

Koob Tshuaj COVID-19: Cov hluas yuav tsum paub txog dabtsi

COV LUS HAIS

Puas yog koj npaj siab yuav rov mus kawm ntawv tim ntsej tim muag dua? Puas yog koj mus ncaws pob tsis tau lossis ua lwm yam kis las vim koj tau cais nyob tsev? Koj puas xav rov qab nrog koj tsev neeg txheeb ze thiab phoojywg us? Kev mus txhaj koob tshuaj COVID-19 yog txoj kev uas yuav pab koj rov qab mus ua tau tej no.

Yeej tsis ua cas yog tias cov hluas lossis lawv niam thiab txiv muaj lus nug txhawj ua ntej yuav mus hno koob tshuaj. Yog tias koj mus lus nug, ces nug tau ib tug kws kho mob. Ntawm no yog tej yam uas qhia qhov tseeb txog koob tshuaj:

- Koob tshuaj COVID-19 yeej nyab xeeb siv tau.
- Ib yam li rau cov neeg laus, tau muaj kev tshawb fawb rau cov hluas lawm thiab, ces peb yeej paub tias koob tshuaj yeej ua haujlwm thiab nyab xeeb siv tau.
- Koob tshuaj COVID-19 yog dawb xwb thiab koj tsis tas nqa koj daim ID tuaj.
- Koob tshuaj COVID-19 yuav tsis ua kom txhob muaj menyuam.

Yeej tsis muaj leejtwg nyiam mus hno koob li, ntawm no yog tej yam koj ua tau kom pab koj nyob tus!

- Siv koj lub headphone (lub mloog ntawm pob ntseg) los mus mloog cov yas suab uas koj nyiam mloog.
- Maj mam ua pa kom tob tob.
- Tig saib ib tug neeg uas pab txhawb zog.
- Saib lwm yam hauv chav ntawd, xws li nyeem tej npe ntawv me me ntawm ib daim duab.
- Ua kom txhob nco txog, xws li co koj tej taub taws.

Tej zaum koj yuav tsis xis nyob ib ob peb hnuv tom qab hno koob tag, tiamsis tsis ua cas yuav mob mentsis xwb. Thiab, nws tseem zoo tshaj tsis tau mus kawm ntawv lossis ua lwm yam kis las tau ntau hnuv lossis ntau lim tiam vim koj mob COVID-19 lossis yog tias koj tau cais nyob tsev vim koj mus nyob ze ib tug neeg uas mob COVID-19.

Nco qab ntsoov, cov niamtxiv lossis tus neeg saib xyuas yuav tsum tso cai ua ntej koj thiaj li mus hno koob tau yog tias koj tsis tau muaj 18 xyoo. Yog tias koj niam thiab txiv lossis tus neeg saib xyuas tuaj tsis tau nrog koj, hu mus rau lub tsev kuaj mob thiab nug txog lawv li txheej txheem kev tso cai txhaj tshuaj yog li cas tiag.

Muaj ntau qhov chaw rau koj mus nrhiav tau koob tshuaj COVID-19. Yuav tsis muaj koob tshuaj COVID-19 txhua rau txhua tus neeg uas tsis tau muaj 18 xyoo, ces ua tib zoo xyuas ua ntej koj mus rau ib qho chaw txhaj tshuaj twg. Koj mus nrhiav tau seb tej chaw txhaj tshuaj twg nyob ze koj thiab nrhiav hom npe tshuaj tau nyob rau ntawm www.vaccines.gov.

Minnesota Department of Health
Communications Office
PO Box 64975
St. Paul, MN 55164-0975
651-201-4989
health.communications@state.mn.us
www.health.state.mn.us

8/11/21 (Hmong)

Yog xav tau cov ntaub ntawv no ua lwm hom, hu rau: 651-201-4989.