



Sacramento City Unified School District

Hawm Txog Cov Niamtxiv lossis Tus Saibxyuas,

Tej zaum kojyuav paub lawm, lub xeev California yuav tseev kom txhuas tus tub/ntxhais kawm ntawv uas yuav mus kawm rau qib 7 yuav tsum muaj pov thawj tias tau txhaj koob tshuaj Tdap thiab 2 koob tshuaj MMR (lossis muaj ntawv kho mob thov zam kev txhaj tshuag raug cai) ua ntej mus kawm qib 7. Nrog rau tsab ntawv no, peb muaj cov ntaub ntawv qhia txog cov koob tshuaj Tdap thiab MMR, nrog rau cov lus nug heev tshaj.

Peb cov ntaub ntawv qhia tias koj tus menuam tsis tau txhaj nws koob tshuaj Tdap thiab/lossis koob tshuaj MMR thib 2. **Ua ntej koj tus menuam yuav pib kawm qib 7, koj yuav tau ua ib qho nram qab no ua ntej thiaj pib kawm ntawv tau:**

- A. Muab cov ntaub ntawv qhia tias koj tus menuam txhaj pum tas nrho cov koob tshuaj uas yuav tsum tau txhaj lawm.
- B. Xa tsab ntawv uas sau los ntawm tus kws kho mob uas muaj daim ntawv raug cai los ua kws kho mob qhia tias zam rau cov koob tshuaj uas tsis tau txhaj thiab xa daim npaj txhaj tshuaj uas muaj cov vasthib sau rau cov koob tshuaj uas yuav tsum tau txhaj tiam sis zam tsis tau rau.

Daim ntawv kho mob thov zam kev txhaj tshuaj yog dab tsi?

Daim ntawv kho mob thov zam kev txhaj tshuaj yog ib tsab ntawv sau los ntawm tus kws kho mob uas muaj daim ntawv pov thawj raug cai (M.D. lossis D.O.) qhia txog:

1. Tias yam mob lossis tej yam kev mob ntawm tus menuam no tsis qhia tias koob tshuaj uas yuav tsum tau txhaj ntawd muaj nyob rau hauv.
2. Koob tshuaj tiv thaiv twg yog koob uas zam tau rau.
3. Seb daim ntawv kho mob thov zam kev txhaj tshuaj yog zam mus ib txhim lossis zam ib ntus xwb.
4. Hnub vasthib xaus, yog tias qhov kev zam tsuas yog ib ntus xwb.

Yog hais tias koj tus tub/ntxhais kawm ntawv tsis tau txhaj tshuaj no, thov hu rau koj tus menuam tus kws tshuaj mob tam sim no.

Yog tias koj tsis muaj ib tug kws kho mob, nyob hauv no peb muaj daim ntawv qhia cov chaw kho mob nyob rau thaj tsam Sacramento zej zos.

- Yog koj tsis muaj ivislams kho mob, koj mus tso npe thov kev pab rau ivislams kho mob tau ntawm Sacramento Covered ntawm (866) 850-4321 lossis <http://sacramentocovered.org/enroll>.

Nov kuj yog lub sijhawm zoo los tham txog lwm koob tshuaj uas yuav tau txhaj. Txawm tias koob tshuaj Tdap thiab 2 koob MMR yog txhaj kom thiab HPV nyob rau lub noob nyooog no thiab. Yog koj muaj lus nug dab tsi, thov hu rau Sacramento County Public Health Immunization Branch ntawm (916) 875-7468 lossis SCUSD Health Services ntawm (916) 643-9412.

Cov tub/ntxhais kawm ntawv mus qib 7 uas tsis tau txhaj tshuaj puv raws li txoj kev cai txhaj tshuaj yuav tsis tau mus kawm ntawv. Thov nqa koj tus menuam daim npav txhaj tshuaj lossis daim ntawv raug cai zam kev txhaj tshuaj tuaj rau peb lub hoob kas ua ntej tsev kawm ntawv pib.

Ua tsaug rau koj pab peb kom koj tus menuam, peb lub tsev kawm ntawv, thiab peb lub zej zos nyab zeeb thiab noj qab nyob zoo.

Ua Tsaug,



Kev Txhaj Tshuaj rau Cov Tub/Ntxhais Kawm Qib 7

Tdap (Pertussis/Whooping Cough) Hnoos Qhuj Qhem

Tej Yam Uas Cov Niamtxiv Yuav Tsum Tau Paub Txog

Qhov pertussis booster requirement yog licas?

Tas nrho cov tub/ntxhais kawm ntawv uas yuav mus kawm, nce mus lossis hloov mus kawm rau qib 7 yuav tsum muaj daim ntawv pov thawj qhia tias txhaj tas koob tshuaj thiv thaiv qhov hnoos qhuj qhem rau cov menuam hluas (hu ua "Tdap"), lossis muaj daim ntawm kho mob thov zam kev txhaj tshuaj, ua ntej yuav mus kawm ntawv tau rau lub caij nplooj ntoos zeeg.

Yog hais tias kuv tus menuam tsis muaj ntawv pov thawj txog ntawm koob tshuaj Tdap ua ntej tsev kawm ntawv pib?

Koj tus menuam yuav tsis tau pib kawm ntawv txog rau thaum koj muab daim ntawv qhia tias txhaj tas koob tshuaj Tdap tuaj rau tsev kawm ntawv.

Puas muaj ib lub caij/sijhawm rau kuv tus menuam mus txhaj tshuaj TOM QAB tsev kawm ntawv pib?

Tsis muaj. Raws li txoj cai tam sim no, cov tsev kawm ntawv tsis muaj txoj hau kev yuav muab ib lub caij ntxiv lawm. Tas nrho cov tub/ntxhais kawm ntawv qib 7 yuav tsum muaj daim ntawv pov thawj qhia txog kev txhaj koob tshuaj Tdap lossis muab daim ntawv kho mob thov zam kev txhaj tshuaj tuaj ua ntej yuav pib kawm ntawv rau lub Cuaj hlis.

Tdap yog dab tsi thiab yam kab mob twg uas koob tshuaj Tdap thiaj li yuav tiv thaiv tau?

Tdap yog ib koob tshuaj tiv thaiv rau cov menuam hlob zog, cov hluas, thiab cov laus. Nws tiv thaiv tau 3 yam kab mob: mob kabxeb los yog mob daig tsraig, mob tchaws caj pas, thiab hawb hnoos (tetanus, diphtheria, and whooping cough).

- **Pertussis-** hnoos qhuj qhem, yog ib yam kab mob kis tau yooj yim heev uas ua rau ua tsis taus pa. Nws kis tau yooj yim yog thaum ib tug neeg muaj tus mob hnoos los yog txham. Qhov mob no yuav mob mus rau ntaw hli. Hawb hnoos (whooping cough) yog ib yam mob tsis zoo rau cov menuam mos.
- **Tetanus-** yog ib yam mob loj heev, mob nqai (chua) nruij nruij, mus rau ntawm lub puab tsraig (zawm lub puab tsraig) uas yuav tso tau kom nqo quab ncaug thiab ua pa nyuaj.
- **Diphtheria-** yog ib yam mob qa uas yuav ua tau kom ua pa nyuaj, tuag tes tuag taw, lub plawv tsis ua haujlwm thiab tuag taus.

Puas yog TAS NRHO menuam kawm qib 7 yuav tsum tau txhaj koob tshuaj pertussis?

Yog. Yog lawv tsis muaj ntawv kho mob thov zam kev txhaj tshuaj, txhua tus menuam yuav nkag mus kawm qib 7 yuav tsum tau muaj pov thawj qhia tias nws twb txhaj koob tshuaj Tdap lawm. Qhov no yog rau cov menuam kawm ntawv tam sim no, cov menuam tuaj kawm ntawv tshieb thiab cov menuam los ntawm cov tsev kawm ntaww dawb rau laj mej pej xeem thiab cov tsev kawm ntawv ntiav. Muaj coob tus menuam kawm ntaww twb tau txhaj koob tshuaj tiv thaiv no lawm. Qhov uas lawv yuav tau ua yog nqa daim npav txhaj tshuaj tuaj mus qhia rau lub tsev kawm ntawv, lossis mus nug lawv tus kws tshuaj mob.

Vim licas thiaj yuav tsum tau txhaj koob tshuaj Tdap?

Qhov kev txhaj tshuaj no yuav tiv thaiv koj tus menuam thiab lwm tus nyob ntawm koj tus menua lub tsev kawm ntawv thiab lub zej zos ntawm qhov kab mob hnoos (whooping cough). Tus kab mob hawb hnoos no yog ib tug kab mob loj uas yuav ua rau hnoos ntaw hli. Xyoo tsis ntev los no, muaj tus kab mob hnoos ntaw heev nyob rau hauv lub teb chaws Asmelikas. Tus kab mob hawb hnoos kis ntaw zus hauv lub xeev California thiab ua rau 10 tus menuam mos liab tau tag sim neej rau xyoo 2010.

Yuav yog thaum twg kuv tus menuam thiaj yuav tsum mus txhaj koob tshuaj Tdap?

Tam sim no. Cov menuam uas tsis tau txhaj koob tshuaj no yuav muaj feem tau txais tus kab mob hawb hnoos (pertussis), yuav muaj mob nyav thiab yuav tau qhaj ntawv ntaw asthiv. Dhau ntawm qhov uas tiv thaiv koj tus menuam lawm, koj ua kom txhua yam tiav ua ntej yuav pib kawm ntawv yog ib qho zoo rau koj. Cia li teem caij coj koj tus menuam uas yuav mus kawm ntawv qib 7 tuaj txhaj koob tshuaj Tdap tam sim no.

- Khaws koj tus menuam daim npav txhaj koob tshuaj Tdap rau ib qho chaw kom zoo.
- Muab luam ib daig mus rau koj tus menuam lub tsev kawm ntawv nws kawm tas sim no.



Kev Txhaj Tshuaj rau Cov Tub/Ntxhais Kawm Qib 7

MMR (Measles, Mumps, Rubella)

Qhua Pias, Mob Tuv Dev, thiab Qhua Taum

Tej Yam Uas Cov Niamtxiv Yuav Tsum Tau Paub Txog

Qhov MMR booster requirement yog licas?

Tas nrho cov tub/ntxhais kawm ntawv uas yuav mus kawm, nce mus lossis hloov mus kawm rau qib 7 yuav tsum muaj daim ntawv pov thawj qhia tias txhaj tas koob tshuaj MMR thib 2 lossis muaj daim ntawm kho mob thov zam kev txhaj tshuaj, ua ntej yuav mus kawm ntawv tau rau lub caij nplooj ntoos zeeg.

Yog hais tias kuv tus menuam tsis muaj ntawv pov thawj txog ntawm koob tshuaj MMR thib ob ua ntej tsev kawm ntawv pib?

Koj tus menuam yuav tsis tau pib kawm ntawv txog rau thaum koj muab daim ntawv qhia tias txhaj tas koob tshuaj MMR thib ob tuaj rau tsev kawm ntawv.

Puas muaj ib lub caij/sijhawm rau kuv tus menuam mus txhaj tshuaj TOM QAB tsev kawm ntawv pib?

Tsis muaj. Raws li txoj cai tam sim no, cov tsev kawm ntawv tsis muaj txoj hau kev yuav muab ib lub caij ntxiv lawm. Tas nrho cov tub/ntxhais kawm ntawv qib 7 yuav tsum muaj daim ntawv pov thawj txog kev txhaj koob tshuaj MMR thib ob lossis muab daim ntawm kho mob thov zam kev txhaj tshuaj tuaj ua ntej yuav pib kawm ntawv rau lub Cuaj hlis.

MMR yog dab tsi thiab yam kab mob twg uas koob tshuaj MMR thiaj li yuav tiv thaiv tau?

MMR yog koob tshuaj tiv thaiv cov kab mob xws li Qhua Pias, Mob Tuv Dev thiab Qhua Taum (Measles, Mumps and Rubella). Cov kab mob no kis tau los ntawm ib tug neeg mus rau lwm tus los ntawm cov huab cua. Koj yuav kis tau yooj yim los ntawm nyob ze ib tug neeg uas twb muaj tus kab mob no lawm.

- **Measles** – tus kab mob no ua rau tawy pob lossis ntse, hnoos, los ntswg, txob qhov muag, thiab kub ib ce. Nws yuav ua rau mob pob ntseg, mob ntsws, qaug dab peg (nriaj tes taw thiab qhov muag ntseg), puas hlwb, thiab tuag tau.
- **Mumps** – tus kab mob no ua rau kub ib ce, mob taub hau, mob nqaj leeg, tsis qab los noj mov, thiab ua rau cov qog o. Nws muaj cuab kav ua rau lag ntseg, meningitis (mob rau daim npluag thaiv ntawm lub hlwb thiab tus txha caj qaum), mob o heev rau ob lub noob qes lossis cov zes qes hauv tsev menuam, thiab yuav ua tau rau muaj tsis tshuam tau menuam.
- **Rubella** - kuj muaj ib lub npe hu ua German Measles. Tus kab mob Rubella no ua rau tawy pob lossis ntse, mob caj dab tes/taw (feem ntau yog rau cov poj niam), thiab ua npaws. Yog ib tug poj niam twg raug tus qoob rubella thaum nws cev xeeb tub, nws tus menuam yuav nchuav tau lossis nws tus menuam yuav yug tau los muaj teeb meem rau lub cev.

Puas yog TAS NRHO cov menuam kawm qib 7 yuav tsum tau txhaj koob tshuaj MMR thib ob?

Yog. Yog lawy tsis muaj ntawv kho mob thov zam kev txhaj tshuaj, tas nrho cov tub/ntxhais kawm ntawv uas yuav nkag mus kawm qib 7 yuav tsum tau muaj pov thawj qhia tias nws twb txhaj koob tshuaj MMR thib ob lawm. Qhov no yog rau cov menuam kawm ntawv tam sim no, cov menuam tuaj kawm ntawv tshiab thiab cov menuam los ntawm cov tsev kawm ntawv dawb rau laj meej pej xeem thiab cov tsev kawm ntawv ntiav. Muaj coob tus menuam kawm ntawv twb tau txhaj koob tshuaj tiv thaiv no lawm. Qhov uas lawy yuav tau ua yog nqa daim npav txhaj tshuaj tuaj mus qhia rau lub tsev kawm ntawv paub, lossis mus nug lawv tus kws tshuaj mob.

Vim licas thiaj yuav tsum tau txhaj koob tshuaj MMR thib ob?

Txhaj koob tshuaj MMR thib ob yuav pab tau lub nrog cev kom tiv thaiv tau kab moob. Nyob rau xyoo 2008, 2011, 2013 thiab 2014, tau qhia tias muaj cov qoob qhia pias no ntau tshaj piv rau cov xyoo tas los. CDC cov neeg ua dej num uas paub zoo txog seem no qhia tias muaj ntau tus neeg raug cov qoob qhia pias no ntau duas li txhua zaus nyob rau lwm lub teb chaws uas cov neeg Meskas mus ncig usasi (xws li Askiv, Fabkis, Yelemas, Khej, Filispeej thiab Nyab Laj), thiab vim li no thiaj li muaj cov qoob qhia pias no nkag ntau zuz rau teb chaws Asmeslikas, thiab/lossis tus qoob qhia pias no kis ntxiv rau Asmeslikas cov zej zos uas muaj cov neeg tsis tau txhaj tshuaj.

Yuav yog thaum twg kuv tus menuam thiaj yuav tsum mus txhaj koob tshuaj MMR thib ob?

Tam sim no. Tej zaum koj tus menuam twb tau txhaj koob tshuaj MMR thib ob lawm. Xyuas koj tus menuam daim npav txhaj tshuaj lossis mus nrog koj tus kws tshuaj mob tham. Yog hais tias koj tus menuam tsis tau txhaj koob tshuaj MMR thib ob (lossis daim ntawv pov thawj qhia tias txhaj lawm), nws tseem ceeb heev uas koj tus menuam yuav tsum tau txhaj koob tshuaj no sai li sai tau (los yog ib tsab ntawv sau los ntawm koj tus kws tshuaj mob qhia tias koj tus menuam tau tshuaj xyuas los ntawm lub chaw tshuaj mob lawm).

- Khaws koj tus menuam daim npav txhaj koob tshuaj MMR thib ob rau ib qho chaw kom zoo.
- Muab luam ib daig mus rau koj tus menuam lub tsev kawm ntawv nws kawm tas sim no.



Cov Sijhawm Txhaj Tshuaj Dawb rau Xyoo 2018-2019

Cov Qib Kawm eK-12 – Txhaj Txhua Yam Tshuaj

Hauv Paus Tsev Kawm Ntaww Lub Chaw Sau Npe Kawm Ntawv “Enrollment Center” – Chav 4 (5601 47th Avenue)

Hnub Tim	Sijhawm	Txaits tus kawg rau npe thaum
Hnub Monday, lub 8 hli tim 20, 2018	9:00 AM – 1:30 PM	1:00 PM
Hnub Tuesday, lub 8 hli tim 21, 2018	9:00 AM – 1:30 PM	1:00 PM
Hnub Wednesday, lub 8 hli tim 22, 2018	9:00 AM – 1:30 PM	1:00 PM
Hnub Thursday, lub 8 hli tim 23, 2018	2:00 AM – 6:00 PM	5:30 PM
Hnub Monday, lub 8 hli tim 27, 2018	2:00 PM – 6:00 PM	5:30 PM
Hnub Tuesday, lub 8 hli tim 28, 2018	9:00 AM – 1:30 PM	1:00 PM
Hnub Wednesday, lub 8 hli tim 29, 2018	9:00 AM – 1:30 PM	1:00 PM
Hnub Thursday, lub 8 hli tim 30, 2018 (Thawj Hnub Pib Kawm Ntawv)	8:00 AM – 10:00 AM 3:00 PM – 6:00 PM	9:30 AM 5:30 PM
Hnub Friday, lub 8 hli tim 31, 2018	8:00 AM – 11:00 PM	10:30 AM
Hnub Thursday, lub 9 hli mus txog lub 5 hlis*	3:00 PM – 6:00 PM	5:30 PM

*SCUSD lub chaw txhaj tshuaj yuav qhib rau thaum 3-6 PM txhua hnub Thursday uas tsev kawm ntawv qhia ntawv nyob rau lub 9 hli mus txog rau lub 5 hlis.

Cov Uas Tsim Nyog Tau Txaits Kev Pab Txhaj Tshuaj

SCUSD Lub Chaw Txhaj Tshuaj yuav txhaj tau tshuaj rau cov menuam kawm ntawv yog tias muaj **tas nrho** txhua yam li nram qab no:

1. Yuav mus kawm lossis tabtom kawm rau Early Kindergarten 12 hauv SCUSD cov tsev kawm ntawv
2. Muaj hnub nyoog tsawg tshaj 19 xyos
3. Muaj Medi-Cal, Tsis muaj Insurance, lossis yog neeg Qhab/Native Alaskan

Cov menuam uas muaj private insurance yuav tsum tau mus cuag lawv tus kws saib mob.

Cov Ntaub Ntawv Uas Koj Yuav Tsum Tau Nqa Tuaj

- Tag nrho tus menuam cov npav txhaj tshuaj
- Daim Medi-Cal card (yog muaj)
- Niamtxiv/tus Saibxyuas yuav tsum tuaj

SCUSD lub chaw txhaj tshuaj yuav tsis muaj teem caij.

Cov koob tshuaj yog muab rau cov xub tuaj ces xub tau xwb.

Koj lub sijhawm tos ntev thiab luv yog nyob ntawm seb muaj pes tsawg tus menuam ua ntej koj xwb.
Thov nco cia tias: tus kawg uas yuav txaits txhaj tshuaj yog ua ntej 30 feeb yuav kaw lub chaw txhaj tshuaj kom muaj sijhawm los pab txhua tus.

Xav paub ntxiv, thov hu rau Health Services ntawm 643-9412

Xeev California Txoj Cai yuav kom muaj pov thawj qhia tias txhaj tshuaj puv lawm lossis muaj kev zam raug cai ua ntej tus menuam mus kawm ntawv tau.

Health and Safety Code, Division 105, Part 2, Chapter 1, Sections 120325-120380;

California Code of Regulations, Title 17, Division 1, Chapter 4, Subchapter 8, Sections 6000-6075

Sacramento Area Community Immunization Clinics

Sacramento's Child Health & Disability Prevention Program (CHDP) provides Free or Low-Cost health exams & immunizations for **uninsured** and **Medi-Cal** children ages birth to 18 years: **(916) 875-7151**

*It is **RECOMMENDED** that you

call in advance for appointments, confirmation of fees and services, and translation services.*

-If needed, please call the **Immunization Assistance Program** at **(916) 875-SHOT** for further assistance.-

Wellspace Health

For more information, visit www.wellspacehealth.org

*Oak Park Community Health Center
3415 Martin Luther King Jr. Blvd.
Sacramento, CA 95817
(916) 737-5555*

*Hiram Johnson Community
Health Center
3535 65th Street
Sacramento, CA 95820
(916) 737-5555*

Cost: Sliding Scale
Office Visit Fee: Sliding Scale
Insurance: Accepts Medi-Cal, Private, and No Insurance
Languages: Translation Services Available.

- Appointments Preferred
Please call in advance, or visit Health Center to make appointment.

*South Valley Community Health Center
8233 E. Stockton Blvd. Suite D
Sacramento, CA 95828
(916) 737-5555*

*Alhambra Community Health Center
2425 Alhambra Blvd.
Sacramento, CA, 95817
(916) 737-5555*

Elica Health Centers

For more information, visit www.elicahealth.org

*Elica Midtown
3701 J Street, Suite 201
Sacramento, CA 95816
(916) 454-2345*

*Elica Arden Arcade
1750 Wright Street
Sacramento, CA 95825
(916) 454-2345*

Cost: Sliding Scale
Office Visit Fee: Sliding Scale
Insurance: Accepts Medi-Cal, Private, and No Insurance
Languages: Translation Services Available. Please Call in Advance.

*Elica West Sacramento
155 15th Street
West Sacto., CA 95691
(916) 454-2345*

*Elica Del Paso Heights
1281 North Ave
Sacramento, CA 95838
(916) 454-2345*

Sacramento Community Clinic

For more information, visit www.halocares.org

*2200 Del Paso Blvd.
Sacramento, CA 95815
(916) 924-7988*
*5524 Assembly Court
Sacramento CA 95823
(916) 642-1867*

*7275 E. Southgate Drive,
Suite 204
Sacramento, CA 95823
(916) 428-3788*

Cost: Sliding Scale
Office Visit Fee: Sliding Scale
Insurance: Medi-Cal, Private, & No Ins.

- Appointments Preferred

Languages: Translation Services

Sacramento Native American Health Center (SNAHC) **For more information, visit www.snahc.org**

*2020 J Street
Sacramento, CA 95811
(916) 341-0575*

- Staff onsite to register for Medi-Cal
- Appointments Preferred

Cost: Sliding Scale
Office Visit Fee: Sliding Scale
Insurance: Medi-Cal & No Ins.

Peach Tree Health

For more information, visit www.pickpeach.org

*3810 Rosin Ct, Suite 100
Sacramento, CA 95834
(916) 779-7656*

- Appointment Only

Cost: Sliding Scale
Office Visit Fee: Sliding Scale
Insurance: Medi-Cal, Private, & No Ins.

Rite Aid

For more information, visit www.riteaid.com/pharmacy

*1125 Alhambra Blvd.
Sacramento, CA 95816
(916) 452-1334*
*831 K Street
Sacramento, CA 95814
(916) 444-0690*

*980 Florin Road
Sacramento, CA 95831
(916) 422-7202*
*5610 Stockton Blvd.
Sacramento, CA 95824
(916) 737-0260*

Cost: Varies
Office Visit Fee: Varies
Insurance: Accepts all insurance except Anthem Blue Cross

- Walk-Ins Available
- Other Locations Available in Sacramento

Spring Medical Clinic

For more information, visit www.SpringMedicalClinic.com

*1355 Halyard Drive, Suite 130
West Sacramento, CA 95691
(916) 371-1930*

- Walk-Ins Available

Cost: Cash Only for Services
Office Visit Fee: Varies