



COVID-19 Zaah Baengc nyei Jauv-Louc

Jiex Gorn Waac:

Yiem Ziepc Nyeic Hlaax 2019 daaih taux ih zanc, COVID-19 nyei baengc butv buangv lungh ndiev nzengc. COVID-19 nyei baengc-gorn yaac butv hiaangx caux butv benx camv-caax fai camv-nquaah baengc (variants) – alpha, mu, delta, caux omicron. Naaiv deix baengc, maaih nyungc baav butv gauh siepv, jiex mienh gauh hungh heic, caux maaih deix yaac gauh ciouv. Haaix dauh zipv zuqc daaih nor yaac butv duqv kouv haic. Maaih laanh baav zorc maiv hingh zungv ndortv maengc mi'aqc.

Weic maaih camv-yiemc COVID-19 nyei baengc butv camv jienv daaih, ih zanc hungh jaa cingx daaih mbenc cuotv zaah baengc nyei ja'sic bun mbuo baeqc fingx mienh. Mbuo haih mingh zaah yiem zaah baengc nyei dornngx fai yiem biau v yaac duqv nyei. Yie oix dorh jienv meih mbuo juangc mangc taux 4 kang taan cuotv nyei jauv-louc.

1. Da'yietv kang se gorngv taux, Zaah COVID-19 nyei Baengc (*COVID-19 Testing*)
2. Da'nyeic kang se gorngv taux, Haaix Zanc Horpc Zuqc Ganh Zaah COVID-19 nyei Baengc (*When Should I Get Tested?*)
3. Da'faam kang se gorngv taux, Mbenc Ziangx Daaih Zaah COVID-19 nyei Jauv-louc (*Vaccine Availability*)
4. Da'feix kang se gorngv taux, Baqv Ndie-Nqaeqv Bun 5-11 Hnyangx nyei Fu'jueiv

Da'yietv Kang: Zaah COVID-19 nyei Baengc

Weic COVID-19 nyei baengc yietc baan butv cuotv daaih maiv gaengh jiex liuz ganh baan aengx borqv jienv butv hiaangx jienv mingh. Ndie-sai caux ndie-dorngh nyei gong-mienh zoqc daaih tengx mienh camv zaah baengc maiv hingh, liuz hungh jaa cingx

cuotv za'eix daaih mbenc cuotv nyungc baav zaah COVID-19 baengc nyei za'eix bun mienh camv ganh longc yiem biau v zaah ganh.

Ih zanc se maaih 2 nyungc za'eix bun mienh camv zaah taux COVID-19 nyei baengc. Daaub nyungc se mingh zaah yiem zaah COVID-19 baengc nyei dornngx a'fai yiem ganh nyei ndie-sai nyei dornngx. Da'nyeic nyungc se ganh haih mingh maaiz fai tov hungh jaa mbenc daaih bun baeqc fingx mienh longc zaah ganh nyei ja'sic.

1. Haaix dauh horpc zuqc zipv zaah COVID-19 nyei baengc?

Dongh butv cuotv a'fai benx jienv COVID-19 nyei baengc wuov deix mienh horpc zuqc gaanv jienv zaah ganh siepv aqv maiv gunv baqv liuz a'fai maiv gaengh baqv ndie-nqaeqv.

Meih horpc zuqc mingh zaah COVID-19 baengc, se gorngv meih duqv mingh nitv fatv liuz haaix dauh butv jienv COVID-19 baengc nyei mienh (yiem fatv 6 zaux nyei dornngx caux 15 buon a'fai gauh lauh yiem 24 norm ziangh hoc gu'nyuoz):

- **Se gorngv meih baqv gauh ndie-nqaeqv mi'aqv nor**, mingh zaah ganh yiem 3 hnoi gu'nguaaic maengx yiem meih duqv mingh buangh liuz naaiv laanh mienh. Se gorngv butv cuotv baengc yiem 14 hnoi gu'nyuoz nqa'haav meih buangh liuz wuov laanh mienh nor, ganh oix zuqc yiem lengh mienh camv liuz aengx zaah nzunc taux COVID-19 nyei baengc.
- **Se gorngv meih maiv gaengh baqv ndie-nqaeqv nor**, gaanv jienv mingh zaah ganh siepv aqv. Se gorngv zaah daaih maiv maaih baengc nor, borqv jienv yiem lengh mienh camv liuz aengx mingh zaah ganh yiem 5-7 hnoi nqa'haav buangh liuz wuov laanh mienh, a'fai gaanv jienv mingh zaah ganh se gorngv maaih



haaix nyungc COVID-19 nyei baengc benx cuotv dongh meih yiem jienv lengh ganh dauh nyei qangx.

Meih haih doqc mangc taux ganh zuqc yiem lengh nyei yietv-nyeic yiem naaiv - <https://bit.ly/3y8YRhj>
Weic zaah ganh nyei yietv-nyeic bun taux buonh deic caux cuotv guoqv nyei jauv-louc nor, bieqc mingh mangc yiem - <https://bit.ly/3FcNQNG>

2. Yie mingh haaix lorz zaah ganh nyei ja'sic?

King County maaih camv-nyungc za'eix tengx mienh duqv zipv zaah ganh taux COVID-19 nyei baengc:

- Jiex gorn yiem meih zaah baengc nyei ndie-sai. Se gorngv meih maaih beu-sengh baengc daan nor, dunx hnoi-nyieqc mingh buangh meih nyei ndie-sai tengx zaah. Se gorngv meih butv jienv baengc aqv a'fai duqv mingh buangh liuz maaih baengc nyei mienh nor, meih zaah baengc nyei mienh oix zuqc zoux ei hungh jaa paaiv nyei leiz zaah meih aqv.
- Maaih maiv zuqc cuotv nyaanh zaah baengc nyei dorngx yiem King County – Naaiv deix dorngx dauh se koi daaih weic yietc zungv baeqc fingx mienh caux maiv zuqc cuotv nyaanh, yiem - <https://bit.ly/3s7kR8F>, maiv gunv meih benx maaih sou-gorn fai maiv maaih sou-gorn nyei mienh. **Ja'ndaangc dingc ziangx nyei hnoi-nyieqc se gauh longx weic tengx simv cuotv oix zuqc zuov lauh a'fai oix zuqc aengx daaux nqaang daaih ganh norm hnoi.**
- Zaah ganh nyei za'eix, caux maaih mbuox heuc yiem biauuv a'fai siepv-siepv nyei zaah, yaac duqv mbenc ziangx bun mienh maaiz daaih zaah ganh liuz haih hiuv duqv maaih baengc fai maiv maaih yiem 15-30 buon nyei dorngx. Meih haih bieqc mienh doqc mangc yiem - <https://bit.ly/3vyo4A1>

- Meih haih tov yiem biauuv zaah ganh dongh maiv zuqc cuotv nyaanh nyei ja'sic yiem naaiv - www.covidtests.gov caux www.sayyescovidhometest.org

3. Zaah baengc nyei ja'sic se mba'ziex?

- Zaah baengc nyei ja'sic se maiv zuqc maaiz da'faanh mingh zorqv yiem King County caux Seattle nyei dorngx dauh ei bieqc mingh mangc yiem naaiv – <https://bit.ly/3FcO1Zm>. Se gorngv meih maaih ganh siqc jeiv nyei beu-sengh baengc daan, beiv hngangv “Medicare, a'fai Medicaid” nor, gunv dorh jienv meih nyei beu-sengh daan daaih liuz bun ndie meih nyei gorn ganh fungx zaeqv mingh lorz meih nyei hongh morx mbatv gorn zaangc. Meih maiv qiemx zuqc maaih beu-sengh baengc nyei daan a'fai maaih ndie-sai nqoi nzuih sou cingx haih duqv zaah baengc oc.
- Se gorngv meih duqv zipv zaah baengc yiem meih ndie-sai nyei dorngx, siqc jeiv zaah baengc nyei dorngx, a'fai domh ndie-dorngx nor, ninh mbuo haih longc deix qaqv-leic taux tengx meih nyei jauv. Zaah baengc nyei ja'sic se maiv zuqc cuotv zinh oc.
- Se gorngv meih oix duqv zipv zaah hiuv nyei jauv siepv-siepv nyei nor, meih ganh oix zuqc cuotv zinh aqv. Se gorngv meih ganh mingh maaiz zaah baengc nyei ja'sic yiem ndie-poux nor, ja'zinh se yiem deix wuov norm poux dingc, jaax-zinh se maiv nangc fih hngangv. Naaiv deix ja'sic se mbenc ziangx yiem ziex norm ndie-poux, maaic nyanc hopv nyei hei, maaic ga'naaiv-longc nyei hei caux “online”. Oix duqv zipv siepv-siepv zaah cuotv daaih nyei jauv-louc yiem zaah baengc nyei dorngx nor, jaax-zinh se jaaix nyei. Meih haih doqc mangc taux zaah ganh nyei jauv-louc yiem naaiv – <https://bit.ly/3KC0BIR>



4. Yie qiemx zuqc dunx hnoi-nyieqc nyei fai?

- Hungh jaa kuinx mienh camv faaux mbuox yiem “online” ndaangc ninh mbuo mingh baqv ndie. Meih haih lorz mangc taux mbenc daaih zaah baengc nyei dornxg dauh caux ziangh hoc yiem naaiv. Meih haih faaux mbuox zaah baengc yiem koi mangc dunx hnoi-nyieqc yiem online fai janx-waac gorngv, “Make reservation online” nyei link yiem ga’ndiev naaiv deix dornxg dauh oc.
- Se gorngv meih maiv haih bieqc mingh faaux mbuox nor, meih haih heuc mingh naaic “King County” nyei COVID-19 gorn zaangc 206-477-3977, ginv da’faam a’fai “option 3”, (koi yietc norm leiz-baaix 7 hnoi, 8 norm zianh hoc lungn ndorm mingh taux 7 norm ziangh hoc lungn muonz zanc). Se gorngv meih qiemx zuqc faan waac mienh nor, tov mbuox yie mbuo duqv hiuv gorngv meih qiemx zuqc haaix nyungc waac.
- Meih haih bieqc naaiv norm dornxg mingh dunx ziangh hoc baqv ndie-nqaeqv - <https://bit.ly/3w1xAe8>

5. Haaix zanc caux hnavg haaix nor yie haih hiuv duqv taux zaah daaih nyei jauv-louc?

- Haaix zanc meih duqv zaah liuz baengc, ninh mbuo oix mbuox meih taux hnavg haaix nor bieqc “online” mingh zaah mangc taux zaah daaih nyei jauv-louc. Zaah daaih nyei jauv haih duqv mbenc ziangx yiem 72 norm ziangh hoc.
- Se gorngv meih qiemx zuqc zaah baengc weic cuotv guoqv nor, zaah baengc nyei dornxg maiv haih laengz waac gorngv meih haih duqv zipv zaah daaih nyei jauv-louc yiem 72 norm ziangh hoc a’fai zaah daaih nyei jauv-louc puix duqv zuqc norm-norm guoqv zaangc qiemx zuqc nyei sou-gorn.
- Haaix zanc zaah liuz yaac duqv fungx zaah daaih nyei ga’naaiv bieqc zaah dimv baengc nyei dornxg dauh mi’aqc nor, King County maiv

haih gunv taux ziangh hoc nyei jauv aqv. Hungh jaa kuinx meih zuov 24 norm ziangh hoc liuz jiej gorn mingh dimv mangc aqv. Yietc zungv King County zaah baengc nyei dornxg mbenc ziangx zaah daaih nyei jauv liuz mbenc daaih an jienv “online” bun mienh bieqc mingh lorz mangc.

- Se gorngv meih qiemx zuqc zaah baengc nyei jauv siepv-siepv weic cuotv guoqv nyei jauv nor, meih haih doqc mangc yiem, <https://bit.ly/3kByVmq>, nyei waac-naaic caux waac-dau yiem mbenc daaih naaiv.

6. Yie haih mingh haaix zaah COVID-19 baengc se gorngv yie maiv maaih yietc nyungc baengc yiem sin nor?

- Meih haih mingh haaix norm King County zaah COVID-19 nyei dornxg yaac duqv nyei, maiv gunv meih maiv maaih yietc nyungc baengc yiem sin. Meih haih bieqc mingh lorz naaiv deix dornxg dauh yiem mbenc daaih naaiv.
- Dongh butv jienv baengc caux jiepv sih qiemx tengx nyei mienh duqv zipv zaah COVID-19 nyei baengc ndaangc. Ja’ndaangc dingc ziangx ziangh hoc caux hnoi-nyieqc se gauh longx. Qiemx zuqc longc ziangh hoc lauh taux **72 norm ziangh hoc cingx haih hiuv duqv zaah daaih nyei jauv** caux ninh mbuo yaac maiv haih laengz waac gorngv haih mbenc duqv doix ziangh hoc.
- Ganh nyungc zaah baengc nyei za’eix: Se gorngv meih qiemx zuqc zaah baengc weic lengc jeiv nyei jauv, beiv hnavg cuotv guoqv a’fai ganh nyungc maiv zeiz jiepv sih nyei jauv nor, siepv-siepv zaah ganh nyei ja’sic heuc “self-test kits” yaac maaih bun meih maaz yiem ndie-poux, hei, a’fai “online”, a’fai meih haih mingh lorz dongh mbenc daaih weic jiepv sih tengx mienh nyei dornxg yaac duqv nyei. Meih haih bieqc mingh lorz naaiv deix dornxg dauh



yiem naaiv, <https://bit.ly/3KAQ0HN>, mingh zaah mangc taux meih qiemx zuqc nyei jauv, gorn zaangc, a'fai meih oix mingh nyei deic-bung taux ninh mbuo oix meih hngangv haaix nor mbenc meih nyei sou-gorn daaih puix duqv zuqc ninh mbuo qiemx zuqc nyei.

- Hungh jaa kuinx mienh camv gaanv jienv mingh zaah ganh se gorngv meih butv cuotv haaix nyungc COVID-19 nyei baengc, maiv gunv meih duqv baqv nzoih a'fai maiv gaengh baqv ndie-nqaeqv.

7. Yie qiemx zuqc dorh haaix nyungc mingh yiem yie dingc daaih zaah baengc nyei hnoi?

- Dorh meih beu-sengh baengc nyei sou-daan, se gorngv meih maaih nyei nor. Se gorngv meih maaih beu-sengh baengc nyei daan nor, zorqv bun zaah baengc nyei gong-mienh liuz ninh mbuo haih fungx ndie-zinh mingh bun gorn zaangc. Meih ganh se maiv zuqc cuotv nyaanh oc. Meih maiv qiemx zuqc maaih beu-sengh baengc nyei daan a'fai ndie-sai nqoi nzuih nyei sou-gorn weic duqv zipv zaah baengc.
- Dorh jienv buang horpc nzuih caux mba'zorng ndie. Norm-norm zaah caux zorc baengc nyei dorngx hatc dauh dauh mienh oix zuqc dangh jienv buang nzuih caux mba'zorng ndie yiem gu'nyuoz caux ga'nyiec ndie-dorng maiv gunv baqv nzoih a'fai maiv gaengh baqv ndie-nqaeqv nyei mienh.
- Zaah COVID-19 baengc nyei za'eix zungv mbenc ziangx daaih bun laanh laanh mienh, maiv gunv mienh maaih haaix nyungc bieqc deic-bung nyei sou-gorn. Mienh yaac maiv qiemx zuqc maaih "ID" mbatv.

Da'nyeic Kang: Haaix Zanc Horpc Zuqc Zaah COVID-19 Baengc?

Maaih mienh camv nyei maiv hiuv duqv dingc gorngv ninh mbuo haaix zanc horpc zuqc mingh zaah ganh taux COVID-19 nyei baengc. Maaih biao (5) jioux waac-naaic dorh mbuo porv mengh caux hoqc hiuv taux haaix zanc mbuo horpc zuqc mingh zaah. Se gorngv mbuo zaah ba'laqc nziouv haic nor, nzunc baav baengc maiv gaengh butv cuotv sin liuz zaah maiv cuotv. Se gorngv mbuo zuov ba'laqc lauh haic nor, naaiv yaac haih zoux hoic mbuo.

1. Yie Haaix Zanc Horpc Zuqc Zaah COVID-19 nyei Baengc?

Dauh dauh butv cuotv COVID-19 nyei baengc horpc zuqc zaah ganh maiv gunv duqv baqv nzoih a'fai maiv gaengh baqv ndie-nqaeqv.

Meih horpc zuqc zaah ganh se gorngv meih mingh buangh zuqc haaix dauh butv jienv COVID-19 nyei baengc (yiem fatv 6 zaux caux lauh taux 15 buon a'fai gauh lauh yiem 24 norm ziangh hoc nyei dorngx):

- **Se gorngv meih baqv gauh ndie-nqaeqv mi'aqv nor**, mingh zaah ganh yiem 3 hnoi gu'nyuoz dongh meih duqv mingh buangh liuz naaiv laanh mienh. Se gorngv butv cuotv baengc yiem 14 hnoi gu'nyuoz nqa'haav meih buangh liuz wuov laanh mienh nor, ganh oix zuqc yiem lengh mienh camv liuz aengx zaah nzunc ganh taux COVID-19 nyei baengc.
- **Se gorngv meih maiv gaengh baqv ndie-nqaeqv nor**, gaanv jienv mingh zaah ganh aqv. Se gorngv zaah daaih maiv maaih baengc nor, borqv jienv yiem lengh mienh camv liuz aengx mingh zaah ganh yiem 5-7 hnoi nqa'haav buangh liuz wuov laanh mienh, a'fai gaanv jienv mingh zaah ganh se gorngv maaih haaix nyungc



COVID-19 nyei baengc benx cuotv dongh meih yiem jienv lengh ganh dauh nyei qangx.

Se gorngv meih baqv nzoih ndie-nqaeqv caux ndie-jaa mi'aqv nor:

- Meih maiv zuqc maaih yiem lengh ganh dauh
- Dangh jienv buang hmien wuonv, zietc, caux puix duqv horpc nyei ndie yiem meih mingh buangh mienh camv nyei ziangh hoc yiem 10 hnoi dongh meih duqv mingh nitv fatv butv jienv COVID-19 baengc nyei mienh
- Se gorngv benx duqv nor, mingh zaah ganh yiem da'hmz wuov hnoi
- Ging hnyouv taux buonh sin nyei baengc. Se gorngv meih butv cuotv haaix nyungc baengc nor, liemh zeih gaanv jienv yiem lengh mienh camv, cuotv liuz meih duqv zaah ganh daaih maiv maaih baengc.

2. Hnangv haaix nor zoux se gorngv ...

Yie duqv mingh buangh zuqc (yiem nitv fatv butv jienv COVID-19 nyei mienh) mi'aqc.

Yie zaah cuotv daaih maaih COVID-19 nyei baengc mi'aqc, a'fai yie butv jienv nyungc baav baengc yiem yie duqv mingh buangh liuz ganh dauh butv jienv baengc nyei mienh mi'aqc.

- Haaix dauh zaah cuotv daaih butv jienv COVID-19 baengc aqv nor, oix zuqc gaanv jienv yiem lengh mienh camv ndongc haaix zoqc yaac 5 hnoi. Daauh hnoi se benx dongh meih jiex gorn butv cuotv COVID-19 baengc a'fai dongh meih zaah cuotv daaih benx zipv zuqc baengc nyei hnoi. Hnangv naaic nor, meih oix zuqc yiem lengh mienh camv 10 hnoi se gauh longx weic zuqc meih nyei baengc haih jiex ganh dauh yiem butv liuz 5 hnoi nyei dornngx (naaiv se maiv seix ndongc jiex gorn wuov deix 4 hnoi).
- Jiex liuz 5 hnoi, se gorngv meih maiv maaih

baengc aqv, yaac longx jienv faaux aqv nor, meih haih cuotv duqv biau mingh ga'nyiec maengx aqv. Maiv dungx cuotv biau se gorngv meih corc butv jienv juangv nyei. Meih ndongc haaix zungv **oix zuqc** dangh jienv longx, zietc nyei buang hmien ndie yiem mienh camv nyei dornngx buangv 5 hnoi (yietc zungv se oix zuqc buangv 10 hnoi).

- Se gorngv meih butv baengc gauh lauh 5 hnoi nor, oix zuqc borqv jienv yiem lengh mienh camv taux meih nyei baengc longx nzengc caux meih maiv butv juangv aqv.

3. Hnangv haaix nor zoux, se gorngv ...

Yie zipv zuqc COVID-19 baengc yaac longx daaih duqv 90 hnoi liuz aengx zipv zuqc mi'aqc.

Se gorngv meih MAIV duqv baqv gauh ndie-nqaeqv caux ndie-jaa nor:

- Meih oix zuqc yiem lengh mienh camv 5 hnoi liuz mingh zaah ganh yiem da'hmz wuov hnoi. Za'gengh longc jienv nyei mingh zaah ganh yiem da'hmz wuov hnoi se gorngv benx duqv nor.
- Se gorngv meih zaah cuotv daaih maiv maaih baengc a'fai meih maiv maaih baengc yiem jiex mingh wuov deix 5 hnoi nor, meih haih cuotv biau duqv aqv. Meih oix zuqc aengx dangh jienv longx caux zietc nyei buang hmien ndie yiem buangh mienh camv nyei ziangh 5 hnoi (yietc zungv se 10 hnoi).
- Se gorngv meih maiv maaih dornngx yiem lengh mienh camv nor, meih oix zuqc dangh jienv longx caux zietc nyei buang hmien ndie yiem buangh mienh camv nyei ziangh hoc buangv 10 hnoi nqa'haav meih duqv buangh liuz butv jienv COVID-19 baengc nyei mienh, yiem lengh mienh camv, simv maaih mienh camv nyei dornngx, caux leih go buonh sin mau nyei mienh taux COVID-19 nyei baengc.



Se gorngv meih duqv baqv nzoih ndie-nqaeqv caux ndie-jaa mi'aqc nor:

- Meih maiv zuqc maaih yiem lengh ganh dauh
- Dangh jienv buang hmien wuonv, zietc, caux puix duqv horpc nyei ndie yiem meih mingh buangh mienh camv nyei ziangh hoc yiem 10 hnoi dongh meih duqv mingh nitv fatv butv jienv COVID-19 baengc nyei mienh
- Se gorngv benx duqv nor, mingh zaah ganh yiem da'hmz wuov hnoi.
- Meih oix zuqc ging hnyouv taux buonh sin nyei baengc. Se gorngv meih butv cuotv haaix nyungc baengc nor, liemh zeh gaanv jienv yiem lengh mienh camv, cuotv liuz meih duqv zaah ganh daaih maiv maaih baengc.

4. Hnangv haaix nor zoux, se gorngv...

Yie juangc biau v yiem caux butv jienv COVID-19 baengc nyei mienh?

- Simv wuov laanh mienh caux ninh yiem nyei qongx buangv 10 hnoi yiem dongh ninh jhex gorn butv cuotv baengc.
- Haaix zanc buangh zuqc doic yiem wuov norm qongx nor, oix zuqc gaanv jienv buangh dangh hnangv, leih go doic 6 zaux, caux lomh nzoih dangh jienv buang hmien ndie.
- Nzaaux buoz maqc nyei.
- Zaah ganh taux COVID-19 nyei baengc. Se gorngv zaah cuotv daaih maaih baengc mi'aqc nor, ei jienv naaiv deix yietv-nyeic zoux yiem - <https://bit.ly/3MKARVY>. Ging hnyouv taux baengc. Se gorngv meih butv cuotv haaix nyungc baengc nor, gaanv jienv yiem lengh mienh camv liuz mingh zaah ganh aqv.
- Ei jienv yiem lengh mienh camv nyei yietv-nyeic zoux, **“Yie mingh buangh zuqc (nitv fatv butv jienv COVID-19 baengc nyei mienh mi'aqc.”**

5. Oix zuqc hnangv haaix nor zoux, se gorngv...

Yie zaah cuotv daaih zipv zuqc baengc mi'aqc dongh yie yiem lengh mienh camv nyei ziangh hoc?

Se gorngv meih zaah cuotv daaih maaih jienv COVID-19 baengc dongh meih yiem lengh mienh camv nyei ziangh hoc nor, meih oix zuqc aengx jhex gorn nzunc taux yiem lengh ganh dauh nyei yietv-nyeic aqv:

- Yiem lengh 5 hnoi. (Daauh hnoi se benx dongh meih butv cuotv baengc nyei hnoi a'fai benx dongh meih zipv zaah cuotv daaih maaih baengc nyei hnoi).
- Nqa'haav 5 hnoi liuz, se gorngv meih maiv maaih baengc a'fai baengc longx nzengc aqv, meih haih cuotv biau v duqv aqv. Maiv Dungx cuotv biau v se gorngv meih corc butv jienv juangv nyei. Aengx borqv dangh jienv longx caux zietc nyei buang hmien ndie haaix zanc yiem mienh camv nyei mbu'ndongx buangv 5 hnoi, (yietc zungv se benx 10 hnoi).

Yie qiemx zuqc mienh tengx lorz dorngx bun yie yiem lengh mienh camv.

Zorqv ganh yiem lengh mienh camv nyei gorn maaih mbenc ziangx daaih longx nyei, maiv zuqc mbungh sic, nzengc nyei, caux kuv-yiem nyei dorngx bun taux qiemx zuqc nyei mienh dongh ganh nyei biau v maiv maaih dorngx gau x bun yiem lengh hmuangv doic, a'fai maiv maaih dorngx yiem nyei mienh. Naaiv nyungc dorngx se maiv zuqc cuotv nyaanh, caux meih yiem nyei dorngx yaac maiv box bun hungh jaa a'fai Zaah Baengc nyei Gorn Zaangc hiuv.

Meih haih duqv zipv tengx yiem meih heuc mingh lorz King County COVID-19 Gorn Zaangc yiem 206-477-3977, ziangh hoc se 8 norm ziangh hoc lungh ndorm mingh taux 10 norm ziangh hoc lungh muonz zanc, hnoi-hnoi, tengx meih zaah mangc gaax ganh yiem lengh nyei jauv se horpc bun meih nyei fai.



Maaih mienh tengx faan waac bun nyei.
Meih haih bieqc mingh doqc mangc taux naaiv deix
jauv-louc yiem naaiv - <https://bit.ly/3s9NMsG>

Da'Faam Kang: Mbenc Ziangx nyei Ndie-nqaeqv

Yiem Meiv Guoqv deic-bung maaih ziex guanh zaah
hieh baengc nyei gorn zaangc tengx jienv daav
za'eix mbenc cuotv ziex nyungc ndie-nqaeqv weic
COVID-19 baengc, mv baac setv mueiz hung haa
kungx nqoi nzuih bun baeqc fingx mienh longc buo
nyungc hngangv. Yiem naaiv kang porv meng haa
tengx meih hiuv duqv taux naaiv deix 3 nyungc nqoi
nzuih bun longc nyei ndie-nqaeqv.

1. Yie haaix zanc haih duqv baqv COVID-19 ndie-nqaeqv?

Ih zanc, dauh dauh mienh 5 hnyangx gu'nguaaic
maengx nyei mienh haih duqv baqv COVID-19
ndie-nqaeqv nzengc aqv.

- Meih haih doqc mangc taux hngangv haaix
nor duqv baqv ndie-nqaeqv yiem naaiv -
<https://bit.ly/37c4ksK>
- Meih haih hoqc hiuv camv taux baqv COVID-19
nyei ndie-nqaeqv yiem Washington Saengv nyei
dorngh dauh yiem naaiv - <https://bit.ly/3KxGmFL>

2. Yie puix duqv baqv ndie-nqaeqv nyei. Yie mingh haaix baqv?

- COVID-19 ndie-nqaeqv duqv juix cuotv bun
domh ndie-biauv, ndie-poux, haih siou duqv
ndie camv nyei dorngh, horngc zaangc nyei
dorngh dauh caux ziex norm dorngh. Meih haih
bieqc naaiv mingh hoqc hiuv camv taux mingh
haaix baqv ndie-nqaeqv yiem King County -
[https://kingcounty.gov/depts/health/
covid-19/vaccine/distribution.aspx](https://kingcounty.gov/depts/health/covid-19/vaccine/distribution.aspx)

3. Yie haih ginv oix baeqv haaix nyungc COVID-19 ndie-nqaeqv nyei fai?

Norm baav baqv ndie-nqaeqv nyei dorngh biux
mengh taux ninh mbuo siou haaix nyungc ndie yiem
“online” nyei faaux mbuox daan a'fai haih dau meih
nyei waac-naaic yiem fonh. Maiv zeiz norm-norm
baqv ndie nyei dorngh maaih nzoih yietc zungv
buo nyungc ndie-nqaeqv. Yietc zungv nqoi nzuih
bun longc nyei ndie-nqaeqv se haih tengx dangv
taux maiv zuqc mingh bueix yiem domh ndie-biauv
caux ndortv maengc weic COVID-19. Yietc zungv
ndie-nqaeqv se maaih lamh longc haic caux maiv
zuqc gamh nziex taux hiung-hienv nyei sic. Maaih
nyungc baav maiv doix nyei jauv se dongh naaiv:

- Puix duqv zuqc nyei hnyangx-jeiv: “Pfizer”
ndie-nqaeqv ih zanc bun yietc zungv 5 hnyangx
gu'nguaaic maengx nyei mienh baqv duqv
aqv. “Moderna” caux “Johnson & Johnson” nyei
ndie-nqaeqv se kungx bun 18 hnyangx
gu'nguaaic maengx hngangv.
- Horpc zuqc baqv mba'ziex sim: “Johnson &
Johnson” nyei ndie-nqaeqv se baqv yietc sim
hngangv. “Pfizer” caux “Moderna” oix zuqc baqv
2 sim cingx nzoih, caux oix zuqc leih doic (ndongc
haaix yaac 4 norm leiz-baaix) nyei dorngh.
- “Johnson caux Johnson” nyei ndie-nqaeqv
maaih deix zorqv-guaix nyei jauv (zoqc nyei)
taux nziaamv zaeqv, lengc jeiv nyei bun taux
m'sieqv dorn 50 hnyangx ga'ndiev maengx nyei
dorngh. “Pfizer” caux “Moderna” nyei
ndie-nqaeqv maiv maaih nziaamv zaeqv nyei
baengc caux duqv zipv dengv nyei waac bun
mienh camv baqv div jiez “Johnson caux
Johnson”, caux liemh jienv ndie-jaa. Meih haih
doqc mangc taux naaiv deix waac-dengv yiem
naaiv - <https://bit.ly/3kAfZEK>
- Ih zanc mienh camv haih baqv ndie-jaa benx
da'nyeic sim weic (Johnson caux Johnson) liuz
da'faam sim weic Pfizer caux Moderna duqv aqv.

Maiv zeiz yietc zungv ndie-dorngh siou nzoih fai



maaih fih hngangv nyei ndie-nqaeqv. Norm baav dornngx siou nyungc baav ndie-nqaeqv dongh ganh norm dornngx maiv maaih. Ninh mbuo siou nyei ndie-nqaeqv se yiem deix ndie maaih camv fai zoqc, caux haih tiuv jienv mingh.

4. Dongh maaih jienv sin caux uix jienv ganh nyei nyorx bun fu'jueiv wuov deix m'sieqv dorn horpc zuqc baqv COVID-19 ndie-nqaeqv nyei fai?

Meiv Guoqv Domh Horqc Dorngh njaaux taux Maaih Fu'jueiv nyei M'sieqv Dorn caux Liuc Leiz M'sieqv Dorn Baengc nyei Gorn Zaangc (American College of Obstetricians and Gynecologists) caux jienv "CDC" duqv dengv maaih jienv sin, mbenc jienv oix maaih gu'nguaaz, a'fai bun gu'nguaaz hopv jienv maa nyei nyorx wuov deix m'sieqv dorn baqv COVID-19 ndie-nqaeqv duqv nyei. Baqv liuz ndie-nqaeqv corc haih gauh tengx duqv wuov dauh m'sieqv dorn caux jienv gu'nguaaz.

- Maaih jienv sin nyei m'sieqv dorn haih butv cuotv COVID-19 baengc gauh siepv, caux haih zipv "Delta variant" dongh jiex mienh siepv nyei baengc. Hngangv naaic, ninh mbuo kuinx naaiv deix m'sieqv dorn oix zuqc gaanv jienv baqv ndie-nqaeqv aqv.
- Ndie-nqaeqv se tengx duqv mbungh taux COVID-19 nyei baengc camv nyei, dongh haih zoux bun mienh butv cuotv hniev nyei baengc, caux haih guangc maengc, caux ndie-nqaeqv yaac haih tengx duqv yiem maa nyei ga'sie wuov dauh gu'nguaaz caux jienv.
- Maaih zaah cuotv daaih nyei jauv camv haic dengv taux COVID-19 nyei ndie-nqaeqv tengx duqv ziox dauh maaih jienv sin nyei m'sieqv dorn. Ei zaah daaih nyei jauv, naaiv deix ndie yaac maiv duqv zoux bun haaix dauh m'sieqv dorn waaic gu'nguaaz. Se gorngv meih maaih haaix nyungc lengc jeiv nyei waac-naaic nor, gunv jiu tong caux meih nyei ndie-sai oc.

Da'Feix Kang: Baqv Ndie-Nqaeqv Bun 5-11 Hnyangx nyei Fu'jueiv

COVID-19 nyei ndie-nqaeqv jiex daaih nyei ziangh hoc se kungx mbenc daaih baqv domh mienh hngangv, mv baac ih zanc yaac duqv mbenc daaih weic camv-baan fu'jueiv ei ninh mbuo nyei hnyangx-jeiv. Yiem naaiv kang taan cuotv nyei jauv-louc se gorngv taux fu'jueiv 5-11 hnyangx wuov deix hngangv. Gauh lunx 5 hnyangx nyei fu'jueiv maiv gaengh duqv hung haa nqoi nzuih bun baeqv. Dongh mbenc daaih nyei ndie-nqaeqv yaac maiv zeiz nyungc-nyungc haih longc bun fu'jueiv baqv.

1. Weic haaix diuc yie oix zuqc dorh yie nyei fu'jueiv mingh baqv ndie-nqaeqv?

Gauh camv benx cuotv nyei COVID-19 baengc bun taux fu'jueiv se maiv hniev. Mv baac nzunc baav, COVID-19 nyei baengc haih zoux bun dauh baav fu'jueiv oix zuqc mingh bueix yiem domh ndie-dorngh. Maaih laanh baav fu'jueiv haih ndortv maengc nyei. COVID-19 ih zanc benx yietc nyungc baengc zoux bun fu'jueiv 5-11 hnyangx haih ndortv maengc caux naaiv deix jauv-louc yaac jaa camv jienv faaux. Fu'jueiv yaac haih benx cuotv baengc-ngaaiz a'fai lauh ndaauv nyei baengc heuc, "long-COVID."

Fu'jueiv zipv daaih nyei baengc yaac jiex ganh dauh nyei, maiv gunv ninh mbuo ganh maiv butv hniev. Naaiv se benx yietc nyungc gaaax hnyouv nyei sic bun taux fu'jueiv haih mingh nitv fatv maaih baengc camv nyei mienh, mienh gox mienh, hngangv ninh mbuo nyei ong-gux caux dorh fu'jueiv nyei mienh, dongh maaih jienv baengc camv nyei mienh.

Haaix zanc fu'jueiv baqv liuz ndie-nqaeqv nor, naaiv yaac tengx duqv yietc zungv horngc zaangc fai



laangz zaangc mienh. Haaix zanc maaih mienh duqv baqv ndie-nqaeqv camv faaux nor, zoux bun naaiv deix hieh baengc maiv haih hiaangx jiangv caux tengx dangv duqv maiv bun siang-baengc butv cuotv hoic mienh.

2. Hnangv haaix nor zaah taux fu'jueiv nyei ndie-nqaeqv horpc caux tengx duqv nyei jauv?

Zaah nyei mienh se maaih gauh camv 3,000 dauh fu'jueiv 5-11 hnyangx, weic zaah dimv taux maiv zoux hoic mienh mv baac tengx duqv ndongc haaix camv nyei jauv bun taux "Pfizer" ndie-nqaeqv. Zaah dimv nyei jauv bun taux fu'jueiv caux domh mienh fih hnangv nyei, fu'jueiv nyei COVID-19 ndie-nqaeqv tengx duqv 90% ei fu'jueiv nyei ndie-sai zaah daaih. Fu'jueiv haih butv cuotv nyungc baav zorqv-guaix nyei baengc, nyungc zeiv se buoz nyuix caux mau, mv baac zaah cuotv daaih nyei fu'jueiv maiv maaih yietc dauh buangh zuqc hniev nyei baengc. Hnangv naaic, zaah baengc nyei ndie-sai caux fin-saeng dingc daaih gorngv tengx duqv nyei jauv se gauh zic jixex dongh benx cuotv nyei deix baav zorqv-guaix nyei baengc bun taux 5-11 hnyangx nyei fu'jueiv.

Hnangv ganh nyungc COVID-19 ndie-nqaeqv nor, fu'jueiv nyei ndie-nqaeqv yaac benx borqv zaah dimv mangc muonc nyei ndie yiem Meiv Guoqv nyei douh zong. Yiem duqv zipv nqoi nzuih baqv ndie-nqaeqv bun 5-11 hnyangx nyei fu'jueiv, maaih zixex ziux fu'jueiv duqv baqv liuz ndie-nqaeqv aqv, caux maiv gaengh duqv maaih haaix dauh fu'jueiv benx cuotv hniev nyei baengc.

3. Ih zanc maaih haaix nyungc ndie-nqaeqv bun fu'jueiv baqv?

Minc zinh nor, kungx "Pfizer" duqv zipv nqoi nzuih waac longc benx Jiepv Sih Nqoi Nzuih ndie-nqaeqv

bun fu'jueiv 5-11 hnyangx hnangv. Naaiv nyungc ndie-nqaeqv se oix zuqc baqv 2 sim caux nqaeqv doic 3 norm leiz-baaix nyei dorngx.

4. Fu'jueiv-lunx nyei ndie-nqaeqv caux 12 hnyangx gu'nguaaic maengx nyei fu'jueiv fih hnangv nyei fai?

Maiv fih hnangv. "Pfizer" ndie-nqaeqv bun fu'jueiv se benx lengc jeiv mbenc daaih nyei ndie kungx weic naaiv baan fu'jueiv hnangv. "Pfizer-BioNTech" ndie-nqaeqv mbenc daaih bun domh mienh caux fu'jueiv-caan se maiv haih longc weic 5-11 hnyangx nyei fu'jueiv-lunx. Fu'jueiv 5-11 hnyangx baqv nyei ndie se 1/3 gouv dongh fu'jueiv-caan caux domh mienh baqv nyei ndie. Ndie nyei soux mouc bun fu'jueiv-lunx se 10 micrograms hnangv, mv baac fu'jueiv-caan caux domh mienh se 30 micrograms. Ndie-sai caux ndie-sai muic oix longc ndie-nqaeqv dongh mbiuv jienv benx yangh gox nyei ndie-nqaaix baqv lunx nyei fu'jueiv hnangv.

5. Fu'jueiv horpc zuqc baqv haaix nyungc ndie se gorngv ninh mbuo baqv daauh sim nyei ziangh hoc maiv gaengh buangv 12 hnyangx, liuz buangv 12 hnyangx ndaangc da'nyeic-sim nor?

Maiv hnangv ganh nyungc ndie-baqv, COVID-19 nyei ndie-nqaeqv se kungx baqv ei hnyangx-jeiv hnangv, maiv zeiz ei hniev-soux. Se gorngv fu'jueiv baqv nyei ndie se yiem jienv 11-12 hnyangx gu'nyuoz nor, daauh sim se benx fu'jueiv lunx nyei ndie, liuz da'nyeic sim se benx fu'jueiv-caan caux domh mienh nyei ndie aqv. Se gorngv, fu'jueiv baqv gaux "Pfizer COVID-19" ndie-nqaeqv yiem jienv 5-11 hnyangx nor, ninh mbuo maiv qiex zuqc aengx baqv ganh sim dongh ninh mbuo buangv 12 nyei ziangh hoc aqv.