

# Koj Cov Menyuum Pwas Tau Npaj Tiav?

## Minnesota Txoj Cai Txhaj Tshuaj Yog Li Cas

### Kev txhaj tshuaj Yuav tsum tau muaj

Siv daim ntawv qhia chart no yam li yog daim qhia kom paub txiav txim siab tias hom tshuaj xav twg yog hom yuav tsum tau xav ua ntej cuv npe rau qhov chaw zov menyuum, cov chaw kawm ntawv early childhood, thiab rau tsev kawm ntawv (online, kawm hauv tsev, cov kawm ntawv rau pej xeem, los yog tsev kawm ntawv muaj tswv).

Nrhiav cov qib ntawm tus me nyuam lub hnub nyug/qib kawm thiab los mus saib seb tias koj tus me nyuam puas muaj pes tsawg koob tshuaj ua qhia pom nyob ntawm cov ntawv cim cia nyob ntawm txhua hom tshuaj txhaj. Cov lus nyob tom qab daim ntawv no qhia tias hnub nyug twg thiab li yuav tsum txhaj koob tshuaj tag.



### Kev txhaj tshuaj tiv thaiv kab mob uas yog ib qho xav kom ua tiamsi tsis yog ib qho yuav tsum tau ua:

#### COVID-19

Rau tag nrho cov menyuum nyob rau pawg neeg muaj hnub nyoog es tsim nyog

#### Txhaj tshuaj tiv thaiv kab mob khaub thuas

Txhaj txhua xyoo rau txhua tus me nyuam muaj 6 hli rov saum

**Kab mob raws plab Rotavirus**  
Rau tus me nyuam mos

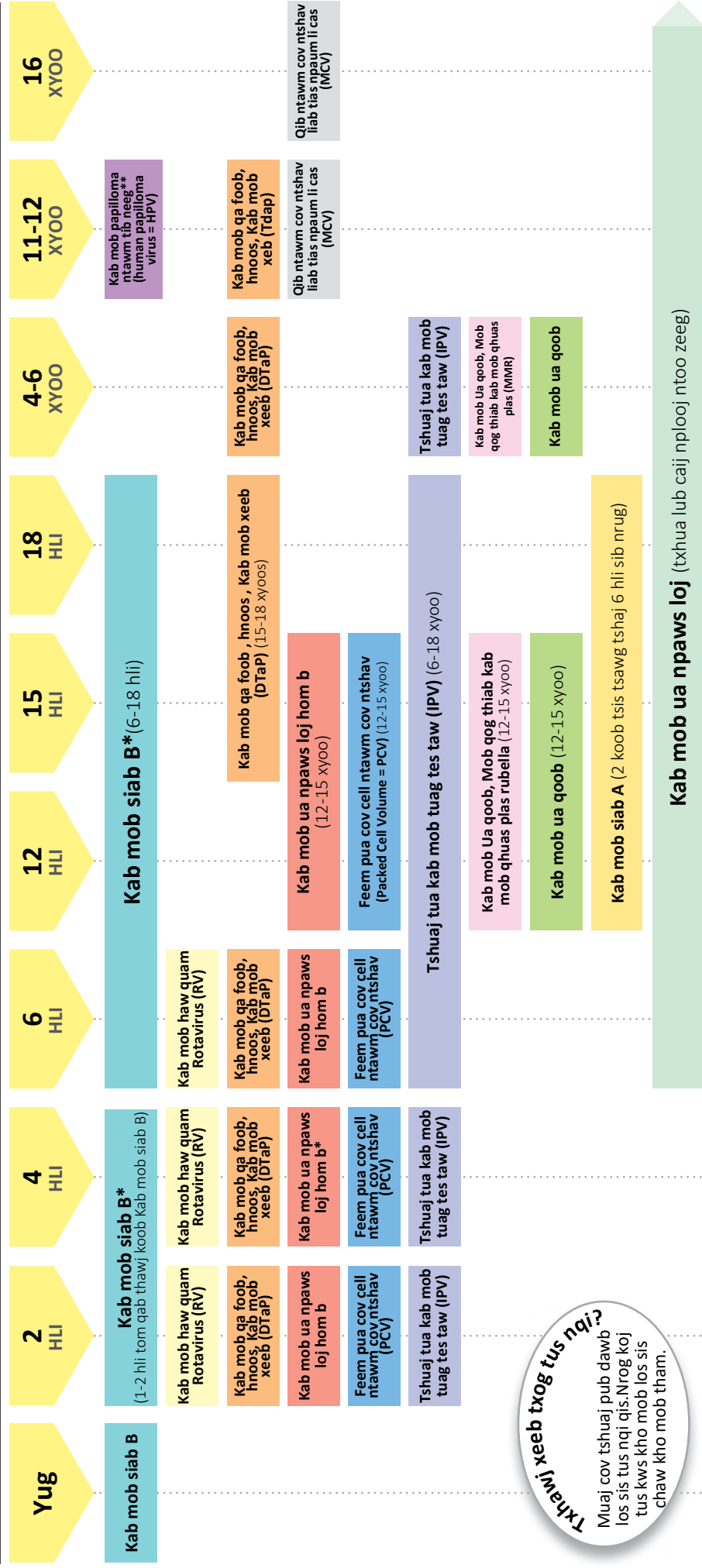
**Tib neeg muaj kab mob sib kis los ntawm sib deev papillomavirus**  
Li ntawm hnub nyoog 11-12 xyoo

- Dhau 24 hli lawm tsis xav los tau.
- Yog tias tus me nyuam twb tau txhaj tshuaj tiv thaiv kab mob ua pob ua qhua taum, tsis cas pees yuav txhaj koob tshuaj ua qoob. Yog hais tias tus kab mob tau tshwm tom qab 2010, tus me nyuam tus kws kho mob yuav tsum tau kos npe rau daim ntawv lees paub tus kab mob.
- Cov menyuum kawm ntawv qib ib uas muaj 6 xyoo los me tshaj ntawd yuav tsum tau ua raws li sijhawm teev tseg rau cov me nyuam yaus me aiv hais txog kab mob tuag tes taw thiab kab mob qa foob, hnoos, Kab mob xeeb (DTaP/DT).
- Tsis cas pees yuav txhaj DTap koob thib tsib yog tias koob thib plaub txhaj tom qab 4 xyoo. Koob DTap kawg thaum 4 xyoo los sis tom qab 4 xyoo.
- Koob thib plaub ntawm kab mob tuag tes taw tsis cas pees yog tias koob thib peb tau txhaj tom qab 4 xyoo. Koob kawg ntawm kab mob tuag tes taw yog los sis tom qab 4 xyoo.
- Ib koob tshuaj mas yuav tsum muaj pertussis- (i.e., DTap los yog Tdap) thiab ib koob tshuaj mas yuav tsum tau xav tom qab muaj plaub xyoos. Yog tias thawj koob tshuab ntawm cov koob tshuaj es xav ua ntu zus tau xav ua ntej muaj 12 lub hlis, ces koob thib plaub yuav tsum tau xav.
- Muaj dua txoj hau kev xaiv hais txog ob txoj kev teem cia txhaj tshuaj kab mob siab B yuav tau siv rau cov me nyuam muaj 11 mus txog 15 xyoo.
- Tsawg kawg los yuav tsum muaj ib koob tshuaj yuav tsum tau xav tom qab muaj plaub xyoos. Yog tias koob thib peb tau muab xav rau ua ntej muaj plaub xyoos, koob thib plaub yuav tsum tau xav.
- Ib koob tshuaj meningococcal ACWY yuav tsum tau xav pib thaum kawm ntawv qib 7. Koob tshuaj meningococcal ACWY txhaj ntxiv kom muaj zog tiv thaiv kab mob (booster) yeej hais kom yuav tau xav thaum muaj hnub nyoog 16 xyoo thiab yuav tsum tau xav rau cov tub ntxhais kawm qib 12.

**Kev zam** Thaum mus rau npe hauv cov qhov chaws zov me nyuam, qhov chaws qhia me nyuam yaus, thiab tsev kawm ntawv hauv lav Minnesota, me nyuam yaus yuav tsum tau muab cov pov thawj tias lawv tau txhaj tshuaj no los sis khaws ntaub ntawv kev zam ua raug cai. Niam thiab txiv yuav tsum sau ntaub ntawv thiab tau kos npe uas zam kev kho mob ntawm tus neeg muab kev pab sab xyuas kev noj qab haus huv los sis kev tsis zam kev kho mob ua niam-txiv/tus saib xyuas tau kos npe thiab lees paub.

# Thaum Twg Mus Txhaj Tshuaj, Thaum Yug mus txog 16 Xyoo

(Cov Sijhawm Txhaj Tshuaj Pom Zoo Los Ntawm Lub CDC)



**Txhawj xeeb txog tus nqi:**  
Muaj cov tshuaj pub dawb los sis tus nqi qis. Nrog koj tus kws kho mob los sis chaw kho mob tham.

Yeej tseem tsis tau lig! Yog tias koj tus menyuam txhaj koob tshuaj tsis txhij, ces hu mus nrog koj tus kws kho mob tham lossis tsev kuaj mob mus teem sijhawm mus txhaj tshuaj.

Txoj cai hauv Minnesota hais kom muaj pov thawj menyuam tau mus txhaj tej koob tshuaj yog cov menyuam mus rau tsev zov menyuam, tsev kawm ntawv pib thaum ntov, thiab tsev kawm ntawv. Tiamsis, yog ib tus menyuam twg muaj ib yam mob twg lossis nws niam nws txiv tsis pub nws mus txhaj koob tshuaj ntawv, yeej muaj ib txoj cai los xyuas zam nws tsis tas txhaj los tau.

**Tej menyuam uas muaj tej yam mob twg kuj yuav nij mus txhaj tshuaj ntxiv** (xws li koob tshuaj pneumococcal lossis meningococcal). Thaum nrog koj tus kws kho mob lossis tsev kuaj mob.

Cov lus luv kev txog kev txhaj tshuaj txhais li cas

DTaP/Td/Tdap = kab mob qa foob, hnoos, Kab mob xeeb (diphtheria, pertussis, tetanus)	Hib = Kab mob ua npaws loj hom b
Hep B = Kab mob siab B	IPV = kab mob tuag tes taw (polio)
MMR = Kab mob Ua qoob, Mob qog thiab rubella	PCV = lub ntsws o
	MCV = nqaij hlav hauv paj hlwb
	RV = Kab mob Rotavirus

**Muaj menyuam hauv plab?** Tiv thav koj tus kheej thiab koj tus menyuam los ntawm kev hnoos. Xav koob tshuaj Tdap thaum muaj menyuam hauv plab li 27 thiab 36 asthiv. Nrog koj tus kws kho mob tham.

**\*Cov naj npawb ntawm cov koob tshuaj** nyob raws li ntawm koj tus kws kho mob siv hom tshuaj twg.

**\*\*Ob koob tshuaj rau 9 txog 14 xyoo;** peb koob tshuaj rau 15 txog 26 xyoo.

Yog xav paub txog koj tus menyuam li ntawv txhaj tshuaj, mus tham nrog koj tus kws kho mob. Kev nrhiav ntawv txhaj tshuaj muaj nyob ntxiv rau ntawm **Find My Immunization Record (nrhiav ntawv txhaj tshuaj)** ([www.health.state.mn.us/people/immunize/miic/records.html](http://www.health.state.mn.us/people/immunize/miic/records.html)) lossis koj hu tau rau lub Minnesota Immunization Information Connection (MIIC) ntawm 651-201-3980.

Immunization Program  
651-201-5503 or 1-800-657-3970  
[www.health.state.mn.us/immunize](http://www.health.state.mn.us/immunize)

