

# Koj Cov Me Nyuam Npaj Puas Tau Txhij?

Minnesota Kev Txhaj Tshuaj Tsab Cai Lij Choj

**Cov Tsuj Yuav** Siv daim phiaj taw (chart) los mus qhia kom paub txiav txim seb yuav tsum tau txhaj cov tshuaj twg kom thiaj cuv tau npe nkag rau hauv kev pab zov me nyuam, cov kev pab thaum me nyuam tseem me, thiab tsev kawm ntawv (tsoom fww li los yog tsis yog tsoom fww li).

**Tsum Tau Txhaj** Nrhiav kom paub tus me nyuam lub hnuv nyoog/qib kawm ntawv thiab saib seb koj tus me nyuam puas tau txhaj cov koob tshuaj uas qhia pom cov cim kos (checkmarks) nyob hauv qab ntwam txhua hom tshuaj txhaj. Cov me nyuam txij thaum yug mus rau hnuv nyoog 2 xyoo tej zaum tseem tsis tau txhaj tag nrho cov koob tshuaj. Mus saib phab ntwam nyob sab nraum qab, nws qhia pom lub hnuv nyoog thaum txog caij txhaj cov tshuaj lawm.



**Cov koob tshuaj pom zoo kom txhaj tab sis tsis yuam kom txhaj xwb xwb:**

## Mob khaub thuas

Txhua xyoo rau tag nrho cov me nyuam hnuv nyoog 6 lub hlis thiab tshaj saud

**Mob o rau lub plab thiab cov hnyuv ua rau raws plab (Rotavirus)**  
Rau cov me nyuam mos

**Mob ua pob cos rau chaw mos los ntwam kev sib deev (HUMAN PAPILLOMAVIRUS, HPV)**  
Thaum hnuv nyoog 11-12 xyoo

- ① Cov kawm nyob qib 1 uas muaj 6 xyoo thiab qis dua yuav tsum tau ua raws li mob tuag npab tuag ceg thiab Qa Foob, Mob Kab Xeb, Hnoos/Qa Foob, Mob Kab Xeb cov sij hawm teem txhaj rau cov kindergarten.
- ② Tsis kom yuav tsum tau txhaj lawm tom qab 24 lub hlis.
- ③ Yog tus me nyuam twb mob ua qhua taum los lawm, ces tsis tas txhaj koob tshuaj qhua taum lawm. Yog tus mob tshwm sim tom qab xyoo 2010, tus me nyuam tus kws kho mob yuav tsum tau kos npe rau ib daim ntawv.
- ④ Tsis tas txhaj koob thij tsib ntwam Qa Foob, Mob Kab Xeb thiab Hnoos yog twb txhaj koob thib plaub tom qab hnuv nyoog 4 xyoo lawm. Koob kawg ntwam Qa Foob, Mob Kab Xeb thiab Hnoos rau thaum los yog tom qab muaj 4 xyoo.
- ⑤ Tsis tas txhaj koob thib plaub ntwam koob mob tuag npab tuag ceg yog twb txhaj koob thij peb tom qab hnuv nyoog 4 xyoo lawm. Koob kawg ntwam tus mob tuag npab tuag ceg rau thaum los yog tom qab muaj 4 xyoo.
- ⑥ Kuj pub teem ib lub sij hawm txhaj 2 koob tiv thaiv tus kab mob siab B yog siv rau cov me nyuam txij hnuv nyoog 11 txog 15 xyoo.
- ⑦ Yuav tsum muaj ntwam pov thawj rau tsawg kawg peb koob tshuaj txhaj ntwam tus mob qa foob thiab mob kab xeb. Yog hais tias ib tug me nyuam tau txhaj tshuaj qa foob, mob kab xeb thiab hnoos thaum muaj 7-10 xyoo lawm ces tsis tas txhaj ib koob rau thaum nyob qib 7 lawm. Tiam sis, yog hais tias nws tsuas yog txhaj rau qa foob thiab mob kab xeb xwb ces, yuav tau txhaj ib koob qa foob, mob kab xeb thiab hnoos rau thaum nyob qib 7.
- ⑧ Yuav tsum txhaj ib koob rau thaum nyob qib 7, ib koob thib ob rau thaum muaj 16 xyoo (qib 10/11).

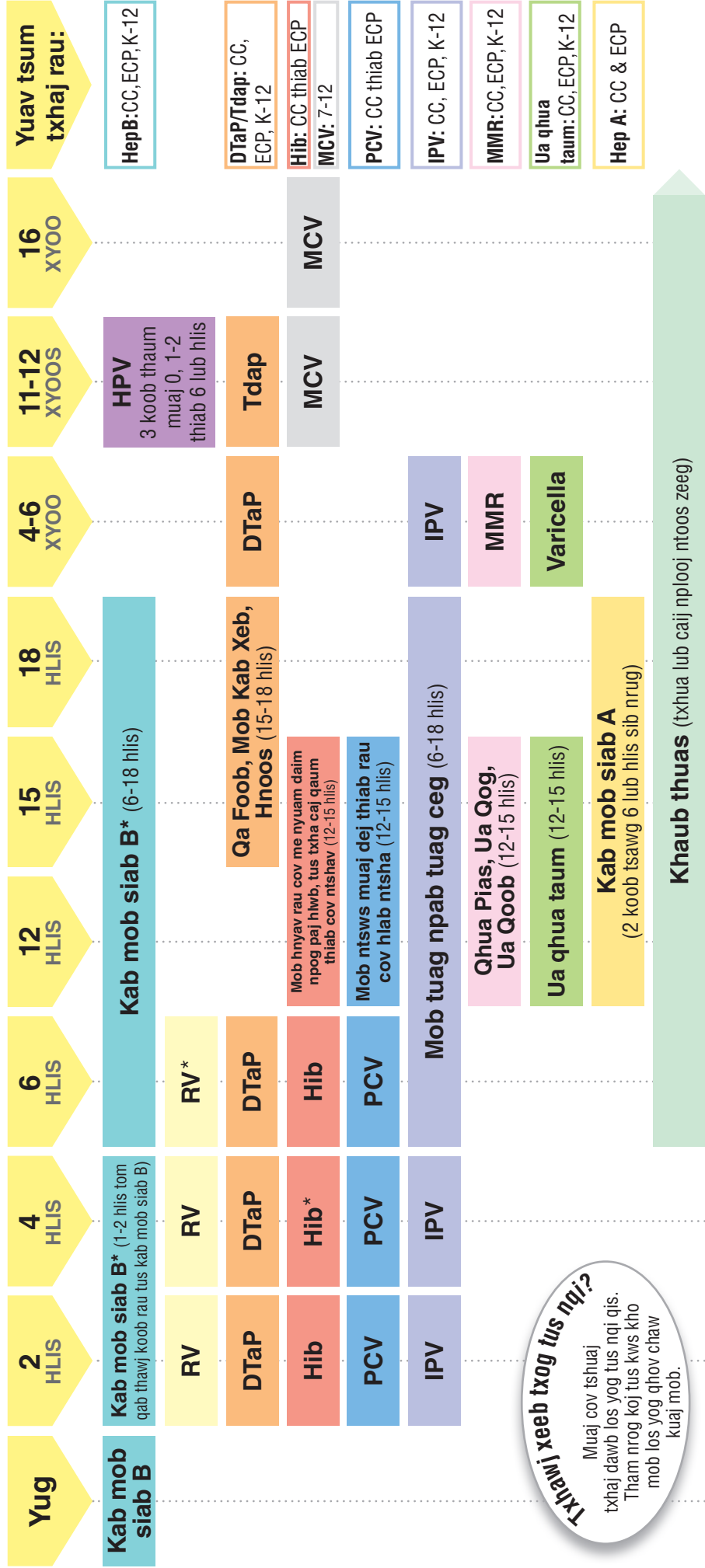
**Cov kev zam** Kom muaj npe nkag rau hauv kev pab zov me nyuam, cov kev pab thaum me nyuam tseem me, thiab tsev kawm ntawv hauv Minnesota, cov me nyuam yuav tsum muaj ntwam ntawv qhia pom tias lawv tau txhaj cov tshuaj no los yog ua ntwam thov kom zam raws cai.

Cov niam cov txiv yuav ua tau ntwam thov kom zam vim kev mob nkeeg uas muaj npe kos los ntwam ib tug kws kho mob los yog ib daim ntawv tsis pub txhaj tshuaj kos npe los ntwam ib tug niam tug txiv/tus saib xyuas thiab kom muaj lub thwj ntaus rau (notarized).

**Nrhiav Ntaub Ntwam Txhaj Tshuaj?** Yog xav tau koj tus me nyuam cov ntaub ntwam txhaj tshuaj, tham nrog koj tus kws kho mob los yog hu rau Minnesota Immunization Information Connection (MIIC) ntwam 651-201-5503 los yog 1-800-657-3970.

# Thaum Twg Thiaj Yuav Tau Txhaj Tshuaj Thaum Yug mus txog 16 Xyooos

CC = Kev pab zov me nyuam  
 ECP = Cov Kev Pab thaum Me Nyuam Tseem Me  
 K-12 = Kindergarten txog qib 12  
 7-12 = qib 7 txog qib 12



**Txhawj xeeb txog tus nqi?**  
 Muaj cov tshuaj txhaj dawb los yog tus nqi qis. Thaum nrog koj tus kws kho mob los yog qhov chaw kuaj mob.

**Khaub thuas** (txhua lub caij nplooj ntoos zeeg)

Nws tseem tsis tau lig! Yog tias koj tus me nyuam tseem tsis tau txhaj tshuaj puv, nrog koj tus kws kho mob los sis qhov chaw kuaj mob tham kom mus txhaj kom txhij.

Minnesota tsab cai lij choj hais kom yuav tsum muaj ntawv pov thawj rau qee hom tshuaj txhaj rau cov me nyuam nyob hauv kev pab zov, cov kev pab thaum me nyuam tseem me, thiab tsev kawm ntawv. Tiam sis, yog hais tias ib tug me nyuam muaj ib tug mob los yog hais tias nws niam nws txiv yeej tsis kam txhaj ib hom tshuaj twg los yog tag nrho cov tshuaj, nws muaj qhov zam rau raws cai.

**Cov me nyuam uas muaj qee yam mob kuj yuav tau txhaj tshuaj ntxiv** (piv txwv, mob ntsws muaj dej thiab rau cov hlab ntsha (pneumococcal) los yog tus mob rau daim npog paj hlwb thiab cov ntshav (meningococcal)). Thaum nrog koj tus kws kho mob los yog qhov chaw kuaj mob.

Qhia txog cov koob tshuaj muab sau ua cov tsiaj ntauw

DTap/Tdap=Qa foob, Mob Kab Xeb, Hnoos	Hib = Mob hnyav rau cov me nyuam daim npog paj hlwb, tus txha cai qaum thiab cov ntshav hom b
Hep B= Kab mob siab B	Hep A= Kab mob siab A
MMR=Qhua Pias, Ua Qog, Ua Qoob	IPV= Mob tuag npab tuag ceg
	MCV= mob rau daim npog paj hlwb thiab cov ntshav
	RV= mob o rau lub plab thiab cov hnyuav ua rau raws plab