



# NTAWV TEEV QHIA COV NTSIAB LUS TSEEB:

TSHUAJ TIV THAIV KAB MOB  
COVID-19 THIAB KEV XEEB ME NYUAM

## Muaj ntau cov ntaub ntawv qhia tsis raug uas tau mus nyeemhais txog tshuaj Tiv Thaiv Kab Mob COVID-19 thiab Kev Xeeb Me Nyuam.

**Los sib tham txog nqee cov ntsiab lus tseeb uas paub txog zoo!**

**Cov tshuaj tiv thaiv kab mob COVID-19 yeej muaj kev nyab xeeb rau kev siv sij hawm ua ntej, nyob rau ncuaj sij hawm, thiab tom qab lub cev xeeb me nyuam.**

American College of Obstetricians and Gynecologists (ACOG, Tsev Kawm Qib Siab Pab Kev Yug Me Nyuam thiab Kho Tsev Me Nyuam Rau Cov Neeg Asmeslikas) thiab Centers for Disease Control and Prevention (CDC, Cov Chaw Khiav Hauj Lwm Tswj Hwm thiab Tiv Thaiv Kab Mob) xav kom yuav tau txhaj tshuaj nyob rau ncuaj sij hawm cev xeeb me nyuam los tiv thaiv rau kev mob nkeeg nyhav los ntawm kab mob COVID-19.

**Cov poj niam cev xeeb me nyuam yuav muaj feem tau txais kev mob nkeeg nyhav thiab muaj ntau yam mob sib txuam yog lawv muaj kab mob COVID-19.**

Kev tau txais kev mob nkeeg nyhav los ntawm kab mob COVID-19 rau ncuaj sij hawm los sis tom qab lub cev xeeb me nyuam tej zaum yuav ua rau muaj feem ntau tuaj rau kev tau mus pw tsev kho mob uas yuav tsum tau siv cuab yeej pab kev ua pa, kev muaj ntau yam mob txuam nyob rau ncuaj sij hawm cev xeeb me nyuam, kev yug me nyuam ua ntej txwm hli, los sis me nyuam tuag hauv plab.

**Tseem tsis tau muaj pov thawj qhia tias cov tshuaj tiv thaiv kab mob COVID-19 no tsim kev puas tsuaj rau kev yug me nyuam, kev ho me nyuam, kev yug me nyuam ua ntej txwm hli, me nyuam tuag hauv plab, los sis lwm cov mob txuam.**

Txawm li cas los xij, kev mob nkeeg los ntawm kab mob COVID-19 tau paub tias ua rau muaj cov mob txuam no ntau yam.

**Nws muaj kev nyab xeeb rau kev txhaj tshuaj tiv thaiv kab mob txawm yog tias koj pub me nyuam mis.**

Kua mis niam yuav pab xa tau cov roj tiv thaiv kab mob hauv nrog cev mus rau koj tus me nyuam txhawm rau pab tiv thaiv lawv los ntawm kev kis tau kab mob COVID-19 kom txog rau thaum lawm muaj 6 hli uas txais tau tshuaj tiv thaiv kab mob.

### **Cov Chaw Muab Ntaub Ntawv Qhia Paub:**

**[Kev Txhaj Tshuaj Tiv Thaiv Kab Mob COVID-19 Thaum Cev Xeeb Me Nyuam los sis Pub Mis Me Nyuam \(cdc.gov\)](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html)** | <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html> (Ua Lus Askiv, Lus Mev, Lus Kaus Lim, Lus Nyab Laj, thiab Lus Suav xwb)

**[Cov Neeg Cev Xeeb Me Nyuam thiab Nyuam Qhuav Xeeb Me Nyuam Los Tsis Ntev No | CDC](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnant-people.html)** | <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnant-people.html> (Ua Lus Askiv xwb)

**[Tshuaj Tiv Thaiv Kab Mob COVID-19 thiab Kev Xeeb Me Nyuam: Yam Koj Yuav Tsum Tau Paub | Johns Hopkins Medicine](https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/the-covid19-vaccine-and-pregnancy-what-you-need-to-know)** | <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/the-covid19-vaccine-and-pregnancy-what-you-need-to-know> (Ua Lus Askiv xwb)

Xav thov cov ntaub ntawv no sau ua lwm tus qauv ntawv, hu rau 1-800-525-0127.  
Cov neeg thov kev pab uas tsis hnouv lus los sis hnouv lus tsis zoo, thov hu rau 711  
(Washington Relay) los sis sau email rau [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).

