

TRANSLATIONS

ENGLISH	SPANISH	HMONG	PUNJABI
GETTING VACCINATED is the best gift you can give yourself, family, and community. Schedule an appointment at www.myturn.ca.gov or call 833-422-4255		KEV TAU TXAIS TSHUAJ TIV THAIV yog ib qhov khoom plig zoo tshaj plaws uas koj tuaj yeem muab rau koj tus kheej, tsev neeg, thiab zej zog. Teem lub sij hawm nyob rau ntawm www.myturn.ca.gov los sis hu rau 883-433-4255	
HOLIDAY TIP #1. Get vaccinated. If you are 5 years old and up, get vaccinated. It's the best gift you can give yourself, friends, and community.		LUS QHIA HNUB SO #1. Tau txais tshuaj tiv thaiv. Yog tias koj muaj hnuv nyoog 5 xyos thiab siab duas, mus txais tshuaj tiv thaiv. Nws yog ib qhov khoom plig zoo tshaj plaws uas koj tuaj yeem muab rau koj tus kheej, phooj ywg, thiab zej zog.	
HOLIDAY TIP #2. Get a booster. If you are 16 years old and up, the CDC recommends you get a booster. It's the best gift you can give yourself, friends, and community		LUS QHIA HNUB SO #2. Tau txais tshuaj tiv thiav booster. Yog tias koj muaj hnuv nyoog 16 xyoo thiab siab duas, CDC pom zoo kom koj tau txais tshuaj tiv thiav booster. Nws yog ib qhov khoom plig zoo tshaj plaws uas koj tuaj yeem muab rau koj tus kheej, phooj ywg, thiab zej zog	
HOLIDAY TIP #3. Wear a mask. Masks add a layer of protection against variants, help decrease the rate of infections, and slow community transmission.		LUS QHIA HNUB SO #3. Rau ntaub npog qhov ncauj. Ntaub npog qhov ncauj yog qhov ntxiv ib txheej ntawm kev tiv thaiv kev sib kis, pab txo kev sib kis tus kab mob, thiab sib kis hauv zej zog kom qeeb	

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<p>HOLIDAY TIP #4. Get tested Testing for COVID-19 is free. When exposed to COVID-19, go to www.fresnocep.org/testing for a testing location near you. Walk in appointments are available.</p>		<p>LUS QHIA HNUB SO #4. Tau txais Kev Ntsuas Xyuas COVID-19 dawb. Thaum kis tus kab mob COVID-19, mus rau ntawm www.fresnocep.org/testing Txhawm rau qhov chaw ntsuas xyuas nyob ze koj. Teem caij mus txais tau</p>	
<p>HOLIDAY TIP #5. Stay home when sick. When you're not feeling well, protect yourself and others by staying home</p>		<p>LUS QHIA HNUB SO #5. Nyob hauv tsev thaum mob. Thaum koj hnov tias tsis xis neej, tiv thaiv koj tus kheej thiab lwm tus los ntawm kev nyob hauv tsev</p>	

QUESTIONS AND ANSWERS

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Why should kids get the COVID-19 vaccine?		Vim li cas cov me nyuam yaus yuav tsum tau txais tshuaj tiv thaiv COVID-19?	
Kids can get serious complications from COVID-19. A vaccine provides them the best protection.		Cov me nyuam yaus yuav muaj teeb meem loj los ntawm COVID-19. Tshuaj tiv thaiv muab kev tiv thaiv zoo tshaj plaws rau lawv	
Schools are safe and the risk of infection is low, so why do kids need to be vaccinated?		Cov tsev kawm ntawv muaj kev nyab xeeb thiab kev phom sij ntawm kev sib kis mob tsawg, yog li ntawm vim li cas cov me nyuam yaus thiaj yuav tsum tau txais tshuaj tiv thaiv?	
Safety measures, like wearing a mask, have successfully slowed the spread of infection, but vaccines provide the best protection.		Kev ntsuas xyuas kev nyab xeeb, zoo li kev rau ntaub npog qhov ncauj, tau ua tiav kev txo kev sib kis tus kab mob, tab sis cov tshuaj tiv thaiv muab kev tiv thaiv zoo tshaj plaws	
Does a parent or guardian have to consent for their kid to get vaccinated?		Niam txiv los sis tus saib xyuas yuav tsum tso cai rau lawv tus me nyuam txais tshuaj tiv thaiv puas yog?	
Kids and youth need the consent of a parent or legal guardian to be vaccinated.		Cov me nyuam yaus thiab cov hluas yuav tsum tau kev tso cai los ntawm niam txiv los sis tus saib xyuas raws txoj cai txhawm rau kom tau txais tshuaj tiv thaiv	
Why is the vaccination policy in the U.S. different from other countries?		Vim li cas txoj cai txais tshuaj tiv thaiv hauv Teb chaws Meskas thiaj txawv ntawm lwm lub teb chaws?	

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Recommendations in other countries have been changing. U.S. policy is based on science and reviewed by the top health experts.		Cov lus pom zoo hauv lwm lub teb chaws muaj kev hloov pauv. Meskas txoj cai yog ua raws li kev tshawb fawb thiab tshuaj xyuas los ntawm cov kws paub txog kev noj qab haus huv uas muaj kev paub saib.	
Why did it take longer for the vaccine to be approved for kids?		Vim li cas thiaj siv sij hawm ntev dua rau cov tshuaj tiv thaiv txhawm rau cov me nyuam yaus?	
COVID-19 vaccine trials began with older, more vulnerable populations and then extended to younger ages.		Kev sim tshuaj tiv thaiv COVID-19 muaj rau cov laus ua ntej, cov neeg muaj kev phom sij ntau thiab txuas ntxiv mus rau cov hnuv nyoog yau.	
Can children with health conditions or allergic reactions get vaccinated?		Cov me nyuam yaus uas muaj kev noj qab haus huv los sis muaj kev ua xua puas tuaj yeem txais tshuaj tiv thaiv?	
Yes, but please consult your child's doctor to discuss any concerns prior to vaccination		Yog lawm, tab sis thov nrog koj tus me nyuam tus kws kho mob tham kom muaj kev paub meej ua ntej txais tshuaj tiv thaiv	
Are kids really at risk from COVID-19?		Puas yog cov me nyuam yaus muaj kev phom sij los ntawm COVID-19?	
Yes. Kids can get serious complications from the virus and can also suffer from long COVID. A vaccine is the best protection.		Yog lawm. Cov me nyuam yaus tuaj yeem tau txais cov teeb meem loj los ntawm tus kab mob thiab tuaj yeem raug kev phom sij los ntawm COVID. Tshuaj tiv thaiv yog qhov kev tiv thaiv zoo tshaj plaws.	

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Is the COVID-19 vaccine safe for kids?		Tshuaj tiv thaiv COVID-19 puas muaj kev nyab xeeb rau cov me nyuam yaus?	
Yes. Vaccine trials in kids and youth tell us the COVID-19 vaccine is safe and effective. Millions of kids have been vaccinated and have a strong antibody response.		Yog lawm. Kev sim tshuaj tiv thaiv rau cov me nyuam yaus thiab cov hluas qhia rau peb paub tias cov tshuaj tiv thaiv COVID-19 muaj kev nyab xeeb thiab siv tau zoo. Ntau lab tus me nyuam yaus tau txais tshuaj tiv thaiv kab mob thiab muaj zog tiv thaiv kab mob.	
Are kids, 5-11 years old, eligible to receive the COVID-19 vaccine?		Puas yog cov me nyuam yaus, hnuv nyoog 5-11 xyos, tuaj yeem tau txais tshuaj tiv thaiv COVID-19?	
Yes. As of November 4, 2021, kids 5-11 years old are eligible for the Pfizer COVID-19 vaccine.		Yog lawm. Raws li Hnuv Tim 4 Lub Kaum Ib Hli, 2021, cov me nyuam yaus hnuv nyoog 5-11 xyos tuaj yeem tau txais Pfizer tshuaj tiv thaiv COVID-19.	
Is the COVID-19 vaccine for kids different?		Puas yog tshuaj tiv thaiv COVID-19 rau me nyuam yaus sib txawv?	
The COVID-19 vaccine for kids, 5-11 years old, contains a smaller amount of the same mRNA material that has been given safely to millions of youth.		Tshuaj tiv thaiv COVID-19 rau cov me nyuam yaus uas muaj hnuv nyoog 5-11 xyos, muaj cov khoom mRNA tsawg duas cov uas tau muab rau cov hluas ntau lab tus.	
What is the dose of the vaccine for kids 5-11 years old?		Cov tshuaj tiv thaiv rau cov me nyuam hnuv nyoog 5-11 xyos yog pes tsawg?	

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The dosage of Pfizer's 5- 11 vaccine is in two, 10- micrograms (mcg) doses administered 21 days apart.		Cov koob tshuaj ntawm Pfizer's 5- 11 koob yog nyob rau hauv ob koob, 10- micrograms (mcg) cov tshuaj 21 hnuv ntawm qhov sib nrug.	
Will kids experience the same symptoms as youth and adults?		Cov me nyuam yaus puas yuav muaj cov tsos mob zoo ib yam li cov hluas thiab cov laus?	
Yes. Some children – like adults - may have some mild side effects like soreness, headache, fever, chills. These are normal signs that your body is building immunity		Yog lawm. Qee tus me nyuam yaus - zoo tib yam li cov laus - tej zaum yuav muaj qee qhov mob me xws li, mob taub hau, ua npaws, ua kub ua no. Cov no yog cov cim qhia tias koj lub cev tab tom tsim kev tiv thaiv	
How can I get my kid vaccinated?		Kuv tuaj yeem coj kuv tus me nyuam mus txais tshuaj tiv thaiv tau li cas?	
You can call your doctor to schedule a vaccination appointment. You can also visit MyTurn.ca.gov or call 833-422-4255 to find a vaccine near you.		Koj tuaj yeem hu rau koj tus kws kho mob txhawm rau teem sij hawm txais tshuaj tiv thaiv. Dhau ntawm lawm koj tuaj yeem mus rau ntawm MyTurn.ca.gov los sis hu rau 833-422-4255 txhawm rau nrhiav tshuaj tiv thaiv nyob ze koj.	
How do we know the vaccine is safe when it was made so quickly?		Peb yuav ua li cas thiab paub tias cov tshuaj tiv thaiv muaj kev nyab xeeb thaum nws tau tsim sai?	

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COVID-19 vaccines have gone through extensive clinical trials and intensive safety review. The technology behind the mRNA COVID-19 vaccine is not new.		Cov tshuaj tiv thaiv COVID-19 tau dhau los ntawm kev tshuaj xyuas ntau thiab tshuaj xyuas kev nyab xeeb. Cov thev naus laus zis tom qab txais tshuaj tiv thaiv yog mRNA COVID-19 tsis yog qhov tshiab.	
If my kid already had COVID-19, do they need a vaccine?		Yog tias kuv tus me nyuam twb mob COVID-19 lawm, lawv puas tsim nyog tau txais tshuaj tiv thaiv?	
Yes. We don't know how long someone is protected from getting sick after recovering from the virus. And we don't know whether the immunity developed against one strain provides enough protections against new variants.		Yog lawm. Peb tsis paub tias ntev npaum li cas ntawm tus neeg raug tiv thaiv los ntawm kev mob tom qab rov zoo los ntawm tus kab mob. Thiab peb tsis paub tias kev tiv thaiv kab mob tsim tawm los ntawm ib hom kab mob muaj kev tiv thaiv txaus tiv thaiv cov kab mob tshiab.	
Questions and Answers		Cov lus nug thiab Cov lus teb	