

COVID-19 NDIE-NQAEQV FIENX

1. LONGC JIENV NYEI WAAC-FIENX TAUX NDIE-NQAEQV NYEI JAUU-LOUC

IH ZANC MAAIH MBA'ZIEH NYUNGC NDIE-NQAEQV FAI NDIE-MBUNGH?

Yiem Faah Hlaax 2021, Meiv Guoqv hungh jaa, "FDA" dongh liuc leiz taux zaangv baengc tongx nyei gorn duqv nqoi nzuih bun longc 3 nyungc ndie-nqaeqv.

- Da'yietv nyungc se heuc Pfizer-BioNTech COVID-19. Hungh jaa nqoi nzuih bun ndie-sai caux ndie-dorngh jiex gorn longc naaiv nyungc ndie-nqaeqv yiem Ziepc Nyeic Hlaax 11, 2020 wuov norm hnyangx-dauh.
- Da'nyeic nyungc se heuc Moderna COVID-19. Naaiv nyungc ndie-nqaeqv duqv zipv hungh jaa nqoi nzuih bun longc jiex gorn yiem Ziepc Nyeic Hlaax 18, 2020 wuov daaih.
- Da'faam nyungc ndie-nqaeqv nyei mbuox heuc Johnson & Johnson. Naaiv nyungc ndie-nqaeqv duqv hungh jaa nqoi nzuih bun longc jiex gorn yiem Nyeic Hlaax 27, 2021.

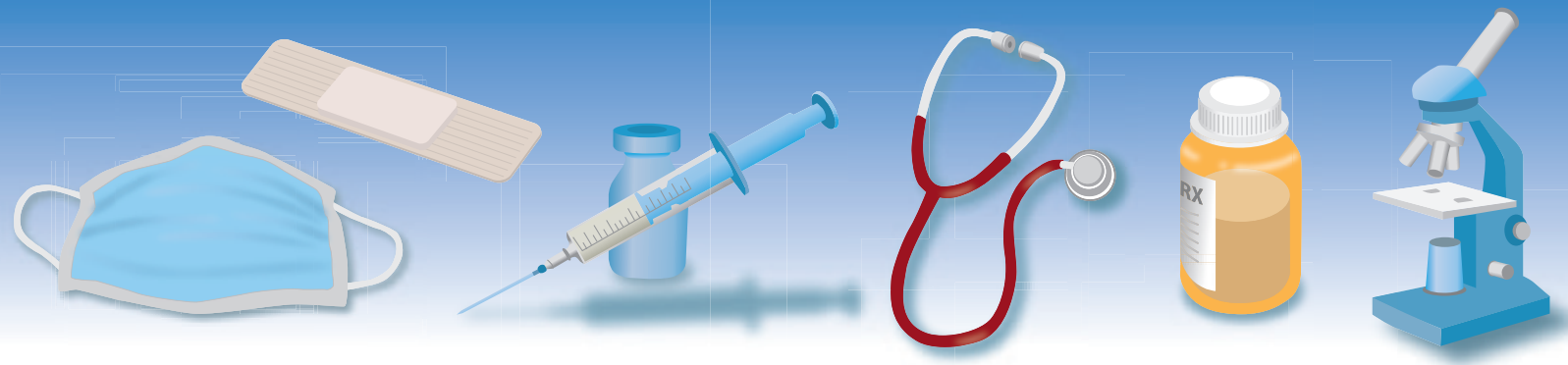
NAAIV DEIX NDIE-NQAEQV FAI NDIE- MBUNGH HNANGV HAAIX NOR HAIH TENGX DUQV MBUO?

COVID-19 Ndie-Nqaeqv haih tengx mbuo nyei buonh sin yiem naaiv deix bie norm dornghc:

- Da'yietv, naaiv deix ndie-nqaeqv tengx mbuo nyei buonh sin zieqv duqv naaiv deix baengc se haaix nyungc gaeng nzemx bieqc mbuo nyei buonh sin. Mbuo nyei sin zaangc maaiah ziex baeqv ziux norm gaeng yiem jienv nziaamv gu'nyuoz tengx mbuo zaangv wangc siangx nyei jauv. Haaix zanc maaiah haaix nyungc hieh gaeng bieqc mbuo nyei sin nor, mbuo buonh sin nyei gaeng oix zuqc zieqv duqv benx haaix nyungc gaeng. Nyungc zeiv, norm-norm guoqv zaangc mbenc ziangx ganh nyei baeng-maanh daaih zaangv baengh orn yiem wuov norm guoqv.

Haaix zanc maaiah baeng yiem ganh norm guoqv la'guaih borngz bieqc mbuo nyei deic-bung nor, wuov deix guoqv zaangc nyei baeng-maanh oix zuqc gaangv jienv zaah mangc taux ninh mbuo benx haaix nyungc baeng, benx longx nyei mienh fai benx mbuo nyei win-wangv.

- Da'nyeic, naaiv deix ndie-nqaeqv gaangv jienv mbenc mbuo buonh sin nyei gaeng fai nqamv nyie mborqv-jaax gaeng. Se gornqv mbuo nyei buonh sin nyei gaeng maiv guen maiv goux, maiv doix-dekc taux borngx bieqc mbuo nyei sin zaangc wuov deix hieh baengc nor, ninh mbuo haih zoux daic mbuo buonh sin longx nyei gaeng liuz zoux bun mbuo butv baengc kouv daaih haih ndortv maengc aqv. Nyungc zeiv, se gornqv mbuo buonh deic nyei baeng maiv ging hnyouv taux borngx bieqc mbuo nyei deic-bung wuov deix win-wangv nor, ninh mbuo ziangh haaix zoux mietc nzengc mbuo nyei deic-bung aqv.
- Ndie-nqaeqv nyei da'nyeic nyungc gong se nqamv mbuo nyei buonh sin mborqv jaax gaeng nyie daaih zuov jienv haaix zanc maaiah COVID-19 hieh baengc fai win-wangv zemx bieqc mbuo nyei sin zaangc nor, mborqv jaax gaeng oix zuqc gaangv jienv doix-dekc ninh mbuo, maiv dungx ngaih caux maiv dungx zipv ninh mbuo benx doic.
- Da'faam nyungc maaiah lamh longc nyei jauv se tengx mbuo nqaeqv taux haih zipv zuqc naaiv nyungc hieh baengc. Ih zanc hungh jaa caux ndie-sai corc lorz maiv gaengh duqv ndie-jai, mbuo oix zuqc baqv naaiv deix ndie-nqaeqv tengx mbuo mbungh jienv hnangv.
- Da'feix nyungc tengx duqv nyei jauv se zoux bun COVID-19 hieh baengc hnganx njiec, maiv hiaangx jienv mingh yiem mbuo nyei hmuangv doic, horngc zaangc, mungv, saengv, deic-bung caux yiem lungh ndiev. Naaiv nyungc baengc se ciouv haic, orqv haic, caux butv duqv siepv haic. Mbuo oix zuqc yietc zungv tengx jienv zoux bun ninh hnganx njiec caux maiv dungx bun hiaangx jiangv mingh.



AENGX MAAIH GANH NYUNGC NDIE-NQAEQV NYEI FAI?

Maaiah nyei oc, ih zanc maaiah ziax norm deic-bung gaanv jienv tengx mbenc ndie-nqaeqv bun ganh nyei guoqv zaangc baengc fingx mienh. Yiem Ziepc Nyeic Hlaax 28, 2020 wuov daaih, mbuo maaiah camv-norm zorng-mbenc ndie-nqaeqv nyei gorn duqv zaah dimv jienv taux i nyungc COVID-19 nyei ndie-nqaeqv fai ndie-mbungx yiem naaiv Meiv Guoqv.

- Maaiah nyungc heuc “AstraZeneca’s COVID-19” Ndie-Nqaeqv fai ndie-mbungx.
- Maaiah nyungc heuc “Novavax’s COVID-19” Ndie-Nqaeqv fai ndie-mbungx.

IH ZANC MAAIH NQOI NZUIH NYEI NDIE-NQAEQV BUN FU’JUEIV NYEI FAI?

Maaiah nyei. Yiem Meiv Guoqv mbuo ih zanc maaiah nqoi nzuih nyei COVID-19 Ndie-Nqaeqv bun fu’jueiv hnyangx-jeiv 12 hnyangx gu’nguaaic maengx aqv. Yiem 5/10/2021, Meiv Guoqv Zaah Hieh Baengc nyei Gorn Zaangc (CDC) duqv nqoi nzuih bun ndie-sai caux goux baengc nyei mienh longc Pfizer baqv fu’jueiv 12 hnyangx gu’nguaaic maengx baqv i sim, mba’ndongx oix zuqc nqaeqv buo norm leiz-baaix. Yiem Ziepc Yietv Hlaax-gorn daaih, Meiv Guoqv hungx jaa duqv nqoi nzuih ndie-sai caux ndie-dorngx longc Pfizer benx minc zinh nyei COVID-19 ndie-nqaeqv baqv fu’jueiv yiem 5-11 hnyangx aqv. Ganh nyungc ndie-nqaeqv corc yiem zaah jienv nyei qangx, hungx jaa maiv gaengx duqv nqoi nzuih bun longc.

2. MBENC COVID-19 NDIE-NQAEQV CAUX LONGX NYEI JAUV

COVID-19 NDIE-NQAEQV SE HNANGV HAAIX NOR MBENC DAAIH?

Mbenc COVID-19 Ndie-nqaeqv se maaiah ziax kang

caux ziax yiemc zaah dimv nyei yietv-nyei. Ninh mbuo dorh mingx baqv ziax cin mienh seix mangc gaax naaiv nyungc ndie-nqaeqv ndongc haaix maaiah lamh longc. Mbuo haih naaic gaax naaiv deix ndie-nqaeqv haih tengx nqaeqv duqv hieh baengc ndongc haaix camv caux haih hoic zuqc mienh nyei fai. Haaix zanc FDA (Guoqv Zaangc Hungx Jaa Liuc Leiz Taux Ndie caux Nyanc Hopv nyei Gorn Zaangc) duqv zipv zaah cuotv daaih nyei jauv-louc taux tengx duqv nyei jauv caux hoic mienh nyei jauv liuz, ninh mbuo nqoi nzuih bun longc a’fai maiv nqoi nzuih bun longc, ndaangc naaiv deix ndie haih bun cuotv taux baecq fingx mienh. FDA nyei Gong se zaah dimv muonc taux naaiv deix ndie-nqaeqv maaiah lamh longc nyei jauv yiem Meiv Guoqv hngv. Ei zaah cuotv daaih nyei jauv-louc, ih zanc longc jienv nyei COVID-19 ndie-nqaeqv se benx FDA nqoi nzuih bun MINC ZINH longc jienv ndaangc hngv. Ninh mbuo aengx zaah dimv jienv mingx.

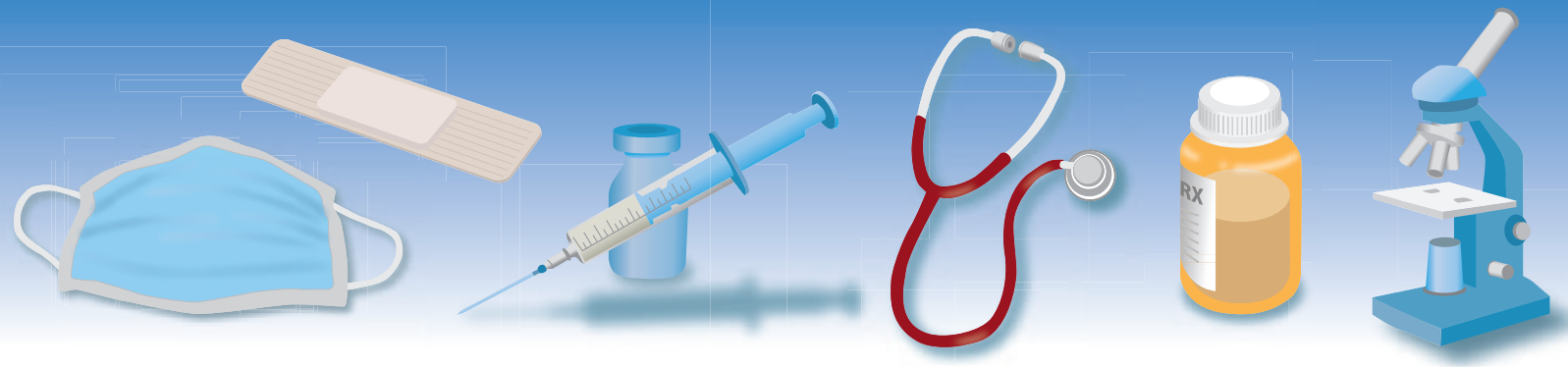
COVID-19 NDIE-NQAEQV MAAIH HIEH BAENGZORPC JIENV LIUZ HAIH JIEX MIENH NYEI FAI?

Waac-dau bun taux naaiv jioux waac se maiv maaiah oc. Ih zanc hungx jaa nqoi nzuih bun longc nyei ndie-nqaeqv se maiv maaiah COVID-19 nyei gaeng zorpc jienv. Dongh nqoi nzuih bun longc nyei ndie se baqv bieqc mienh nyei sin mingx zoux 3 nyungc gong:

Da’yietv, ndie-nqaeqv tengx buonh sin ziaqv duqv gongv naaiv deix gaeng se benx mbuo nyei win-wangv, maiv dungx zipv benx doic.

Da’nyeic, maiv daan maiv dungx zipv ninh mbuo benx doic caux mbuo juangc norm sin yiem hngv, mv baac oix zuqc gaanv jienv doix-dekc ninh mbuo. Oix zuqc siepv-siepv nyei mietc nzengc ninh mbuo ndaangc ninh mbuo zoux mietc mbuo.

Da’faam, njaaux mbuo nyei buonh sin mbenc mborqv jaa nyei jaa-muotc fai ja’sic daaih doix-dekc wuov deix waac haic nyei hieh gaeng.



COVID-19 NDIE-NQAEQV MAAIH NANGH NYEI GAENG YIEM JIENV WUOV DEIX NDIE GU'NYUOZ ZOUX BUN BUTV CUOTV COVID-19 BAENG NYEI FAI?

Maiv maaih, ih zanc hungh jaa nqoi nzuih bun longc nyei ndie-nqaeqv se maiv maaih COVID-19 nyei gaeng zorpc jienv. Dongh nqoi nzuih bun longc nyei ndie se baqv bieqc mienh nyei sin mingh tengx zorng-mbenc mbuo nyei buonh sin zieqv duqv gorngv naaiv deix gaeng se benx mbuo nyei win-wangv, maiv dungx zipv benx doic, hnavgv duqv gorngv muonc yiem da'nyeic wuov jioux waac-dau nor.

NAAIV DEIX NDIE-NQAEQV HNANGV NAAIX NOR MBENC DUQV NDONGC NAAIC NYEI SIEPV?

Zeiz nyei, ei pouh tong nyei ndie-nqaeqv nor, naaiv deix ndie-nqaeqv mbenc duqv siepv nyeic. Naaic se weic zuqc naaiv deix hieh baengc hiaangx duqv siepv caux hoic lungh ndiev mienh camv haic, hungh jaa lengc jeiv tengx nyaanh camv-camv nyei tengx zaah naaiv deix baengc caux zimh lorz ndie-nqaeqv fai ndie-mbungh.

Jiex daaih se weic hungh jaa siev duqv njiec buonv bun zaah baengc nyei gorn caux ndie-sai maaih zinh nyaanh gaux longc mingh zaah baengc. Naaiv zoux bun liemh zaih ziouc maaih ziex norm zaah baengc nyei gorn zaangc (zaah hieh baengc nyei fin-saeng, ndie-sai) gaanv jienv zorng-mbenc ndie-nqaeqv fai ndie-mbungh daaih njioux maengc.

WEIC HAAIX DIUC MAAIH CAMV-NYUNGC NDIE-NQAEQV DONGH ZANC MBENC CUOTV DAAIH?

Yiem lungh ndiev mbuo maaih gauh camv 7 billion (Cietv Baeqv Waanc Ziux) mienh, zuqc weic naaiv nyungc hieh baengc hiaangx buangv norm-norm ndau-touv caux deic-bung. Weic haih tengx duqv

lungn ndiev gauh camv caux gauh siepv, hungh jaa cingx daaih nqoi nzuih bun ziex norm gorn gaanv jienv taan zaëix, qaqv, caux cong-mengh daaih mbenc naaiv ndie-nqaeqv/ndie-mbungh.

WEIC HAAIX DIUC OIX ZUQC BAQV I SIM?

Maiv zeiz yietc zungv mbenc daaih nyei COVID-19 ndie-nqaeqv oix zuqc baqv i sim, kungx Pfizer caux Moderna oix zuqc baqv 2 sim cingx baqv duqv nzoih caux dangv duqv zuqc naaiv deix hieh baengc. Johnson caux Johnson se kungx baqv yietc sim hnavgv. Daauh sim nyei ndie tengx mbuo nyei buonh sin zieqv duqv naaiv nyungc gaeng se benx haaix nyungc win-wangv, liuz nqamv nyie yietc zungv mborqv-jaax gaeng. Da'nyeic sim tengx cui qaqv bun mbuo buonh sin nyei gaeng mingh doix-dekc wuov deix hieh baengc nyei gaeng.

NAAIV DEIX NDIE-NQAEQV HNANGV HAAIX NOR DORH DAAIH BEIV DOIC?

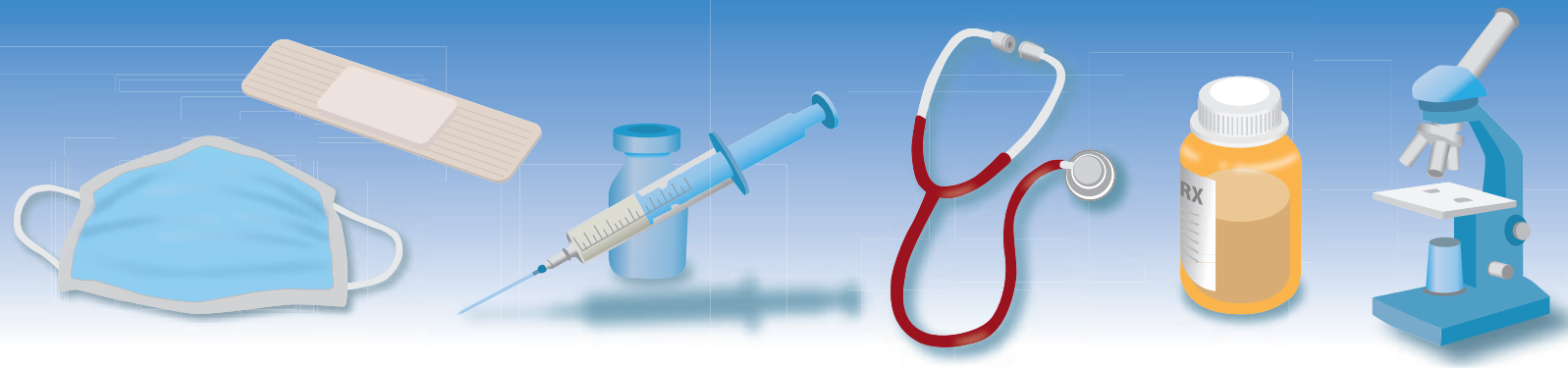
Pfizer caux Moderna longc "mRNA" nyei ja'sic benx gorn-buonv mbenc daaih dongh njaaux mbuo nyei buonh sin doix-dekc COVID-19 yiem 2 kang zaëix: Da'yietv, tengx dangv hieh baengc. Se gorngv dangv maiv jienv nor, da'nyeic daaih mbenc buonh sin nyei gaeng daaih doix dekc fai borngz zoux mietc hieh gaeng.

I nyungc zungv maaih lamh longc fi'hnangv nyei.

Pfizer ndie-nqaeqv bun mienh hnyangx-jeiv 5 hnyangx gu'nguaaic maengx. Moderna ndie-nqaeqv bun mienh hnyangx-jeiv 18 hnyangx gu'nguaaic maengx.

Johnson caux Johnson nyei ndie-nqaeqv se ganh nyungc deix nyei. Naaiv nyungc ndie-nqaeqv njaaux mbuo nyei buonh sin mbenc wangc siangx nyei javv daaih dangv fai nqaeqv COVID-19 hieh baengc.

Naaiv nyungc ndie-nqaeqv bun mienh 18 hnyangx gu'nguaaic maengx caux kungx qiemx zuqc baqv yietc sim hnavgv. Naaiv nyungc ndie gauh hungh heic siou caux baqv mienh.



3. ZIPV FAI BAQV NDIE-NQAEQV NYEI JAUV-LOUC

HAAIX DAUH DUQV ZIPV NDIE-NQAEQV NDAANGC?

Jiex gorn nyei ziangh hoc, ndie-nqaeqv liemh zeih mbenc maiv gauv bun yietc zungv baeqc fingx mienh. Maiv daan ndie liemh zeih mbenc maiv gaengh gauv hngangv, mv baac weic oix maaih sung-laamz nyei jauv, liuz hungv jaa oix zuqc dingc bun yiemc baav mienh baqv ndaangc. Daauh yiemc mienh duqv baqv se benx zaah caux zorc baengc nyei mienh. Naaiv deix mienh se maaih deix benx ndie-sai, ndie-sai muic, caux ziux goux baengc mienh nyei mienh. Jiex mingh se benx goux mienh gox mienh nyei dorngx fai biau v nyei gong-mienh.

Jiex mingh taux 12/22/2020 cingx bun da'nyeic yiemc mienh. Naaiv deix mienh se benx njoux douz mienh, goux fai liuc leiz sic nyei mienh, goux zuiz-mienh yiem loh, liuc leiz nyanc hopv nyei mienh, fungx fiex mienh, maaic ga'naaiv-nyanc yiem poux nyei mienh, caux fin-saeng. Jiex mingh se benx mienh gox mienh 75 hnyangx gu'nguaaic maengx. Jiex mingh se benx mienh hnyangx-jeiv 65-74 nyei dorngx, weic ninh mbuo nyei sin zaangc maiv henv caux buangh zuqc baengc nor gauv kouv caux haih ndortv maengc siepv. Jiex mingh se benx mienh hnyangx-jeiv 16-64, dongh maaih camv-nyungc baeng-gorn fai baengc-ngaaiz nyei mienh. Aengx jiex mingh wuov guanh mienh se benx longc jienv nyei zoux gong mienh – cie-jien, mbenc nyanc hopv nyei dorngx, gomv biau v zaangc, aengx caux goux mienh nyei gong-mienh.

MINGH HAAIX BAQV NAAIV DEIX NDIE-NQAEQV?

Meih haih naaic taux, yie mingh haaix lorz duqv ndie-nqaeqv baqv? Yiem Meiv Guoqv nor, ndie-nqaeqv ih zanc duqv mbenc nzoih yiem ziex norm dorngx. Maaih deix yiem ganh ndorm zinh nziouv hmuangx nyei ndie-sai dorngx. Maaih deix yiem ndie-poux fai

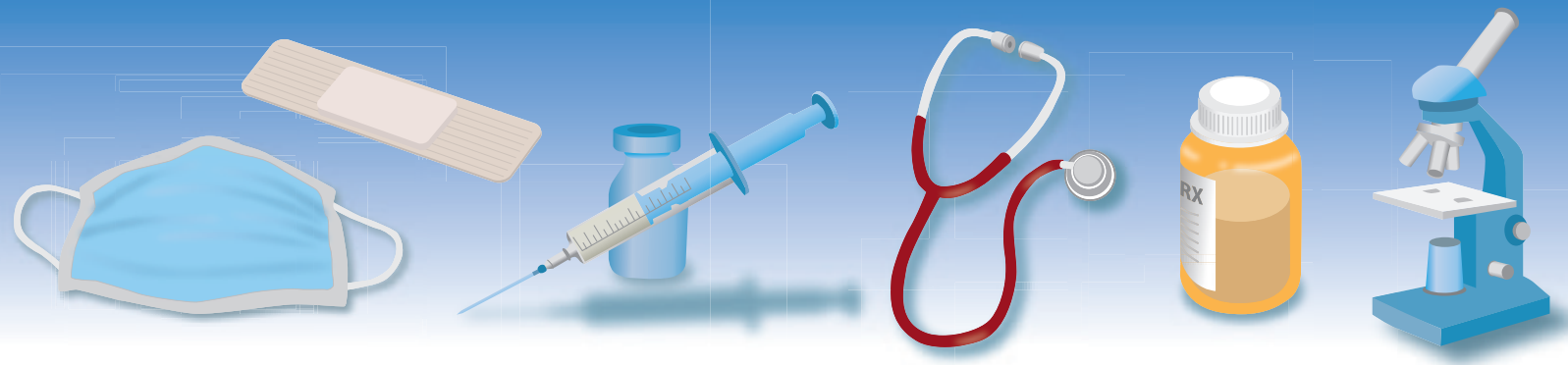
maaic ndie nyei dorngx. Maaih deix yiem lengc jeiv dingc daaih nyei dorngx. Yiem ziex norm mungv maaih lengc jeiv dingc daaih nyei dorngx bun mienh mingh baqv. Maaih deix haih benx horqc dorngv, leiz-baaix dorngv, buoqc zaangc nyei biau v, ndie-dorngv, zorc baengc nyei dorngx, sou-lamz caux sornx qaqv nyei dorngx.

YIE HAIH ZORPC JIENV BAQV NDIE-NQAEQV NYEI FAI?

Hngangv naaic, yie baqv sim Pfizer liuz aengx baqv Moderna benx da'nyeic sim duqv nyei fai? Naaiv se benx longc jienv haic nyei waac-naaic. Waac-dau bun taux naaiv jioux waac-naaic se maiv haih oc. Naaiv deix ndie-nqaeqv se maiv horpc zuqc zorpc jienv baqv, oix zuqc dongh nyungc baqv nzoih i sim. Meih baqv daauh sim benx haaix nyungc ndie nor, da'nyeic sim yaac oix zuqc benx wuov nyungc hngangv. Baqv nzoih liuz oix zuqc siou wuonv meih nyei ndie-daan. Meih baqv nzoih nyei ndie-daan se maaih lamh longc haic, maiv duqv guangc fai bun mienh haih nimc duqv.

MBUO HORPC ZUQC BAQV DA'FAAM SIM NYEI FAI?

Tov porv mengv taux siang-siang taux maaih waac gornxv baqv da'faam sim ndie-nqaeqv nyei jauv. Zeiz nyei, ih zanc ndie-sai caux CDC kuinx baeqc fingx mienh baqv da'faam sim ndie-nqaeqv, weic zuqc baqv nzoih nyei ndie-nqaeqv yiem sin-zaangc lauh duqv taux 6-8 hlaax nyei dorngx hngangv. Weic maaih ziex nyungc siang nyei COVID-19 baengc benx cuotv (Delta caux Mu Variants), hungv jaa caux ndie-sai oix mienh camv baqv "Pfizer caux Moderna" benx da'faam sim Johnson caux Johnson baqv da'nyeic sim. Ih zanc hungv jaa se kungx nqoi nzuih bun mienh hnyangx-jeiv 65+ gu'nguaaic maengx caux 18+ hnyangx dongh maaih mba'nziu, haa-cunv, piom caux nyutv zeiv waac nyei mienh ndaangc.



4. BAQV COVID-19 NDIE-NQAEQV NYEI JAUV-LOUC

YIE OIX ZUQC MAAIH ZORC BAENG DAAN “HONGH MORX MBATV” CINGX HAIH DUQV BAEQV NDIE-NQAEQV FAI?

Mbuo maiv qiemx zuqc maaih zorc baengc daan fai “hongh morx mbatv” cingx duqv baeqv COVID-19 ndie-nqaeqv oc. Naaiv deix ndie-nqaeqv se duqv baqv kungx hngv, maiv qiemx zuqc maaih zorc baengc daan a’fai hongh morx mbatv caux maiv zuqc longc nyaanh maaiz. Norm baav dorngx haih longc deix nyaanh weic longc ninh mbuo dorngx dauh fai qaqv-leic nyei. Naaiv se yiem deix wuov norm dorngx dauh hngv, maiv zeiz zuqc cuotv ndie-zinh. Norm baav dorngx oix longc deix zinh weic gaav ninh mbuo nyei dorngx longc a’fai weic deix baav fioux nzengc nyei jauv, mv baac maiv zeiz norm-norm dorngx oc. Se gorngv maaih nyei nor, naaiv deix nyaanh haih duqv jaav nzuonx yiem meih nyei zorc baengc (hongh morx mbatv) gorn a’fai hungh jaa tengx nyei gorn zaangc. Se gorngv meih oix zuqc cuotv deix zinh nor, siou jienv meih nyei sou-daan a’fai li^sitv liuz haih duqv jaav nzuonx nyei oc.

NDIE-NQAEQV MBENC ZIANGX NYEI JAUV

Haaix zanc meih mingh baqv ndie-nqaeqv nor, dorh jienv meih nyei zorc baengc daan mingh se gorngv meih maaih nyei nor. Maiv gunv meih maiv maaih yietc nyungc zorc baengc daan fai hongh morx mbatv, meih yaac duqv baqv ndie-nqaeqv nyei. Pouh tong nor baqv ndie-nqaeqv nyei dorngx se maiv naaic taux, mv baac meih mbenc ziangx nor, se gauh longx. Se gorngv ninh mbuo qiemx zuqc beiv mangc sou-gorn weic maiv bun maaih jaav nyei jauv nor, meih ziouc maaih nzoih meih qiemx zuqc nyei sou-gorn aqv.

DONGH MAIV MAAIH BIEQC DEIC-BUNG NYEI SOU-GORN WUOV DEIX MIENH HAIH DUQV BAQV COVID-19 NDIE-NQAEQV NYEI FAI?

Maiv maaih sou-gorn bieqc Meiv Guoqv deic-bung nyei mienh yaac haih duqv baqv nyei. Baqv ndie-nqaeqv nyei dorngx dauh maiv horpc zuqc nqemh fai nqenx cuotv maiv maaih bieqc deic-bung sou-gorn nyei mienh, mv baac ninh mbuo haih naaic lorz deix sou-gorn weic beiv mangc taux meih nyei deic-zepv, nin-saeng, caux ganh nyungc.

Weic mbungh zinh mbungh hoz nyei jauv, se gorngv meih maiv maaih bieqc deic-bung nyei sou-gorn nor, meih haih naaic tengx mienh nyei gorn (sa’maa’kom) fai online taux ninh mbuo qiemx zuqc naaic taux haaix nyungc jauv.

IH ZANC MAAIH HAAIX NYUNGC NDIE-NQAEQV BUN MIENH BAQV JAA (DA’FAAM FAI DA’NYEIC SIM) NYEI FAI?

Maaih nyei oc. Yiem Betv Hlaax 12, 2021, FDA kungx dingc caux nqoi nzuih bun baeqc fingx mienh jaa baqv da’faam sim (booster shot), bun hnyangx-jeiv 12 hnyangx gu’nguaaic maengx.

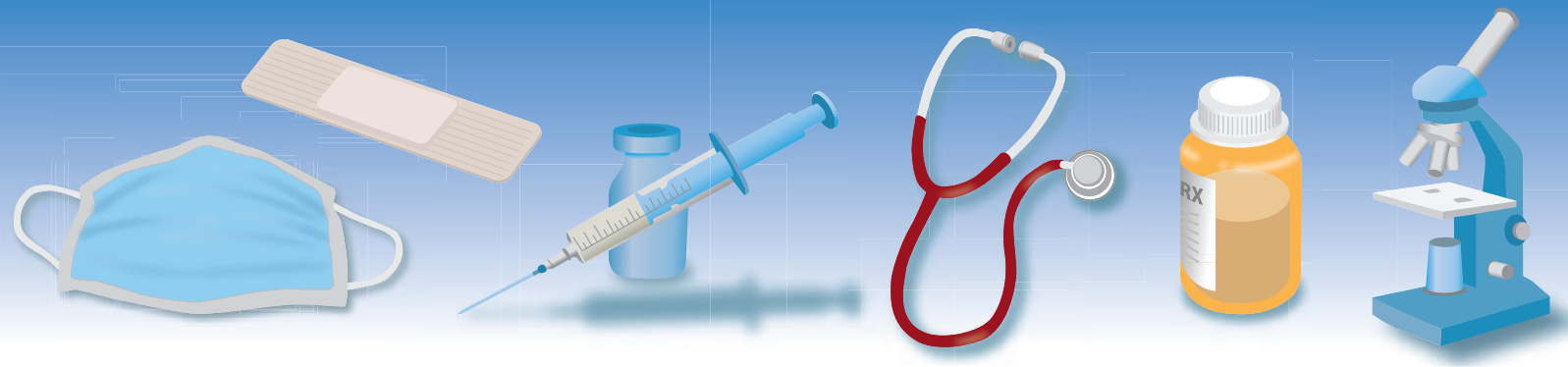
Ih zanc Moderna yaac duqv baqv da’faam sim caux J&J yaac duqv baqv da’nyeic sim aqv.

YIE HAIH MINGH BAQV NDIE-NQAEQV YIEM NDORM MUONZ NYEI NDIE-POUX NYEI FAI?

COVID-19 ndie-nqaeqv fai ndie-mbungh nyei gorn duqv jiex gorn zoux gong caux zix norm ndie-poux mi’aqc. Maiv zeiz norm-norm ndie-poux mbenc duqv ziangx daaih zipv caux tengx baqv ndie-nqaeqv weic lengc jeiv nyei ja’sic, hngv ongx-namx fai div yien nor. Meih haih heuc mingh naaic gaax meih a’loc mingh zorqv ndie nyei poux tengx baqv ndie-nqaeqv nyei fai maiv baqv.

5. ZIPV BAQV NDIE-NQAEQV

COVID-19 NDIE-NQAEQV MAAIH HAAIX NYUNGC ZORQV-GUAIX FAI MAIV DOIX-DIUC NYEI JAUV NYEI FAI?



Maaiah nyei, pouh tong nor, nyungc-nyungc ndie-nqaeqv maaiah deix zorqv-guaix nyei jauv bun mienh nyei. Nyungc baav zorqv-guaix fai maiv doix-diuc nyei jauv benx cuotv bun yietc laanh mienh caux ganh laanh se maiv fih hngangv.

WEIC HAAIX DIUC MAAIH ZORQV-GUAIX FAI MAIV DOIX-DIUC NYEI JAUV BENX CUOTV?

Zorqv-guaix nyei jauv haih benx cuotv fai maiv benx cuotv se yiem deix wuov laanh mienh nyei buonh sin caux nziaamv-saqv. Maiv gunv benx maaiah baengc camv nyei mienh a'fai wangc siangx henv nyei mienh, zorqv-guaix nyei jauv zungv haih benx cuotv nyei. Ninh maaiah eix-leiz gorngv ndie zoux gong yiem wuov laanh mienh nyei sin aqv. Ndie nqamv nyie mienh buonh sin nyei mborqv-jaax gaeng. Gauh camv benx cuotv yiem da'yietv mingh taux da'faam hnoi gu'nyuoz. Yiem naaiv deix buo hnoi nyei qangx, maaiah zorqv-guaix nyei jauv jiex gorn butv cuotv yiem wuov laanh mienh nyei buonh sin aqv. Yiem buo hnoi jiex liuz, sim-nzuih caux mun nyei dorngx jiex gorn sienc jienv mingh, omx nyei dorngx yaac fiu jienv njiec, liuz buonh sin manc-manc aengx henv jienv faaux. Mv baac weic yietc laanh caux yietc laanh nyei sin zangc maiv fih hngangv, laanh baav longc ziangh hoc gauh lauh buo hnoi cingx daaih haih longx nzengc.

NDIE-NQAEQV ZORQV-GUAIX NYEI SE MAAIH HNANGV HAAIX?

Mbuo haih dorh ndie-nqaeqv zorqv-guaix nyei jauv daaih mbaih benx buo nzangh. Daauh nzangh se benx heng a'fai deix baav faix-fiuv nyei jauv hngangv. Naaiv maaiah eix-leiz taux baqv liuz ndie-nqaeqv nyei sim-nzuih jorm, laqv-laqv nor, a'fai butv deix baav juangv-nzei hngangv. Maaiah laanh baav mienh zungv maiv haiz yietc nyungc, m'daaiah hngangv henv gau baqv zorc baengc nyei ndie hngangv. Da'nyeic nzangh se benx mbu'ndongx-hoc. Yiem naaiv nzangh nor baqv liuz sim-nzuih nyei dorngx omx, butv

daaih siqv nyei, sin zaangc mau, hnyouv ngunc daaih lov, kouv caux maiv maaiah qaqv, jaan nyuix caux mun, mbungv-nyatv mun, m'nqorngv mun caux m'nqorngv hniev, caux mungh longh.

Da'faam nzangh se benx hniev wuov kang. Naaiv kang zoux bun laanh baav mienh butv duqv hniev daaih maaiah deix zuqc ndortv maengc weic maaiah nziaamv zaeqv yiem domh jaan, zoux bun mba'nziu mau njiec liuz zoux gong maiv doix-diuc.

CDC box gorngv yietc zungv duqv baqv liuz Johnson caux Johnson nyei ziepc nyeic lengh ziux nyei mienh maaiah 38 laanh mienh buangh zuqc nziaamv zaeqv. Maaiah bie laanh (benx janx) zuqc ndortv maengc m'a'qc. Da'feix wuov laanh se benx m'sieqv dorn yiem Washington saengv yiem Juov Hlaax saeng-cietv, 2021.

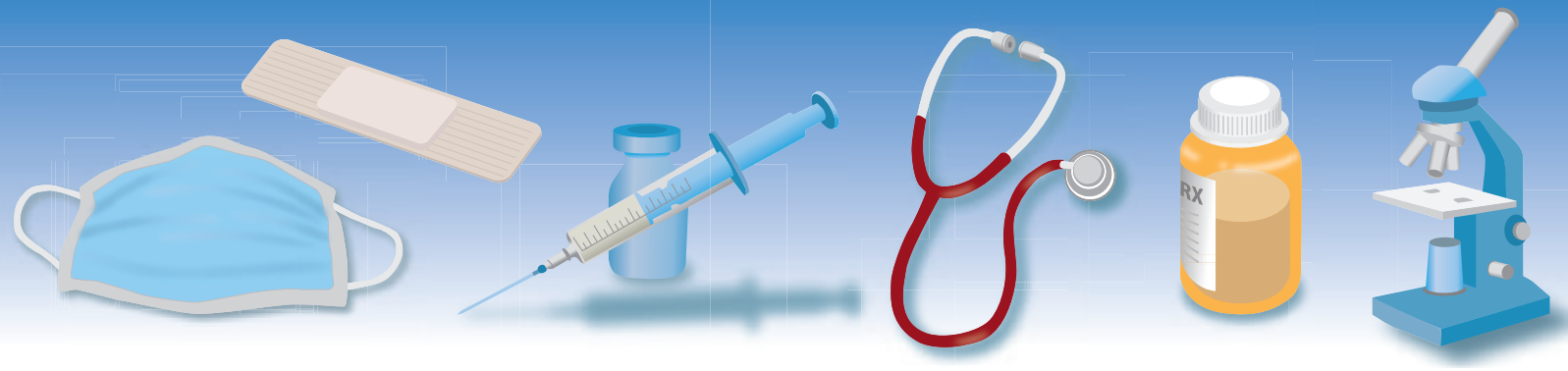
IH ZANC MBUO MAAIH BUO (3) NYUNGC NDIE-NQAEQV, HAAIX NYUNGC ZOUX BUN MAAIH NZIAAMV ZAEQV?

Zeiz nyei, mbuo maaiah 3 nyungc COVID-19 nyei ndie-nqaeqv baeqc fingx mienh baqv yiem Meiv Guoqv, mv baac kungx Johnson & Johnson nyei ndie-nqaeqv zoux bun laanh baav mienh butv cuotv nziaamv-zaeqv nyei baengc hngangv. Pfizer caux Moderna se maiv gaengh maaiah haaix nyungc ndortv maengc zorqv-guaix nyei jauv bun taux yietc zungv baqv liuz nyei mienh.

Se gorngv meih maaiah haaix nyungc lengc jeiv nyei waac-naaic taux ndie-nqaeqv zorqv-guaix nyei jauv nor, gunv jiu tong caux meih nyei ndorm zinh nziouv hmuangx ndie-sai oc.

SE GORNGV YIE NYANC JIENV FAI BAQV JIENV GANH NYUNGC NDIE NOR, YIE HAIH BAQV DUQV COVID-19 NDIE-NQAEQV NYEI FAI?

Se gorngv meih ih zanc nyanc jienv fai baqv jienv haaix nyungc ndie, liuz haiz maiv bieqc hnyouv fai maiv bungx laangc baqv COVID-19 nyei ndie-nqaeqv nor,



oix zuqc naaic dangh meih nyei ndie-sai ndaangc oc. Se gorngv meih maaiah jienv sin fai maaiah jienv gu'nguaaz faaux sin mi'aqv, meih maiv hiuv duqv taux ndie-nqaeqv haih hoic zuqc gu'nguaaz nyei fai, meih gunv jiu tong caux meih nyei ndie-sai. Naaiv se longc jienv nyei bun taux longc ganh nyei nyorx uix gu'nguaaz nyei maa.

6. COVID-19 NYEI WUOV NDAANGC HINGV

YIEM NAAIV MINGH WUOV NDAANGC HINGV, MBUO HORPC ZUQC BAQV COVID-19 NDIE-NQAEQV NDONGC HAAIX MAQC FAI MBA'ZIEK SIM?

- Ih zanc CDC caux ndie-sai dingc daaih bun baeqc fngx mienh baqv da'faam sim se Pfizer. Naaiv se weic zuqc baqv ziangx daauh nzunc nyei ndie-nqaeqv se oix zuqc maaiah i sim. Da'faam sim se benx ndie-jaa ndaangc wuov deix i sim.
- Modern nyei ndie-nqaeqv yaac duqv hung h jaa nqoi nzuih bun baqv da'faam sim ndie-jaa aqv.
- Johnson & Johnson yaac duqv baqv da'nyeic sim benx ndie-jaa aqv.

WEIC HAAIX DIUC MBUO OIX ZUQC BAQV NDIE-JAA BENX DA'NYEIC FAI DA'FAAM SIM?

Mbuo qiemx zuqc baqv da'nyeic fai da'faam sim se weic zuqc daauh baan nyei ndie-nqaeqv baqv nzoih liuz haih zaamv jienv mingh nyei. Naaiv nyungc ndie baqv liuz kungx tengx duqv yiem juqv hlaax mingh lorz hiect hlaax nyieqc gu'nyuoz hngangv. Yiem naaic jiex mingh wuov deix ndie nyei mueix fai qaqv jiex gorn zaamv jienv njiec. Weic hngangv naaic hung h jaa cingx nqoi nzuih bun mienh baqv da'faam sim.

Ih zanc maaiah ziex nyungc siang COVID-19 hieh baengc (variant) benx cuotv. Maaiah deix benx cuotv siang nyei baengc gauh ciouv caux gauh henv zinh ndaangc wuov baan. Baqv ndaangc nyei ndie haih dangv maiv duqv nzengc nyungc-nyungc benx cuotv siang nyei baengc.

YIE OIX ZUQC HNYANGX-HNYANGX BAQV COVID-19 NDIE-NQAEQV FAI?

Ih zanc nor, zaah hieh baengc nyei fin-saeng caux ndie-sai maiv gaengh hiuv dingc, weic zuqc benx mangc maiv buatc nyei sic. CDC hnamv daaih ih zanc benx cuotv nyei hieh baengc maiv la'gualh zutc siepv. Se gorngv yietc zungv baeqc fngx mienh muangx waac nyei ei jienv hung h jaa paaiv daaih nyei yietv-nyeic simv baengc nor, mbuo haih zoux bun naaiv deix hieh baengc sienc jienv njiec mv baac maiv haih zutc siepv.

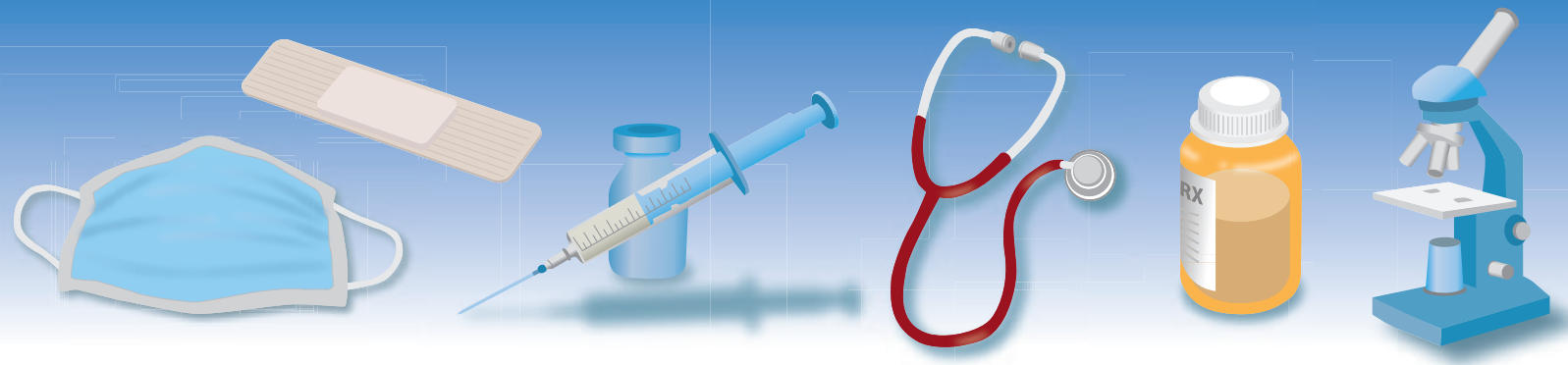
Zaah hieh baengc guai qaauv nyei mienh m'daaih maiv dingh liouh zaah jienv naaiv deix hieh baengc mingh. Haaix zanc ninh mbuo hiuv duqv haaix nyungc siang-baengc cuotv nor, ninh mbuo aengx lorz siang-za'eix mbenc ndie daaih bun baeqc fngx mienh.

SE GORNGV YIE BUTV LIUZ COVID-19 HIEH BAENG C MI'AQC NOR, YIE CORC QIEMX ZUQC BAQV COVID-19 NDIE-NQAEQV NYEI FAI?

Mbuo qiemx zuqc nyei. Maiv gunv meih butv liuz COVID-19 hieh baengc mi'aqc, meih zorc qiemx zuqc baqv ndie-nqaeqv nyei, weic meih corc aengx haih nyiez ganh nyungc fai ganh yiemc COVID-19 baengc nyei.

Haaix zanc mbuo nyei sin zipv zuqc hieh baengc daaih, ninh mbuo zoux hoic mbuo nyei buonh sin longx nyei gaeng camv haic. Maaiah deix zoux mau fai zoux daic mbuo buonh sin longx nyei gaeng, zoux bun mbuo nyei buonh sin longx nyei gaeng maiv henv fai mau njiec. Maaiah mienh butv liuz corc aengx haih aengx butv nyei.

MEIH HAIH NAAIC GAAX, SE GORNGV YIE BAQV ZIANGX NZENG C COVID-19 NDIE-NQAEQV MI'AQC, YIE CORC OIX ZUQC ZOUX FAI MBUNGH HAAIX NYUNG C NYEI FAI?



Oix zuqc nyei. Maiv gunv baqv ziangx ndie-nqaeqv mba'ziex sim, CDC corc heuc mbuo oix zuqc zoux ei simv baengc nyei za'eix nyei. Naaiv deix za'eix se:

- Dangh buang nzuih caux mba'zong ndie.
- Leih go doic 6 zaux nyei dorngx.
- Longc nzaaux buoz ndie zaux buoz 20 buon dorn.

Mbuo oix zuqc hnangv naaiv nor zoux weic tengx ganh caux hmuangv doic simv baengc caux mbungh baengc nyei jauv.

SE GORNGV YIE DINGC HNYOUV MAIV BAQV NDIE-NQAEQV NOR, MAAIH HAAIX NYUNGC LONGX FAI MAIV LONGX NYEI JAUV HAIH BENX CUOTV?

Baqv ndie-nqaeqv nyei jauv se benx gorqc zeic dingc

hnyouv zipv nyei jauv, maiv gaengh benx leiz bun mienh zoux ei. Ih zanc corc maaiah mienh camv nyei maiv kangv baqv. Meiv Guoqv hungv jaa bun baeqc fingx dingc hnyouv maiv baqv ndie-nqaeqv yiem 3 kang jauv-louc:

- Buoqc zaangc nyei leiz.
- Maaiah doix-dekc buonh sin nyei baengc fai baengc-ngaaz.
- Ganv siqc jeiv dingc hnyouv nyei jauv.

Jangx jienv oc, nyungc-nyungc mbuo zoux fai maiv zoux nyei jauv se maaiah longx caux maiv longx nyei jauv zorpc jienv cuotv. Maaiah biao (5) nyungc longx caux maiv longx nyei jauv yiem baqv COVID-19 nyei ndie-nqaeqv.

Ndie-Nqaeqv Longx nyei Buonc:

- Tengx ganv nyei buonh sin zieqv duqv naaiv nyungc baengc gauv hungv heic.
- Simv duqv cuotv taux maiv zuqc ndortv maengc, longx gauv siepv.
- Maiv bun COVID-19 baengc jiex ganv dauh, tengx ninh mbuo simv baengc.
- Benx longx haic nyei zingv nyeic bun mbuo hnamv nyei mienh.
- Tengx zoux hnganx fai dingv COVID-19 baengc yiem lungh ndiev.

Ndie-Nqaeqv Maiv Longx nyei Buonc:

- Zoux bun ganv nyei buonh sin hungv heic zipv naaiv nyungc hieh baengc.
- Zipv zuqc daaih haiah ndortv maengc, gauv aqc duqv longx.
- Zipv baengc daaih haiah hungv heic jiex ganv dauh siepv.
- Benx waaic caux ciouv haic nyei zingv nyeic bun hmuangv doic.
- Maiv haiah zoux hnganx baengc.