tsi for pregnant people?

Cov kev mob tshwm sim tuaj yeem tshwm sim tom qab tau txais cov tshuaj tiv thaiv COVID-19 uas muaj, tshwj xeeb yog tom qab txhaj tshuaj zaum thib ob rau cov uas xav kom txhaj ob koob. Cov neeg cev xeeb tub tsis tau tshaj tawm cov kev mob tshwm sim sib txawv los ntawm cov neeg cev tsis xeeb tub tom qab txhaj tshuaj nrog mRNA cov tshuaj tiv thaiv (Cov tshuaj tiv thaiv Moderna thiab Pfizer-BioNTech). Cov kev mob tshwm sim tuaj yeem suav mob caj npab, mob nqaj, mob pob qij txha, mob nkees, mob taub hau, ua daus no, thiab ua npaws. Yog tias koj muaj kub taub hau tom qab txhaj tshuaj, koj yuav tsum noj tshuaj acetaminophen (Tylenol), vim tias kub taub hau tau cuam tshuam nrog qhov tshwm sim tsis pub muaj menyuam hauv plab.

### 4. Cov tshuaj tiv thaiv puas muaj kev nyab xeeb yog tias kuv tabtom pub mis rau menyuam ?

Kev sim khomob rau cov tshuaj tiv thaiv COVID-19 tamsis no tau tso cai hauv Tebchaws Meskas tsis suav cov neeg uas tab tom pub mis rau menyuam. Vim hais tias cov tshuaj tiv thaiv tsis tau kawm txog cov neeg muab mis rau menyuam, tsis muaj ntaub ntawv nyob ntawm:

- Kev nyab xeeb ntawm COVID-19 cov tshuaj tiv thaiv hauv cov neeg pub mis rau menyuam
- Qhov tshwm sim ntawm kev txhaj tshuaj rau tus menyuam noj niam mis
- Qhov cuam tshuam rau kev tsim mis lossis quav tawm

Cov tshuaj tiv thaiv COVID-19 raug tso cai tam sim no yog cov tshuaj tiv thaiv tsis ua qauv, txhais tau tias lawv muaj peev xwm los tsim cov tshuaj tiv thaiv kab mob tab sis tsis rov tsim tawm hauv cov host cell. Vim cov tshuaj tiv thaiv tsis ua rau tsis muaj kev phom sij rau cov neeg pub mis rau menyuam lossis cov menyuam mos, Cov tshuaj tiv thaiv kabmob COVID-19 kuj tseem xav tias tsis yog qhov phom sij rau cov menyuam mos noj niam mis. Yog li, cov neeg pub mis rau menyuam tuaj yeem xaiv cov tshuaj tiv thaiv.

### 5. Shuaj pua tuaj yeem ua teeb meev rau kev tsis muaj menyuam ntawm kuv?

Yog tias koj tab tom xav cev xeeb tub tam sim no lossis yog tias koj xav cev xeeb tub yav tom ntej, koj tuaj yeem tau txais cov tshuaj tiv thaiv COVID-19 thaum muaj ib qho rau koj.

Tsis muaj ib qho pov thawj hais tias txhua qhov tshuaj tiv thaiv, suav nrog cov tshuaj tiv thaiv COVID-19, ua rau muaj teeb meem kev muaj me nyuam. Yog tias koj tab tom sim cev xeeb tub, koj tsis tas yuav zam kev xeeb tub tom qab tau txais cov tshuaj tiv thaiv COVID-19. Zoo tib yam li txhua cov tshuaj tiv thaiv, cov kws tshawb fawb tab tom kawm txog cov tshuaj tiv thaiv COVID-19 kom Zoo rau cov kev mob tshwm sim tam sim no thiab yuav ceeb toom cov kev tshawb pom tom qab lawv muaj ntaub ntawv.

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



**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**