

STAY SAFE MN

# Yuav ua li cas yog koj muaj tus kab mob khaus viv-19 (COVID-19)

Yog tias koj tau raug kuaj pom muaj tus kab mob khaus viv-19 (COVID-19) no lawm, koj yuav tsum tau cais tawm ntawm lwm tus neeg thiab soj ntsuam koj tus kheej rau cov yam ntxwv mob, xws li kub taub hau, hnoos, thiab ua pa txog siav, no ib ce, mob taub hau, mob tej leeg, mob qa, qaug zog, txhaws ntswg, los sis qhov ncauj tsuag tsis hnov dab tsi los sis tsis hnov ntxhiab tsw. Qhov no yog txhawm rau tiv thaiv koj tus kheej, koj tsev neeg, thiab koj lub zej zog.

Yog tias koj cheem tsum kev kho mob, ua raws li cov lus qhia tom qab phab ntawv no.

## Cais koj tus kheej tawm ntawm lwm tus neeg



**Nyob twj ywm hauv tsev.** Tsis txhob mus ua haujlwm, kawm ntawv, lossis tawm rooj li. Yog tias koj cheem tsum kev kho mob, ces ua raws li cov lus qhia hauv qab no. Nyob tsev twj ywm kom muaj raws li cov hauv qab no hais tso:

- Koj yeej mloog tau tias zoo mob dua qub. Koj tsis tshua hnoos, txog siav, lossis tsis muaj lwm yam tsos mob li qub lawm.

**thiab**

- Twb tau li 10 hnuv txij hnuv koj pib mob lawm.

**thiab**

- 24 xaub moos dhau los, koj yeej tsis tau ua npaws, thiab yam tsis tas noj tshuaj tua npaws.



**Nyob nrug deb ntawm lwm tus neeg hauv koj lub tsev.** Yog zoo tiag mas, cais chav nyob thiab chav da dej, yog tias muaj.



**Rau ntaub npog qhov ncauj** yog tias koj xav nyob nrog lwm tus, thiab siv ntaub npog koj lub qhov ncauj thiab qhov ntswg thaum hnoos los sis txham. Ntxuav ob sab tes kom huv si tom qab ntawd.



**Zam kev sib qiv tej khoom siv ntiag tug hauv yim neeg.** Tsis txhob koom noj zaub mov ua ke, tej phaj noj mov, tej khob haus dej, tej tais diav, tej phuam da dej los sis chaw pua pw nrog rau lwm tus neeg nyob hauv koj lub tsev. Tom qab kev siv cov khoom ntawd tag lawm, siv xab npum thiab dej ntxuav kom huv si. Tu thiab so txhua yam uas yuav tuav tas li nyob hauv koj lub tsev txhua hnuv, xws li cov tes tuav qhib qhov rooj, cov xab viv taws teeb, los sis cov kais dej.



**Ntxhuav koj ob sab tes** tas li uas siv xab npum thiab dej yam tsawg 20 chib (xis nkoos), los sis siv tshuaj tsuag tua kab mob raud ntawm tes uas muaj kuab cawv xyaw tsawg kawg yog 60%. Zam txhob muab txhais tes tsis tau ntxuav chwv ntsej muag.

Thov ua tib zoo saib xyuas tej xov xwm ntau ntiv uas muab rau koj los ntawm lub tuam tsev saib xyuas kev noj qab hau huv thiab CDC lub website hais txog Kev ntxuav thiab [Kev Tsuag Tshuaj Tua Kab Mob rau hauv Yim Neeg \(www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html\)](https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html).



## Taug qab koj cov yam ntxwv mob

**YOG TIAS KOJ TUS YAM NTXWV MOB TAU MOB HNYAV TUAJ, KOJ UA PA NYUAB, LOS SIS TSIM NYOG YUAV TAU KHO MOB RAU KOJ:**

Hu xov tooj rau koj tus kws saib xyuas mob nkeeg. Hu ua ntej. Tsis txhob siv kev thauj mus los rau zej tsoom, siv tsheb thauj neeg mus los yooj yim uas sib faib caij coob leej ntau (xws li Uber los sis Lyft), los sis tsheb tav xij yog tias koj tsim nyog mus cuag tsev kho mob me los sis tsev kho mob loj.

Yog tias koj xav tau kev kho mob maj ceev rau thaum lub sij hawm tseem cais nyob ib leeg, hu rau 911 thiab qhia lawv paub tias koj raug kuaj pom muaj tus kab mob khaus viv-19 (COVID-19) lawm.



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