

## **KEV TXHAJ TSHUAJ TIV THAIV KAB MOB COVID-19 TAU HAIS KOM TSHAJ TAWM RAU HAUV SOCIAL MEDIA TXHAWM RAU SIV LOS NTAWM COV NEEG UA HAUJ LWM HAUV LUB CHAW SAIB XYUAS KEV NOJ QAB HAUS HUV**

NACHC tau tsim cov kab duab ntawv yuav siv nrog rau tej xov xwm tshaj tawm hauv social media. Mus saib peb [Tej Ntaub Ntawv Hais Txog Kev Tshaj Xov Txwm Txog Tus Kab Mob COVID Rau Hauv Social Media](#)

### **KAB NTAWV TSEEM CEEB: COV TSHUAJ TIV THAIV KAB MOB COVID-19 YOG IB YAM TSEEM CEEB LOS PAB NRES TAU TUS KAB MOB SIB KIS**

#### **TSHAJ TAWM HAUV FACEBOOK**

Kev tau ib yam tshuaj tiv thaiv kab mob COVID-19 tsis yog yuav tiv thaiv koj tau nkaus xwb tab sis nws yuav pab nres kom tus kab mob sib kis txhob sib kis mus tau ntiv rau lwm cov neeg. Txawm tias tsis tau muaj ib yam tshuaj los nres tau tus kab mob sib kis los xij, qhov tau txhaj tshuaj tiv thaiv kab mob yeej yog ib kauj ruam tseem ceeb heev. Koj qhov tiv thaiv tau zoo tshaj plaws kom txhob kis tau tus kab mob COVID-19 yuav yog siv ntau yam ua ke los ntawm kev txhaj ib yam tshuaj tiv thaiv kab mob COVID-19, kev rau ib daim npog qhov ncauj qhov ntswg, kev nyob kom sib nruag deb tsawg kawg yog 6 fij ntawm lwm tus neeg, kev zam txhob nyob nrog cov neeg coob, thiab nquag ntxuav koj ob sab tes. Yeej tseem tsis tau muaj ib yam tshuaj twg yuav los nres tau tus kab mob sib kis no. Kawm kom paub ntau ntiv txog tej txiaj ntsig ntawm kev txhaj tshuaj tiv thaiv kab mob COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/about-vaccines/vaccine-benefits.html>

#### **TSHAJ TAWM HAUV INSTAGRAM**

Kev tau ib yam tshuaj tiv thaiv kab mob COVID-19 tsis yog yuav tiv thaiv koj tau nkaus xwb tab sis nws yuav pab nres kom tus kab mob sib kis txhob sib kis mus tau ntiv rau lwm cov neeg. Txawm tias tsis tau muaj ib yam tshuaj los nres tau tus kab mob sib kis los xij, qhov tau txhaj tshuaj tiv thaiv kab mob yeej yog ib kauj ruam tseem ceeb heev. Koj qhov tiv thaiv tau zoo tshaj plaws kom txhob kis tau #COVID19 yuav yog siv ntau yam ua ke los ntawm kev txhaj ib yam #tshuaj tiv thaiv kab mob COVID-19, kev rau ib daim npog qhov ncauj qhov ntswg, kev nyob kom sib nruag deb tsawg kawg yog 6 fij ntawm lwm tus neeg, kev zam txhob nyob nrog cov neeg coob, thiab nquag ntxuav koj ob sab tes. Yeej tseem tsis tau muaj ib yam tshuaj twg yuav los nres tau tus kab mob sib kis no. Kawm kom paub ntau ntiv txog tej txiaj ntsig ntawm kev txhaj tshuaj tiv thaiv kab mob COVID-19: [cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)

#### **TSHAJ TAWM HAUV TWITTER**

Kev tau ib yam tshuaj tiv thaiv kab mob COVID-19 tsis yog yuav tiv thaiv koj tau nkaus xwb tab sis nws yuav pab nres kom tus kab mob sib kis txhob sib kis mus tau ntiv rau lwm cov neeg. Kev siv ntau yam ua ke los ntawm kev txhaj ib yam #tshuaj tiv thaiv kab mob COVID-19, kev rau ib daim npog qhov ncauj qhov ntswg, kev nyob kom sib nruag deb tsawg kawg yog 6 fij ntawm lwm tus neeg, nquag ntxuav koj ob sab tes tag nrho tej no mas yuav tsum tau ua. Kawm kom paub ntiv: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/about-vaccines/vaccine-benefits.html>

## **KAB NTAWV TSEEM CEEB: COV TSHUAJ TIV THAIV KAB MOB COVID-19 YUAV TSI MUAB TUS KAB MOB COVID-19 RAU KOJ**

### **TSHAJ TAWM HAUV FACEBOOK**

Yam tshuaj tiv thaiv kab mob yuav tsi muab tus kab mob COVID-19 rau koj. Tam sim no yeej tseem tsi muaj cov tshuaj tiv thaiv kab mob COVID-19 tsaus siv rau hauv Teb Chaws Mes Kas los tua tau tus kab mob vais lav uas ua rau muaj tus kab mob COVID-19. Koj yuav muaj cov tsos mob zws li ua npaws tom qab koj txhaj ib yam tshuaj tiv thaiv kab mob tag. Qhov no yeej ib txwm tsi tshua muaj thiab yog ib qho tsos uas koj feem tiv thaiv kab mob hauv lub cev tab tom kawm kom paub txog kev nco tau thiab tua tus kab mob vais lav uas ua rau muaj tus kab mob COVID-19. Kawm kom paub ntau ntxiv txog qhov tseeb ntawm cov tshuaj tiv thaiv kab mob COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/about-vaccines/vaccine-myths.html>

### **TSHAJ TAWM HAUV INSTAGRAM**

Yam tshuaj tiv thaiv kab mob yuav tsi muab tus kab mob COVID-19 rau koj. Tam sim no yeej tseem tsi muaj cov tshuaj tiv thaiv kab mob COVID-19 tsaus siv rau hauv Teb Chaws Mes Kas los tua tau tus kab mob vais lav uas ua rau muaj tus kab mob COVID-19. Koj yuav muaj cov tsos mob xws li ua npaws tom qab koj txhaj ib yam tshuaj tiv thaiv kab mob tag. Qhov no yeej ib txwm tsi tshua muaj thiab yog ib qho tsos uas koj feem tiv thaiv kab mob hauv lub cev tab tom kawm kom paub txog kev nco tau thiab tua tus kab mob vais lav uas ua rau muaj tus kab mob COVID-19. Kawm kom paub ntau ntxiv txog qhov tseeb ntawm cov tshuaj tiv thaiv kab mob COVID-19: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

### **TSHAJ TAWM HAUV TWITTER**

Yam tshuaj tiv thaiv kab mob yuav tsi muab tus kab mob COVID-19 rau koj. Tam sim no yeej tseem tsi muaj cov tshuaj tiv thaiv kab mob tsaus siv rau hauv Teb Chaws Mes Kas los tua tau tus kab mob vais lav uas ua rau muaj tus kab mob COVID-19. Koj yuav muaj cov tsos mob zws li ua npaws tom qab koj txhaj ib yam tshuaj tiv thaiv kab mob tag. Qhov no yeej tsi tshua muaj. Kawm kom paub ntau ntxiv txog qhov tseeb ntawm yam tshuaj tiv thaiv kab mob: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/about-vaccines/vaccine-myths.html>

*TEJ NTAUB NTAWV:*

<https://www.cdc.gov/vaccines/covid-19/health-systems-communication-toolkit.html#social>

## **TEJ NTAUB NTAWV SIB TXUAS LUS TXOG KEV TXHAJ TSHUAJ TIV THAIV KAB MOB COVID-19 TXHAWM RAU SIV LOS NTAWM COV NEEG UA HAUJ LWM HAUV LUB CHAW SAIB XYUAS KEV NOJ QAB HAUS HUV**

### **KEV TSHAJ TAWM HAUV XOV XWM**

TIV THAIV KOJ TUS KHEEJ THIAB KOJ TSEV NEEG LOS NTAWM KEV TXHAJ IB YAM TSHUAJ TIV THAIV TUS KAB MOB COVID-19

<Ntaus lub npe Community Health Center nkag rau> tab tom muab cov tshuaj tiv thaiv kab mob COVID-19 rau thaum <ntaus hnub thiab lub sij hawm nkag rau> ntawm <ntaus qhov chaw nyob

ntawm lub chaw nkag rau>.

<Ntaus Lub Nroog Nkag Rau><Ntaus Hnub Nkag Rau> - Lub Tsev Hauj Lwm Tswj Thiab Tiv Thaiv Kab Mob (Centers for Disease Control and Prevention, CDC) yeej hais kom txhaj tshuaj tiv thaiv kab mob COVID-19 thiaj li tiv thaiv tau tus kab mob COVID-19 thiab tiv thaiv tau koj tsev neeg thiab lub zej zos tau. Koj tuaj yeem raug txhaj tshuaj tiv thaiv kab mob tau dawb rau thaum <ntaus hnub thiab lub sij hawm nkag rau> ntawm <ntaus lub npe ntawm Community Health Center nkag rau>.

Kev tau ib yam tshuaj tiv thaiv kab mob COVID-19 tsis yog yuav tiv thaiv koj tau nkaus xwb tab sis nws yuav pab nres kom tus kab mob sib kis txhob sib kis mus tau ntiv rau lwm cov neeg. Txawm tias tsis tau muaj ib yam tshuaj los nres tau tus kab mob sib kis los xij, qhov tau txhaj tshuaj tiv thaiv kab mob yeej yog ib kauj ruam tseem ceeb heev. Koj qhov tiv thaiv tau zoo tshaj plaws kom txhob kis tau tus kab mob COVID-19 yuav yog siv ntau yam ua ke los ntawm kev txhaj ib yam tshuaj tiv thaiv kab mob COVID-19, kev rau ib daim npog qhov ncauj qhov ntswg, kev nyob kom sib nrug deb tsawg kawg yog 6 fij ntawm lwm tus neeg, kev zam txhob nyob nrog cov neeg coob, thiab nquag ntxuav koj ob sab tes. Saib xyuas kom raug txhaj tshuaj tiv thaiv kab mob! #ThisIsOurShot.

“Kuv twb raug txhaj kuv koob tshuaj tiv thaiv kab mob COVID-19 lawm,” hais los ntawm <ntaus lub npe ntawm tus kws lis hauj lwm rau ntawm lub chaw Community Health Center>. “Kev tsim feem tiv thaiv tus kab mob COVID-19 rau hauv peb lub chaw saib xyuas kev noj qab haus huv thiab peb lub zej zos yog ib pawg sib pab tau zoo. Kev txhaj ib yam tshuaj tiv thaiv kab mob, kuv yuav pab txhawb kev noj qab haus huv ntawm kuv tsev neeg thiab kuv lub zej zos.”

Lub chaw CDC thiab cov kws kho mob pom zoo tias yam tshuaj tiv thaiv kab mob COVID-19 mas yeej nyab xeeb. Txhua hom tshuaj tiv thaiv kab mob COVID-19 yeej raug sim kho mob txog ntau txhiab leej neeg los lawm txhawm rau kom paub meej tias tej tshuaj no yeej nyab xeeb thiab tiv thaiv cov neeg laus uas muaj ntau lub hnub nyoog sib txawv tau, cov haiv neeg, thiab cov haiv neeg tsawg tau. Nws tsis muaj qhov txhawj xeeb dab tsi txog kev nyab xeeb li. Lub tsev hauj lwm CDC thiab Lub Tsev Hauj Lwm Tswj Xyuas Khoom Noj thiab Tshuaj Kho Mob (Food and Drug Administration, FDA) yuav soj qab xyuas cov tshuaj tiv thaiv kab mob txog tej teeb meem rau kev nyab xeeb uas tseem tab tom siv tej tshuaj no rau lub sij hawm tam sim no.

Tam sim no yeej tseem tsis muaj cov tshuaj tiv thaiv kab mob COVID-19 tsaus siv rau hauv Teb Chaws Mes Kas los tua tau tus kab mob vais lav uas ua rau muaj tus kab mob COVID-19. Koj yuav muaj cov tsos mob zws li ua npaws tom qab koj txhaj ib yam tshuaj tiv thaiv kab mob tag. Qhov no yeej ib txwm tsis tshua muaj thiab yog ib qho tsos uas koj feem tiv thaiv kab mob hauv lub cev tab tom kawm kom paub txog kev nco tau thiab tua tus kab mob vais lav uas ua rau muaj tus kab mob COVID-19.

Yog xav paub xov xwm ntau ntiv, los sis yuav teem caij rau koj qhov txhaj tshuaj tiv thaiv kab mob, mus rau ntawm <nkag mus rau hauv lub chaw Community Health Center lub website> los sis hu rau <ntaus lub chaw Community Health Center tus nab npawb xov tooj rau>.

## **KEV TSHAJ TAWM TXOG KEV PAB PEJ XEEM SAWV DAWS NTEV TXOG 30 FEEB (TSHAJ TAWM HAUV XOV TOOJ CUA LOS SIS TV)**

Tiv thaiv koj tus kheej thiab koj tsev neeg los ntawm kev txhaj ib yam tshuaj tiv thaiv kab mob COVID-19<Ntaus lub npe ntawm lub chaw Community Health Center> uas tab tom yuav txhaj tshuaj tiv thaiv kab mob COVID-19 rau thaum <ntaus hnub thiab lub sij hawm nkag rau> rau ntawm <Ntaus qhov chaw nyob nkag rau>.

Lub Tsev Hauj Lwm Tswj Thiab Tiv Thaiv Kab Mob (Centers for Disease Control and Prevention, CDC) yeej hais kom yuav tsum tau txhaj tshuaj tiv thaiv kab mob COVID-19 thiaj li tiv thaiv tau tus kab mob COVID-19 thiab tiv thaiv tau koj thiab koj tsev neeg.

Koj qhov tiv thaiv tau zoo tshaj plaws kom txhob kis tau tus kab mob COVID-19 yuav yog siv ntau yam ua ke los ntawm kev txhaj ib yam #tshuaj tiv thaiv kab mob COVID-19, kev rau ib daim npog qhov ncauj qhov ntswg, kev nyob kom sib nrug deb tsawg kawg yog 6 fij ntawm lwm tus neeg, kev

zam nyob nrog cov neeg coob, thiab nquag ntxuav koj ob sab tes. Yeej tseem tsis tau muaj ib yam tshuaj twg yuav los nres tau tus kab mob vais lav. Kev txhaj tshuaj tiv thaiv kab mob thiaj li yuav ua rau koj thiab koj tsev neeg nyab xeeb.

Yog xav paub tej xov xwm ntau ntxiv, los sis xav teem caij txhaj tshuaj rau koj, mus rau ntawm <nkag mus rau hauv lub chaw Community Health Center lub website> los sis hu rau <ntaus lub chaw Community Health Center tus nab npawb xov tooj rau>.

## **TEJ NTAUB NTAWV CAW TXOG KEV TXHAJ TSHUAJ TIV THAIV KAB MOB RAW S HAU V SOCIAL MEDIA**

### **NTAUB NTAWV CAW RAU HAU V FACEBOOK**

Tiv thaiv koj tus kheej thiab koj tsev neeg los ntawm kev txhaj ib yam tshuaj tiv thaiv kab mob COVID-19<Ntaus lub npe ntawm lub chaw Community Health Center> uas tab tom yuav txhaj tshuaj tiv thaiv kab mob COVID-19 rau thaum <ntaus hnuv thiab lub sij hawm nkag rau> rau ntawm <Ntaus qhov chaw nyob nkag rau>.

Lub Tsev Hauj Lwm Tswj thiab Tiv Thaiv Kab Mob (Centers for Disease Control and Prevention, CDC) yeej hais kom yuav tsum tau txhaj tshuaj tiv thaiv kab mob COVID-19 thiaj li tiv thaiv tau tus kab mob COVID-19 thiab tiv thaiv tau koj thiab koj tsev neeg.

Kev tau ib yam tshuaj tiv thaiv kab mob COVID-19 tsis yog yuav tiv thaiv koj tau nkaus xwb tab sis nws yuav pab nres kom tus kab mob sib kis txhob sib kis mus tau ntxiv rau lwm cov neeg. Txawm tias tsis tau muaj ib yam tshuaj los nres tau tus kab mob sib kis los xij, qhov tau txhaj tshuaj tiv thaiv kab mob yeej yog ib kauj ruam tseem ceeb heev. Koj qhov tiv thaiv tau zoo tshaj plaws kom txhob kis tau tus kab mob COVID-19 yuav yog siv ntau yam ua ke los ntawm kev txhaj ib yam tshuaj tiv thaiv kab mob COVID-19, kev rau ib daim npog qhov ncauj qhov ntswg, kev nyob kom sib nrug deb tsawg kawg yog 6 fij ntawm lwm tus neeg, kev zam txhob nyob nrog cov neeg coob, thiab nquag ntxuav koj ob sab tes. Saib xyuas kom raug txhaj tshuaj tiv thaiv kab mob! #ThisIsOurShot.

Yog xav paub tej xov xwm ntau ntxiv, los sis xav teem caij txhaj tshuaj rau koj, mus rau ntawm <nkag mus rau hauv lub chaw Community Health Center lub website> los sis hu rau <ntaus lub chaw Community Health Center tus nab npawb xov tooj rau>.

### **NTAUB NTAWV CAW RAU HAU V INSTAGRAM**

Tiv thaiv koj tus kheej thiab koj tsev neeg los ntawm kev txhaj ib yam tshuaj tiv thaiv kab mob COVID-19<Ntaus lub npe ntawm lub chaw Community Health Center> uas tab tom yuav txhaj tshuaj tiv thaiv kab mob COVID-19 rau thaum <ntaus hnuv thiab lub sij hawm nkag rau> rau ntawm <Ntaus qhov chaw nyob nkag rau>.

Lub Tsev Hauj Lwm Tswj thiab Tiv Thaiv Kab Mob (Centers for Disease Control and Prevention, CDC) yeej hais kom yuav tsum tau txhaj tshuaj tiv thaiv kab mob COVID-19 thiaj li tiv thaiv tau tus kab mob COVID-19 thiab tiv thaiv tau koj thiab koj tsev neeg.

Yog xav paub tej xov xwm ntau ntxiv, los sis xav teem caij txhaj tshuaj rau koj, mus rau ntawm <nkag mus rau hauv lub chaw Community Health Center lub website> los sis hu rau <ntaus lub chaw Community Health Center tus nab npawb xov tooj rau>.

### **NTAUB NTAWV CAW RAU HAU V TWITTER**

Lub chaw @CDCgov yeej hais kom yuav tsum tau txhaj tshuaj tiv thaiv kab mob #COVID-19 thiaj li tiv thaiv tau tus kab mob COVID-19 thiab tiv thaiv tau koj thiab koj tsev neeg. Yog xav paub xov xwm ntau ntxiv, los sis yuav teem caij rau koj qhov txhaj tshuaj tiv thaiv kab mob, mus rau ntawm

<nkag mus rau hauv lub chaw Community Health Center lub website> los sis hu rau <ntaus lub chaw Community Health Center tus nab npawb xov tooj rau>.