**MINNESOTA DEPARTMENT OF HEALTH**

**Stay Safe MN**

**Avoid COVID-19 Exposure**

**Symptoms to Watch for COVID-19**

If you are experiencing COVID-19 symptoms and are in the same household as someone with COVID-19:
- Stay isolated. Avoid all other household members and all other people.
- Take your temperature every 4 hours.
- If your temperature is 100°F or higher for 2 days or longer, seek medical attention.
- Wear a mask when you are around other people.

Avoid contact if symptoms are worse.

- For more information, visit the CDC's website on COVID-19 precautions (www.cdc.gov/coronavirus/2019-ncov/prevent-getting-and-spreading.html).

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ກື່ມກິດຈະກໍາຕາມປົກກະຕິຂອງທ່ານ,

*ດ້ວຍຄວາມຊ່ວຍເຫຼືອໃນການປິ່ນປົວສຸກເສີນເວລາໃດກໍ່ຕາມໃນໄລຍະການແຍກປ່ຽວ*:

- ທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອໃນການປິ່ນປົວສຸກເສີນເວລາໃດກໍ່ຕາມໃນໄລຍະການແຍກປ່ຽວ,
  ຫຼື ທ່ານຕ້ອງການປິ່ນປົວສຸກເສີນເວລາໃດກໍ່ຕາມໃນໄລຍະການແຍກປ່ຽວ

- ທ່ານດຽວກັນການເບິ່ງແຍງສຸຂະພາບຂອງທ່ານ,
  ຫ້າມໃຊ້ການບໍລິການຂົນສົ່ງສາທາລະນະ,
  ຂີ່ລົດຮ່ວມກັບຄົນອື່ນ (ເຊັ່ນ Uber ຫຼື Lyft) ຫຼື ລົດແທັກຊີ່
  ຫຼື ທ່ານຕ້ອງການໄປຄລີນິກ
  ຫຼື ໂຮງໝໍ.

*ບໍ່ມີອາການ*:

- ທ່ານມີອາການຫາຍໃຈຍາກ ຫຼື ທ່ານຕ້ອງການປິ່ນປົວ:
  ທ່ານຈະມີອາການຫາຍໃຈຍາກ ຫຼື ທ່ານຕ້ອງການປິ່ນປົວ

*ຂ້ອຍມີຜົນກວດເປັນບວກສໍາລັບໂຄວິດ-19*:

- ທ່ານຮູບໂທຣເລີຍ 911 ຫຼື ໂທເລີຍ 911 ແລະ ກັບພວກເຂົາວ່າທ່ານຖືກບົ່ງມະຕິວ່າຕິດພະຍາດ COVID-19.