

Ntaub ntawv muab kev qhia paub txog kab mob COVID-19

Ntaub Ntawv Kho Dua Tshiab Lub Ib Hlis Ntuj Tim 27, 2022

Nias rau ib kab ntawv txuas nkag mus twg hauv qab no ncaj qha mus rau ib qho ntawm cov ntsiab lus nyob rau hauv tsab ntawv no:

[Cov Ntaub Ntawv Muab Kev Qhia Paub Hais Txog Ntau Yam Ua Ke](#)

[Kev tiv thaiv](#)

[Lus Coj Qhia Kev Siv Ntaub Npog Qhov Ncauj Qhov Ntswg](#)

[Tshuaj Tiv Thaiv Kab Mob & Cov Koob Tshuaj Txhawb](#)

[Koj Cov Cai](#)

[Kev Kawm Ntaub Ntawv](#)

[Kev Tau Hauj Lwm Ua](#)

Cov Ntaub Ntawv Muab Kev Qhia Paub Hais Txog Ntau Yam Ua Ke

Cov ntaub ntawv muab kev qhia paub tshiab tshaj plaws hais txog kab mob COVID-19 muaj nyob rau hauv Lub Xeev lub vas sab qhia paub txog kab mob COVID-19:

www.covid19.ca.gov

Cov ntaub ntawv muab kev qhia paub nyob rau hauv Lub Xeev lub vas sab qhia paub txog kab mob COVID-19 muaj:

- Cov ntaub ntawv muab kev qhia paub hais txog cov kev kuaj kab mob, cov neeg kis kab mob, cov neeg tau mus pw kho mob, thiab cov neeg tau tas sim neej
- Cov ntaub ntawv hais txog kev tau txais kev txhaj tshuaj tiv thaiv kab mob los sis tau txais koob tshuaj txhawb, thiab qhov chaw yuav txhaj tshuaj
- Tag nrhov cov kev cai tswj, cov lus coj qhia, cov tswv yim pab rau kev taug kev, cov cuab yeej pab kev tshaj qhia hauv chaw tso xov xwm rau cov koom haus, thiab lwm yam ntxiv

Txhawm rau muab kev paub txog thiab lus nug txog kab mob COVID-19, hu tau rau 833-422-4255. Tus xov tooj no muab tau lus teb hnuv Monday txog rau Friday thaum 8 teev sawv ntxov txog 8 teev tsaus ntuj, thiab cov hnuv kawg hauv lub lim tiam thaum 8 teev sawv ntxov txog 5 teev tsaus ntuj.

Qee cov nroog me muaj kev cai tswj sib txawv rau kev rau ntaub npog thaiv ntsej muag, cov chaw muaj neeg coob siv, thiab kev tawm taug kev. Koj tuaj yeem nrhiav tau qhov chaw txuas nkag mus rau feem hauj lwm saib xyuas kev noj qab haus huv hauv cheeb tsam txhawm rau muab kev paub ntxiv, los ntawm lub vas sab no:

<https://www.cdph.ca.gov/Pages/LocalHealthServicesAndOffices.aspx>.

Peb tau khaws cov ntaub ntawv teev cov neeg kis kab mob, cov neeg tag sim neej, thiab cov kev txhaj tshuaj tiv thaiv kab mob los ntawm cov neeg tau txais kev pab los ntawv cov chaw hauj lwm pab cheeb tsam, raws li qhov tau tshaj qhia paub rau cov chaw hauj lwm hauv cheeb tsam.

<https://www.dds.ca.gov/corona-virus-information-and-resources/data/>

[Lus teev qhia: Yeeb vim tsis xav kom muaj kev tshaj qhia tej yam zoo li niaj hnuv no, thov mus nyeem cov ntawv teev ntsiab lus qhia]

Kev tiv thaiv kab mob COVID-19

Koj tuaj yeem pab cheem kev sib kis kab mob COVID-19 los ntawm:

- Nyob twj ywm hauv tsev yog tias koj hnob tsis xis neej
- Muab xab npus thiab dej los ntxuav koj ob txhais tes kom tuab ntw
- Rau ntaub npog koj lub qhov ncauj uas siv ntaub npog thaiv qhov ncauj los sis ntaub npog qhov ncauj qhov ntwg thaum nyob ze lwm cov neeg.
- Ceev kev nyob sib nrug kom tau rau feet ntawm koj tus kheej thiab lwm cov neeg (kev nyob sib nrug deb)
- Mus txhaj tshuaj tiv thaiv kab mob kom txwm nrog rau koob tshuaj txhawb xav kom txhaj

Nrog lwm cov neeg tham, suav nrog rau tsev neeg thiab tej phooj ywg hais txog cov txiaj ntsig tau txais los ntawm kev txhaj tshuaj tiv thaiv kab mob COVID-19 yog ib qho nyuaj. Los mloog yam tsis tos kev yuav txiax txim rau leej twg thiab nrhiav kev chiv keeb txog lawv tej teeb meem. Yam yuav tau nco cia los pab koj nrog lwm tus tham hais txog tshuaj tiv thaiv kab mob muaj:

- Mloog cov lus nug yam tsis tas txiax txim
- Nug cov lus nug qhib kom txhij los nrhiav cov teeb meem uas muaj
- Thov kev tso cai faib qhia kev paub
- Pab lawv nrhiav lawv cov hau kev mus txais kev txhaj tshuaj tiv thaiv kab mob
- Pab kom lawv tau mus txhaj tshuaj tiv thaiv kab mob

Lus Coj Qhia Kev Siv Ntaub Npog Qhov Ncauj Qhov Ntwg

Cov lus coj qhia kawg nkaus hais txog kev yuav tau kom txhua leej nyob rau hauv xeev California rau ntaub npog qhov ncauj qhov ntwg thaum nyob rau cov chaw sab hauv tsev thiab cov chaw ua hauj lwm, kom mus txog rau Lub Ob Hlis Ntuj Tim 15, 2022. Tom qab hnuv ntawv, thov txheeb xyuas huv lub vas sab no <https://covid19.ca.gov/masks-and-ppe/> txhawm rau muab lus qhia paub ntxiv.

Yuav zam kev tsis kom rau ntaub npog qhov ncauj qhov ntwg nyob rau txhua lub sij hawm tau rau cov neeg zoo li hauv qab no:

- Cov neeg muaj hnuv nyoog qis dua 2 xyoos. Cov me nyuam tseem mos ab yuav tsis tau rau ntaub npog qhov ncauj qhov ntwg vim tsam ua tsis taus pa
- Cov neeg muaj kab mob, muaj mob puas hlwb, los sis xiam oob qhab uas tsis pub rau ntaub npog qhov ncauj qhov ntwg. Qhov no yuav suav cov neeg uas muaj mob yog thaum rau ntaub npog qhov ncauj qhov ntwg yuav ua rau tsis dim pa, los sis cov neeg uas tsis nco qab, cov tsis taus, los sis cov tsis tuaj yeem tshem tau daim ntaub npog qhov ncauj qhov ntwg yog tsis muaj tus pab

- Cov neeg tsis hnov lus zoo, los sis yuav tau tau tham nrog tus neeg tsis hnov lus uas yuav tau cia pom lub qhov ncauj thiaj paub tias yog hais dab tsi rau kev sib tham
- Cov neeg yuav muaj kev phom sij rau lawv txoj hauj lwm yog rau ntaub npog qhov ncauj qhov ntswg, raws li tau teev nyob rau hauv cov kev cai teev los ntawm cheeb tsam, lub lav, los sis tsoom fwv los sis cov lus cob qhia kev nyab xeeb hauv chaw ua hauj lwm

Tshuaj Tiv Thaiiv Kab Mob & Cov Koob Tshuaj Txhawb

Cov tshuaj vav xees tiv thaiiv Kab Mob COVID-19 muaj kev nyab xeeb thiab tiv thaiiv tau zoo. Cov tshuaj vav xees no tau cawm txoj sia thiab pab txo kev tau mus pw tsev kho mob thiab muaj cov tuag. Cov kws tshawb tswv yim tsim tshuaj, tej nom tswv hauv tsoom fwv, thiab ib pab pawg nom tswv tuav lub xeev sab hnuv poob yuav xyuas kom ntseeg tau tias txhua hom tshuaj vav xees muaj kev nyab xeeb. Muaj ntau lab leej neeg hauv Xeev California thiab Lub Teb Chaws Mes Kas tau txais tshuaj vav xees tiv thaiiv Kab Mob COVID-19 yam muaj kev nyab xeeb lug.

Txhawm rau teev sij hawm txhaj tshuaj tiv thaiiv kab mob, koj tuaj yeem:

- Tham nrog koj tus kws kho mob los sis qhov chaw muab kev faj seeb tuav pov hwm
- Mus cuag qhov chaw txhaj tshuaj hauv cheeb tsam xws li CVS, Walgreens, RiteAid, Walmart, Albertsons/Safeway, qee cov chaw kho mob muab kev saib xyuas kev muaj mob ceev thiab qee cov kev mob, cov chaw txhaj tshuaj thaum tsav tsheb hla, thiab lwm cov chaw. Cov chaw no yuav pab muab kev txhaj tshuaj tiv thaiiv kab mob
- Rau npe rau kev teem caij tau ntawm <https://myturn.ca.gov>. los sis hu rau 833-422-4255. Qhov kev xaiv yuav pab tau kom koj mus tseev sij hawm teem caij tau nyob txhua qhov hauv lub Xeev, uas muaj txog 250 hom lus. Nws yuav muaj cov chaw nyob ruaj chaw, cov chaw kho mob qhiv siv ib zaug rau cov pab pawg neeg, thiab pab kev thauj xa mus los thiab/los sis tuaj txhaj nyob rau hauv tsev. Tag nrho ob yam tshuaj tiv thaiiv kab mob COVID-19 thiab kab mob npaws loj tuaj yeej txhaj tau ntawm no.
- Tsoom fwv lub vas sab, <https://www.vaccines.gov/>, kuj tseem pab tau koj nrhiav kom tau cov tshuaj txhaj tiv thaiiv kab mob COVID-19 thiab kab mob npaws loj.

Kev tuav pov hwm thiab kev nkag teb chaw tsis muaj teeb meem rau kev txais kev txhaj tshuaj. Tsis muaj neeg yuav nug txog koj qhov kev nkag teb chaws thaum koj mus txhaj tshuaj tiv thaiiv kab mob.

Kem cai qhov nyob rau hauv lub vas sab qhov ncaw nkag mus saib haiv qab no yuav qhia cov neeg muaj cai tai txais kev txhaj tshuaj tiv thaiiv kab mob. Txhuaj tuas uas muaj hnuv nyoog 5 xyoos nce mus tuaj yeem tau txais tshuaj tiv thaiiv kab mob.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/children-teens.html>

Tsis txhob txhaj tshuaj thaum koj tsis xis neej rau kab mob COVID-19. Tos kom txog thaum koj zoo lawm thiab tag qhov kev cais tus kheej tso. Tsab lus coj qhia no kuj tseem siv rau cov neeg muaj kab mob COVID-19 ncuva sij hawm lawv thawj koob tshuaj thiab koob thib ob.

Txawm yog koj lub cev yuav tuaj yeem tiv thaiv tau kab mob COVID-19 zoo dua qub tom qab koj tau kis kab mob COVID-19 los kev txhaj koob tshuaj txhawb thiab txhaj tsuaj tiv thaiv haj yam tiv thaiv tau zoo. Koj yuav muaj kev tiv thaiv kab mob COVID-19 tau zoo dua qub los ntawm kev tau txais kev txhaj tshuaj tiv thaiv kab mob.

Txhawm rau pab koj xaiv cov tshuaj tiv thaiv kab mob uas muaj, thov mus saib cov ntaub ntawv muab kev qhia paub nyob rau ntawm no:

<https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Which-Vaccine-is-Right-for-Me-Fact-Sheet.pdf>

Txhua tus yuav tsum tau muab kev tso cai ua ntej tau txais kev txhaj tshuaj tiv thaiv kab mob. Tus kws txhaj tshuaj tiv thaiv kab mob/koob tshuaj txhawb yuav tsum tau txais kev tso cai (sau muaj ntaub ntawv, hu xov tooj, los sis hu vis dis aus tham) los ntawm niam thiab txiv, tus neeg pab saib xyuas, los sis lwm tus neeg uas muaj kev saib xyuas raws txoj cai ua tej muab kev txhaj tshuaj tiv thaiv kab mob rau ib tug neeg muaj hnuv nyoog qis dua 18 xyoo. Cov me nyuam tau txais kev tso cai raws kev cai lij choj yuav tau txais kev zam rau tsab kev cai no.

Yog koj qhov kev ua hauj lwm tiv thaiv kab mob hauv nrog cev muaj teeb meem los ntawm lwm yam kab mob, thov mus saib cov ntaub ntawv muab kev qhia paub ntxiv no:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/ThirdVaccineDoseQandA.aspx>

Qee tus neeg yuav muaj mob cuam tshuam los ntawm qhov kev txhaj tshuaj tiv thaiv kab mob los sis koob tshuaj txhawb. Cov mob cuam tshuam los ntawm cov tshuaj tiv thaiv kab mob uas keev pom muaj feem ntau mob me-me xwb, thiab tej zaum muaj npaws, ua daus no, mob caj npab los sis o ntawm qhov chaw txhaj tshuaj, thiab nkees. Cov mob cuam tshuam yuav ploj mus li ob peb teev los sis ob peb hnuv dhau ntawv. Cov neeg muaj keeb kwm fab tshuaj tiv thaiv kab mob npaws loj thiab lwm yam tshuaj tiv thaiv kab mob yuav tau nrog lawv tus kws kho mob tham ua ntej txhaj tshuaj tiv thaiv kab mob COVID-19.

Tsoom fwv Lub Chaw Lis Hauj Lwm Saib Xyuas Khoom Noj thiab Tshuaj (FDA) tau muab kev tso cai muab qhov kev kho mob rau cov neeg uas muaj mob me rau tus Kab Mob COVID-19, tiam sis tej zaum muaj kev phom sij siab (yeeb vim lub hnuv nyoog los sis kab mob kev nkees) rau kev tau txais kev mob nyhav thiab yuav tau mus pw tsev kho mob. Cov neeg muaj kev phom sij rau kev yuav tau txais kev mob nyhav, FDA tau tawm Kev Tso Cai Siv Rau Thaum Muaj Mob Nyhav (EJAs) rau qee cov kev kho kab mob COVID-19, suav nrog rau kev siv roj tiv thaiv kab mob monoclonal thiab kev siv tshuaj noj rau kev kho:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/treatments-for-severe-illness.html>

Lwm cov ntaub ntawv muab kev qhia paub:

1. Yog koj muaj lus nug hais txog koj thiab hom tshuaj tiv thaiv kab mob, nrog koj tus kws kho mob tham.
2. Tsis muaj ib yam tshuaj tiv thaiv kab mob twg thaiv tau kab mob 100%. Cov tshuaj tiv thaiv kab mob yuav ua kom koj lub cev ua hauj lwm thiab tiv thaiv tau tus kab mob vais lav los sis lwm yam kab mob. Cov tshuaj tiv thaiv kab mob yuav siv sij hawm li ob lim tiam ua ntej yuav tiv thaiv tau kab mob zoo.
3. Tsis muaj yam tshuaj tiv thaiv kab mob twg xeeb ua kab mov COVID rau koj, thiab tsis ua rau koj kuaj tau kab mob vais lav.
4. Txawm koj cev xeeb me nyuam los txhaj tshuaj tiv thaiv kab mob yeej nyab xeeb tau.
5. Cuab yeej kaw kev qhia paub, roj teeb, thiab tej cuab yeej taug tsis muaj nyob rau hauv cov tshuaj tiv thaiv kab mob.

Koj Cov Cai

Cov neeg txais tshuaj tiv thaiv kab mob nyob rau cov chaw muab kev pab cuam hauv cheeb tsam tsuas muaj qee cov cai los txais cov kev pab cuam thiab xaiv kev kho mob tshwj tias lawv tau txais kev tso cai raug raws kev cai lij choj kom lwm tus pab sawv cev ua tau. Yog koj xav tias koj tsis tau txais koj cov cai, Lub Chaw Ua Hauj Lwm Pab Muab Kev Sab Laj Pab Cai Rau Cov Neeg Thov Kev Pab (OCRA) yuav pab tau koj. Koj tuaj yeem hu rau lawv tau ntawm:

- Nyob Xeev California Qaub Teb 1-800-390-7032 (TTY 877-669-6023)
- Nyob Xeev California Qab Teb 1-866-833-6712 (TTY 877-669-6023)
- Los sis koj tuaj yeem hu ncqj qha rau qhov chaw muab kev sab laj rau koj qhov chaw lis hauj lwm pab cheeb tsam tau ntawm tus naj npawb uas teev rau ntawm OCRA lub vas sab txuas rau cov neeg ua hauj lwm:

<https://www.disabilityrightsca.org/what-we-do/programs/office-of-clients-rights-advocacy-ocra>

Kev Kawm Ntaub Ntawv

Tsoom Fwv Cov Chaw Lis Hauj Lwm Tswj Hwm thiab Tiv Thaiv Kab Mob (CDC) thiab Xeev California Feem Tuav Hauj Lwm Saib Xyuas Kev Noj Qab Haus Huv Rau Pej Xeem (CDPH) tau tawm ib tsab ntawv coj qhia rau kev qhib tsev kawm ntawv rau me nyuam yaus nyob rau ntawm cov tsev kawm ntawv rau cov kawm qib 12. Cov tsev kawm ntawv nyob rau cheeb tsam kev muaj cov ntaub ntawv coj qhia hais txog kev ua raws tsoom fwv thiab lub xeev cov kev cai. Yog tias koj muaj lus nug, tov tiv tauj rau koj lub tsev kawm ntawv hauv zej zos rau ib cheeb tsam. Npe tsev kawm ntawv rau cov cheeb tsam thiab cov tsev kawm hauv Xeev California tuaj yeem saib tau ntawm no:

<https://www.cde.ca.gov/SchoolDirectory/Topic>

Kev Tau Hauj Lwm Ua

Xeev California Lub Koom Haum Saib Xyuas Neeg Hauj Lwm thiab Kev Ua Hauj Lwm muaj cov ntaub ntawv qhia paub, cov chaw muab kev pab cuam, thiab kev cob qhia hauv online rau cov neeg ua hauj lwm thiab cov chaw hauj lwm, uas muaj ntsiab lus hais txog kev pab kev tswj nyiaj txiag rau kev nyab xeeb hauv chaw hauj lwm:

<https://www.labor.ca.gov/coronavirus2019/>

Nyob rau hauv cov chaw ua hauj lwm, cov chaw hauj lwm yuav tau siv Cov Kev Cai Tsim Siv Ua Ntej Los Pab Kev Muaj Xwm Txheej Ceev Cal/OSHA Txog Kab Mob COVID-19 los sis qee cov chaw ua hauj lwm yuav tau siv Cai Cal/OSHA Tswj Cov Kab Mob Sib Kis Tau Los Ntawm Hws Qaub Ncaug Ya (ATD) thiab yuav tau kawm paub cov kev cai ntawv siv rau cov kev cai yuav tsum ua raws uas yuav tau siv ntxiv. Nov yog cov ntaub ntawv muab kev qhia paub hais txog Xeev California cov kev cai qauv siv rau chaw ua hauj lwm:

<https://www.dir.ca.gov/dosh/coronavirus/>

Cuab Yeej Rau Kev Txhaj Tshuaj Tiv Thaiv Kab Mob Rau Chaw Hauj Lwm (<https://saferatwork.covid19.ca.gov/employer-vaccination-toolkit/>) uas muaj tag nrho cov ntaub ntawv muab kev qhia paub uas koj xav siv koj los:

- Koom tes nrog cov chaw muab kev pab cuam hauv zos rau cov kev txhaj tshuaj tiv thaiv kab mob sab nraud.
- Qhov chaw kho mob ncig kho rau chaw ua hauj lwm
- Pab cov neeg ua hauj lwm nrhiav thiab ceev kev teem sij hawm txhaj tshuaj tiv thaiv kab mob cia
- Qhia thiab txawb cov chaw muab kev pab cuam uas txhawb nqa tau cov neeg ua hauj lwm kom tau txais kev txhaj tshuaj tiv thaiv kab mob

Cov neeg ua qee cov hauj lwm yuav tsum tau txais kev txhaj tshuaj tiv thaiv kab mob thiab tej zaum yuav tsum tau txais koob tshuaj txhawb, tshwj tias lawv tau txais kev zam vim muaj qee yam kab mob txhaj tsis tau los sis cov nyom rau kab lis kev cai thiab kev ntseeg, los sis cov xwm txheej uas zoo ib yam. Nyob rau hauv California, cov neeg no yog cov neeg ua hauj lwm saib xyuas kev noj qab haus huv, cov neeg ua hauj lwm rau hauv qhov chaw ua hauj lwm muaj neeg sib sau nyob coob, cov neeg ua hauj lwm hauv xeev, thiab cov kws qhia ntawv tsev kawm K-12 thiab cov neeg ua hauj lwm rau tsev kawm ntawv. Yog leej twg tau txais kev zam los ntawm tsab kev cai no, lawv yuav tau mus kuaj kab mob yam tsawg ib zaum rau ib lim tiam, rau ntaub npog qhov ncauj qhov ntswg, thiab siv lwm yam cuab yeej tiv thaiv tus kheej xws li hnab looj tes thiab tshuaj ntxuav tes tua kab mob. Muaj ntau cov ntaub ntawv qhia kom meej thiab ntau yam txheej xwm, yog li ntawv thov mus saib Xeev California Feem Hauj Lwm Saib Xyuas Kev Noj Qab Haus Huv Rau Zej Tsoom lub vas sab txhawm rau saib cov lus koj qhia thiab cov lus txib hais txog kev noj qab haus huv rau zej tsoom nyob rau hauv xeev.

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Guidance.aspx>

Qhov chaw hauj lwm tuaj yeem kom koj muab koj qhov pov thawj tau txhaj tshuaj tiv thaiv kab mob COVID-19 thiab/los sis koob tshuaj txhawb. Tsis tso cai rau koj qhov

chaw ua hauj lwm thov qee cov ntaub ntawv qhia paub hais txog koj qhov kev noj qab haus huv los sis qhov (cov) kev muaj mob. Ntaub ntawv muab kev qhia paub hais txog pov thawj kev txhaj tshuaj tiv thaiv kab mob tuaj yeem nrhiav tau ntawm no:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Vaccine-Record-Guidelines-Standards.aspx>