



**Public Health**  
Prevent. Promote. Protect.  
**Portland Public Health Division**  
City of Portland, Health and Human Services Department

# Yo ofandaka na Maine mpe ozali na mbula 70 to komata?

*Okokami mpona kozwa vaccin  
ya COVID-19*

**Luka esika ya kozwa vaccin pene na yo**

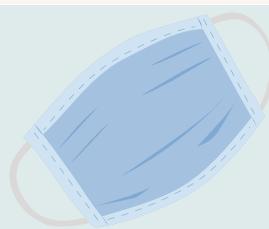
Fina awa: <https://www.maine.gov/covid19/vaccines/vaccination-sites>

## Na Mokolo na Yo ya Kozwa Vaccin

Zala mosika na bata  
ata na 2 metele



Lata mask na yo



Yebisa moto oyo azali  
kopesa yo vaccin soki yo  
ozali na masolo ya  
ballergie



Yebisa bato misusu bisika yo  
ozali kofanda ete yo ozwi  
vaccin



**Bakopesa yo mokanda ya moto oyo  
azwi vaccin**

- Zwa elili, mbomba yango. mpe yaka  
na yango ntango okozonga kozwa  
nkisi ya mibale



**Bakopesa yo mokanda oyo elobi  
vaccin nini yo ozwi (Pfizer to  
Moderna)**



**Vaccin ya COVID-19 ezali ofele soki  
yo ozali na insurance te**

- Soko yo ozali na insurance (ya yo moko  
to Medicare): Mema mokanda na yo ya  
insurance



**Bakosenga yo oloba poso nayo mpe  
esika owuta**

- Soki osali yango, ozali kosunga basusu mpe  
bazwa vaccin lolenge moko
- Maloba wana ekozwama mpona kosala yo mabe  
te

### Mikanda ya ntina mingi

Mona MITUNA (FAQs) ya vaccin awa:

<https://www.maine.gov/covid19/vaccines/public-faq>

*Pona ndinga na yo*

Nini ekoki kosalema nsima ya kozwa vaccin ya COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>

*Pona ndinga na yo*

Maloba ya Bato ya Lisanga ya MaineCare

[https://www.maine.gov/dhhs/sites/maine.gov.dhhs/files/inline-files/Vaccine-Info-Sheet-January2021-Lingala\\_0.pdf](https://www.maine.gov/dhhs/sites/maine.gov.dhhs/files/inline-files/Vaccine-Info-Sheet-January2021-Lingala_0.pdf)