

Reminder Card - Get Tested and Vaccinated for Hepatitis B!



Protect yourself and your loved ones.

Hepatitis B is a virus that infects the liver and can cause liver disease, cancer, and death. Many people who are infected don't know that they have the virus.

There is no cure, but the vaccine is safe and can protect from getting hepatitis B. You must complete the two or three-dose vaccine series to be fully protected.

Finding out early and getting care from a doctor is important to help you live a long and healthy life. Get tested and if at risk, get vaccinated.



Fill in your hepatitis B vaccination dates:

1st Dose Date:

___/___/___

2nd Dose Date:

___/___/___

3rd Dose Date:

___/___/___



DOH 420-437 October 2022

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.

တၢ်ဒုးသ့ၣ်နီၣ် ခး-လဲၤမၤကွၢ်နသးဒီးဆဲး ဘၣ်ကသံၣ်ဒီသဒၢ သ့ၣ်ညိးတၢ်ဆါ B!



ဒီသဒၢနကစၢ်သးဒီး ပှၤလၢနအဲၣ်အိၣ်န့ၣ်တက့ၢ်.

သ့ၣ်ညိးတၢ်ဆါ B န့ၣ်မ့ၢ်တၢ်ဆါအဃၢ်တခါလၢအဘၣ်ကူဘၣ်ဂၢ်သ့ၣ်ဒီး ဒုးကဲထီၣ်သ့ၣ်တၢ်ဆါ, ခဲ
စၢ်တၢ်ဆါ, ဒီးတၢ်သံတၢ်ပှၢ်န့ၣ်လီၤ. ပှၤလၢအဘၣ်ကူဘၣ်ဂၢ်ဒီး တၢ်ဆါသ့ၣ်တဖၣ်န့ၣ် တသ့ၣ်ညါ
ဝဲဒၣ်လၢ အအိၣ်ဒီးတၢ်ဆါယၢ်န့ၣ်ဘၣ်.

ကသံၣ်ကူစါတအိၣ်ဝဲဒၣ်ဘၣ်. ဘၣ်ဆၣ်သနၢ်ကူ တၢ်ဆဲးကသံၣ်ဒီသဒၢန့ၣ် အပူၤဖျးဒီးအဒီသဒၢဝဲဒၣ်
နၤလၢနကဒီးန့ၣ်ဘၣ်ဝဲဒၣ် သ့ၣ်ညိးတၢ်ဆါ B သ့ဝဲဒၣ်န့ၣ်လီၤ. နကဘၣ်ဆဲးဝဲဒၣ် ကသံၣ်ဒီသဒၢ ခံဖျၢၣ်
မ့တမ့ၢ် သၢ ဖျၢၣ် လၢအကဒီသဒၢနပှၤပှၤအဂီၢ်န့ၣ်လီၤ.

ဃုသ့ၣ်ညါဆိအိၣ်ဒီး ကူစါသးဒီးနကသံၣ်သရၣ်န့ၣ် မ့ၢ်တၢ်
လၢအရ့ၤဒိၣ်ဝဲဒၣ်လၢ အကမၤစၢၤနၤလၢနကအိၣ်မူဘၣ်ဝဲဒၣ်
ယံၢ်ယံၢ်ဒီး ဆူၣ်ဆူၣ်ချ့ချ့န့ၣ်လီၤ. လဲၤမၤကွၢ်နသး ဒီးမ့ၢ်အိၣ်
ဒီးတၢ်ဘၣ်ယိၣ်န့ၣ်, ဆဲးကသံၣ်ဒီသဒၢတၢ်ဆါ တက့ၢ်.



ကွဲးလီၤနဲဒၣ်မ့ၢ်နံၤလၢ နကဆဲးဘၣ်ဝဲဒၣ်ကသံၣ်ဆဲးဒီသဒၢ သ့ၣ်ညိးတၢ်ဆါ B-

1 တဖျၢၣ် မ့ၢ်နံၤ-
__/_/_/___

2 တဖျၢၣ် မ့ၢ်နံၤ-
__/_/_/___

3 တဖျၢၣ် မ့ၢ်နံၤ-
__/_/_/___



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လၢကဃုထီၣ်လၢ်ကွဲးနီၣ်ကွဲးယါတၢ်လၢအကူပနီၣ်ဒီအဂၢ်အဂီၢ်. ကိး 1-800-525-0127. ပှၤစူးကါတၢ်မၤစၢၤ
လၢအန့ၣ်တအၢ မ့တမ့ၢ် နံၤပူၤတၢ်ကိးတဖၣ်အဂီၢ်, ဝဲသးစူၤကိး 711 (Washington Relay) မ့တမ့ၢ် ဆုၢ်အမ့ၢ်(လ) ဆူ
civil.rights@doh.wa.gov.