

# COVID-19 Khamnak Sii (Vaccines) Konglam

COVID-19 Khamnak Sii chunh (shot) hi mitam pi nih zawtnak raii doh kawhnak ding ah kan herh mi pakhat asi.



Vawlei pi nih tonmi raii dohnak dingah, kan herh mi khamnak thil vialte kan hman dih aherh. Khamnak sii pawl (vaccines) hi ngandamnak, huhphenhnak, zawtnak khamnak ding hna caah hmankhawhmi lakah a tha bik mi pakhat asi. Khamnak Sii pawl (vaccines) na chunh tikah, na zawt sual asi hmanhah, na tak pum chungah rian a tuan cang lai i, na takpum nih zawtnak rungrul kha an doh piak lai. Covid-19 a karh lo nak ding caah na hnar tiang a khup kho mi (face mask) le nangmah he aum tti lo mi midang he (pe-6) a tlawm bik a hlatnak ah um i zuam.

Zawtnak **khamnak sii pawl (vaccines) hi a hlawh atling ngaingai** mi asi tiah cawnnak lei nih an hmuh. Thiamsang pawl zong nih hi zawtnak khamnak sii pawl (vaccines) nih Covid-19 in na zawt hmanh ah, a fak tuk in na zawt lo nak ding ah an khamh khawh tiah an ti. Cun, mah zawtnak khamnak sii pawl (vaccines) nih hin zawtnak rungrul ttha lo an ngeihter kho lo.



**Zawtnak Khamnak sii pawl (vaccines) hi an him ko.** U.S. zawtnak khamnak sii tuah ning phung nih zawtnak khamnak sii pawl (vaccines) hi asi khawh chung in a himnak ding hi an i zuam. COVID-19 khamnak sii (Vaccines) hi kum dang i an rak chuah cia mi khamnak sii pawl (vaccines) he a khat mi himnak tahnak (safety test) he a khat in an tuah mi asi. U.S rampi nih a ngeih mi thilsining (system) nih CDC sin ah zohter nak a tuah mi cu khamnak sii pawl (vaccines) hi asi khawh chungin an him khawh nak ding hi asi.

**Covid-19 sii phun dang pawl zong an chuak zau lai. Hi khamnak sii pawl (vaccines) hi voihnih chunh ahau mi asi.** Avoikhat nak na chunh mi nih na tak pum kha timh lamhnak a ngeih ter. A voihnih nak cu a tlawm bik zarhthum hnu ah i chunh than a herh. Voihnih chunh na hau tiah chimh mi na si ahcun na chun hrimhrim lai. Hi Khamnak sii pawl (vaccines) hi an rian tuan ning tlawmpal aa dang cio. A sinain, nangmah him nak an pe tu an si thiamthiam ko lai.

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Adapted (language translation) from "Facts about COVID-19 Vaccines" resource per Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Disease - version 12/23/20

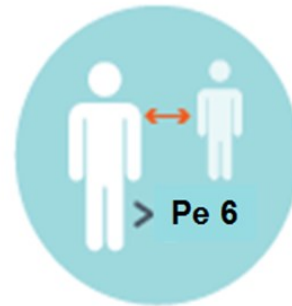




Zawtnak khamnak sii pawl nih micheu cu taksa fah, thabat, silo ah taklinh tibantuk pawl a chuah ter lai. Cubantuk lehrulhnak a chuak mi pawl nih na takpum cu zawtnak na ngeih tik ah zeitin dah ka doh lai ti kha a cawnpiak. Mah bantuk lehrulhnak pawl cu nihnih in nithum kar hrawng ah an lo zau lai. Lehrulhnak na ngeih ruangah covid-19 zawtnak na ngei tinak asi hrimhrim lo. Sii chunh na si hnuah hal na duh mi aum ah cun na siibawi, an zohkhenhtu sii saya/mah te le na siikhan kha chawnh khawh i zuam hna. Sii paohpaoh nih a chuah ter khawh mi thawchuah khawh lo (aum tuk lo) tibantuk in na um sual ah cun 911 na chawnh colh lai. Asilo ah nangmah he aa naih nak bik emergency ah na kal lai.

**Sii na chunh lio ah nangmah le sii an chuntu cu hnar tiang a khup kho mi (face mask) nan i hruk hrimhrim lai.**

CDC nih forhfial mi cu hi zawtnak raaipi ton lio ah hin, mi zeipaoh nih mah chungkhar asilo mi, midang pawng um tikah, zawtnak zohkhenhnak hmun pawl i um tikah, cun covid-19 khamnak sii le a dangdang sii na chunh tikah hnartiang a khup kho mi (face mask) i hruk hrim hrim ding hi asi.



**Khamnak sii na chunh dih hnu zong ah nangmah he aum tti lo mi pawng** na um tik paoh ah hnartiang a khup kho mi (face mask) na hruk hrim lai. Cun, kut ttawl daithlan lo le midang he pe-6 a tlawmbik a hlat nak ah um na zuam lai. Cubantuk na tuah nak nih cun zawtnak karh lo nak ding a bawmh lai. Thiamsang pawl nih hi covid-19 khamnak sii hi zeitiang dah an nguh lai ti an chim kho rih lo. Cu ruangah, CDC fial mi le an zohkhenhtu na siikhan hna fial ning in um na zuam lai. **A fiang mi cu, mi zeipaoh khamnak sii hi i chunh khawh colh asi rih lai lo. Asinan, aho paoh i ralrin le ngandam te'n um hi a biapi tuk mi asi.**

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