

Kuv Tau Raug Kuaj. Tam Sim No Yuav Ua Licas?

SUAB LUS KAW TSEG

[lub suab nkauj nrov ua ntej pib hais lus]

[Kev piav qhia]

Koj raug kuaj mob COVID-19, koj yuav ua li cas yog tias koj tau txais qhov txiaj ntsig tawm los tias muaj mob lawm?

Txawm hais tias koj siv hom kev kuaj mob twg los xij, qhov kev kuaj pom mob yeej yog qhov kev kuaj pom mob tiag tiag.

Yog tias koj raug kuaj pom mob, koj yuav tsum cais tawm nyob ib leeg, txhais tau tias nyob hauv tsev thiab nyob kom deb ntawm lwm tus. Koj yuav tsum tau cais tawm tsawg kawg yog tsib hnuv, txawm tias koj tsis muaj yam ntxwv mob los xij.

Txhawm rau tiv thaiv kev sib kis ntawm COVID-19 rau cov neeg nyob nrog koj thaum koj cais nyob ib leeg, koj yuav tsum hnav lub npog ntsej muag kom zoo hauv tsev thaum koj nyob ib puag ncig lwm tus.

Yog tias koj hnov tau tias koj zoo los nyob rau hnuv 6, koj tuaj yeem rov qab mus rau feem ntau ntawm tej dej num ib txwm ua. Ntev tsib hnuv ntxiv, mus txog hnuv 10:

- Kav tsij looj ntaub npog ntsej muag kom zoo mus ntxiv thaum nyob ib puag ncig lwm tus, txawm tias nyob hauv tsev los xij.
- Tsis txhob nyob ib puag ncig lwm tus uas muaj kev pheej hmoo kis mob hanyav los ntawm COVID-19.
- Tsis txhob mus rau cov chaw uas koj yuav tsum tau tshem koj daim npog ntsej muag, xws li hauv tsev noj mov lossis lub cha whom khaj ib ce.
- Zam kev mus ntoj ncig.

Yog tias hnuv 6 koj mloog zoo li tseem mob, ces nyob twj ywm hauv tsev kom txog thaum tej yam no tau txais qhov tseeb:

- Koj tsis tau ua npaws yam tsawg kawg yog 24 teev, yam tsis tas siv tshuaj los mus txo qhov kev ua npaws. thiab
- Koj hnov tau tias zoo dua qub tuaj.

Tom qab koj hnov tias zoo dua qub tuaj, ua raws li tag nrho cov lus qhia ntawm kev looj ntaub npog ntsej muag thiab nyob kom deb ntawm lwm tus kom puv 10 hnuv.

Yog tias koj tsis tuaj yeem hnav tau ntaub npog ntsej muag thaum nyob puag ncig lwm tus, nyob twj ywm hauv tsev yam tsawg kawg 10 hnuv. Tsis txhob rov mus ua dejnum dab tsi txog ntua hnuv 11.

Xav tau cov lus qhia tshwj xeeb txog qhov kev yuav cais tawm li cas thiab koj yuav tsum nyob hauv tsev ntev npaum li cas, mus saib peb lub vev xaib hu ua Yog Tias Koj Muaj Mob (If You Are Sick webpage).

(www.health.state.mn.us/diseases/coronavirus/sick.html).

[lub suab nkauj nrov ua ntej pib hais lus]

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Txhawm kom tau txais cov xov xwm no ua lwm hom qauv, hu rau: 651-201-4989