



Kev Nyob Ze los sis Chwv Raug Tus Kab Mob COVID-19

10/6/2022

Koj tuaj yeem kis tau tus kab mob COVID-19 mus rau lwm tus pib txij li ob peb hnuub ua ntej koj muaj ib yam tsos mob twg thiab txawm tias koj ib txwm tsis muaj cov tsos mob los xij. Yog tias koj siv sij hawm nyob ze rau ib tus neeg uas muaj tus kab mob COVID-19, koj yuav muaj kab mob ib yam nkaus, tab sis koj yuav tsis paub txog nws. Nws yog ib qho tseem ceeb uas yuav tau ua cov kauj ruam uas tau pom zoo kom tsis txhob kis tus kab mob mus rau lwm tus, txawm tias koj tau txhaj tshuaj tiv thaiv kab mob los sis twb tau muaj tus kab mob COVID-19 lawm.

Cov neeg uas nyob los sis ua hauj lwm hauv qee qhov chaw muaj kev pheej hmoo siab yuav muaj cov lus qhia sib txawm uas lawv yuav tsum tau ua raws li tom qab chwv raug tus kab mob. Mus saib rau cov lus qhia tshwj xeeb hauv qab no.

Yog tias koj muaj cov tsos mob, nyob hauv tsev thiab nyob deb ntawm lwm tus (cais tus kheej) kom sai thaum koj muaj cov tsos mob thiab [mus kuaj \(www.health.state.mn.us/diseases/coronavirus/testsites/index.html\)](http://www.health.state.mn.us/diseases/coronavirus/testsites/index.html) tam sim ntawd rau tus kab mob COVID-19. Qhov no suav nrog cov neeg uas tau txhaj tshuaj tiv thaiv kab mob tas lawm los sis cov neeg uas muaj tus kab mob COVID-19 yav dhau los. Yog xav paub ntxiv, mus saib rau [Yog Tias Koj Mob los sis Kuaj Pom Tias Muaj Mob: Tus Kab Mob COVID-19 \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](http://www.health.state.mn.us/diseases/coronavirus/sick.html).

Cov ntsiab lus txhais

Kev nyob ze los sis kev chwv raug tus kab mob: Nyob ze ib tus neeg uas muaj tus kab mob COVID-19 yam tsawg kawg 15 feeb hauv 24 teev txhais tau tias koj yog ib tus neeg nyob ze thiab chwv raug tus kab mob COVID-19 lawm. Txawm li cas los xij, nws tuaj yeem ua rau tus kab mob COVID-19 kis tau hauv lub sij hawm tsawg dua, los sis nws yuav siv sij hawm ntev dua.

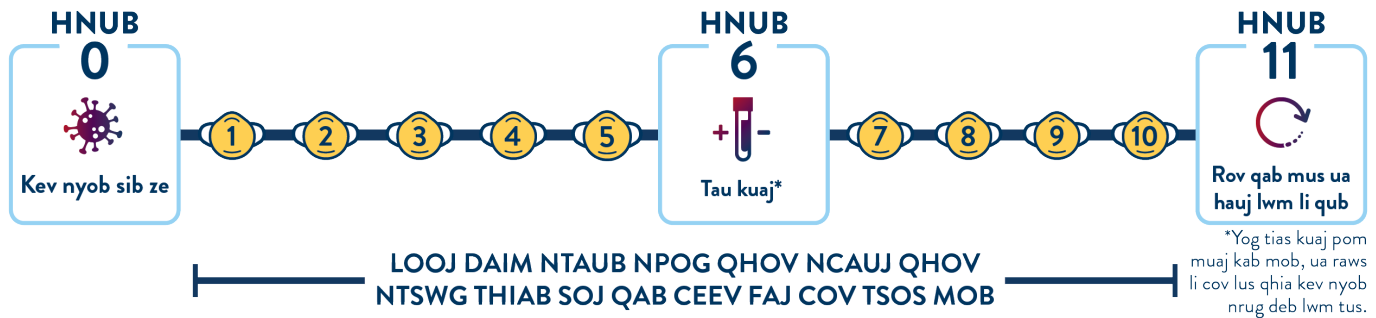
- Mus saib [Lub Chaw Tswj Xyuas thiab Tiv Thaiv Kab Mob \(CDC\): Kev Nkag Siab Txog Cov Kev Pheej Hmoo Chwv Raug Tus Kab Mob \(www.cdc.gov/coronavirus/2019-ncov/your-health/risks-exposure.html\)](http://www.cdc.gov/coronavirus/2019-ncov/your-health/risks-exposure.html) kom kawm paub txog yam uas ua rau kis tus kab mob COVID-19 ntau dua los sis tsawg dua tom qab koj nyob ib puag ncig tus neeg uas muaj tus kab mob COVID-19.
- Feem ntau, qhov koj nyob ib puag ncig ib tus neeg uas muaj tus kab mob COVID-19 ntev dua, yuav muaj feem ntau dua uas tus kab mob COVID-19 kis tau rau koj. Qhov no muaj tseeb tiag yog tias lwm cov kauj ruam los tiv thaiv kev sib kis tsis nyob hauv qhov chaw, xws li kev looj daim ntaub npog qhov ncauj qhov ntswg. Tej zaum koj qhov kev pheej hmoo yuav siab dua yog tias koj nyob ib puag ncig ib tus neeg uas muaj tsos mob, los sis koj nyob nrog ib tus neeg muaj tus kab mob COVID-19. Hom kev ua ub no tuaj yeem ua rau koj muaj kev pheej hmoo, xws li hu nkauj los sis kev qw.

Kev Cais Tus Kheej: Nyob twj ywm hauv tsev thiab cais deb ntawm lwm tus thaum koj kuaj pom muaj tus kab mob, hnob mob, los sis muaj cov tsos mob ntawm tus kab mob COVID-19. Qhov no yuav pab kom koj tsis txhob kis tus kab mob COVID-19 mus rau lwm tus neeg.

Daim ntaub npog qhov ncauj qhov ntswg zoo thiab haum zoo: Looj daim ntaub npog qhov ncauj qhov ntswg kom zoo yog ib qho uas haum rau koj lub qhov ntswg, qhov ncauj, thiab lub puab tsaig thiab tsis muaj qhov khoob ntawm cov npoo daim ntaub. Yog xav paub ntxiv txog cov ntaub npog qhov ncauj qhov ntswg zoo, mus saib rau [hom ntaub npog qhov ncauj qhov ntswg \(www.health.state.mn.us/diseases/coronavirus/facecover.html#type\)](http://www.health.state.mn.us/diseases/coronavirus/facecover.html#type).

Tus neeg lub cev tiv thaiv kab mob tsis zoo lawm: Ib tug neeg uas muaj lub cev tsis muaj zog tiv thaiv kab mob. Lub cev tiv thaiv kab mob yog qhov lub cev tawm tsam tus kab mob.

Tom qab chwv raug ib tus neeg uas muaj tus kab mob COVID-19



Looj daim ntaub npog qhov ncauj qhov ntswg zoo thiab haum zoo li 10 hnuv puv nkaus thaum koj nyob hauv tsev thiab nyob ib ncig ntawm lwm tus, txawm nyob hauv tsev los xij. Sij hawm 10 hnuv pib txij hnuv tom qab koj qhov kev nyob sib ze zaum kawg nrog ib tus neeg uas muaj tus kab mob COVID-19. Hnuv kawg uas koj tau nyob sib ze nrog raug suav ua hnuv xoom. Hnuv koj tuaj yeem tshem tawm daim ntaub npog qhov ncauj qhov hnuv 11.

Saib xyuas cov tsos mob li 10 hnuv puv nkaus tom qab koj kev nyob sib ze zaum kawg nrog tus neeg uas muaj tus kab mob COVID-19. Cov tsos mob tuaj yeem suav nrog kub taub hau li 100.4 degrees Fahrenheit los sis siab dua, hnoos, mob caj pas, los sis txog siav. Yog xav paub ntxiv txog cov tsos mob tag nrho, mus saib [Lub Chaw Tswj Xyuas thiab Tiv Thaiv Kab Mob \(CDC\): Cov Tsos Mob ntawm Tus Kab Mob COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) (www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html).

- Yog tias koj cov tsos mob loj tuaj, nyob hauv tsev thiab nyob deb ntawm lwm tus (cais tus kheej) thiab mus kuaj tus kab mob COVID-19 tam sim ntawd. Ua raws li cov lus pom zoo kom cais tus kheej nyob ntawm [Yog Tias Koj Mob los sis Kuaj Pom Tias Muaj Mob: Tus Kab Mob COVID-19](https://www.health.state.mn.us/diseases/coronavirus/sick.html) (www.health.state.mn.us/diseases/coronavirus/sick.html). Qhov no suav nrog cov neeg uas tau kuaj pom muaj tus kab mob COVID-19 nyob rau 90 hnuv dhau los, txawm tias lawv tau hloov kho nrog lawv cov tshuaj tiv thaiv tus kab mob COVID-19.

Kuaj tus mob rau hnuv thib kaum, yog tias ua tau

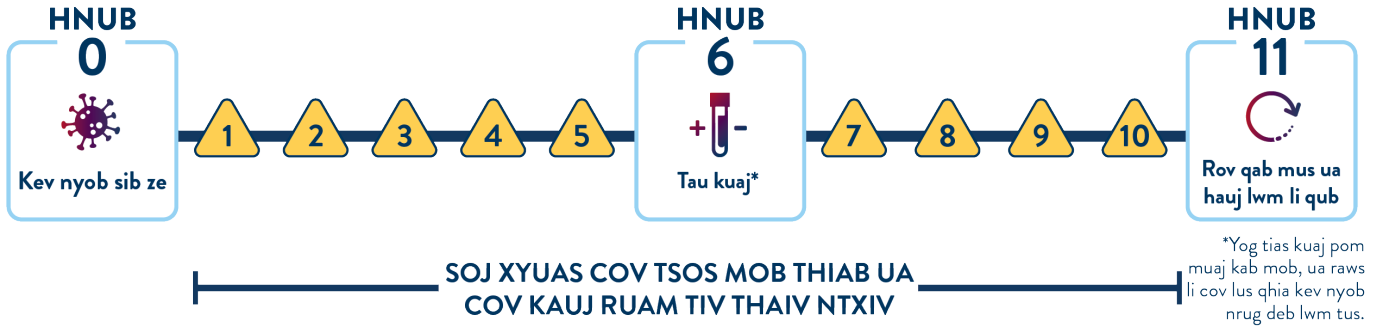
- Yog tias koj kuaj pom tus kab mob, nyob twj ywm hauv tsev (cais tus kheej), thiab ua raws li cov lus pom zoo ntawm [Yog Tias Koj Mob los sis Kuaj Pom Tias Muaj Mob: Tus Kab Mob COVID-19](https://www.health.state.mn.us/diseases/coronavirus/sick.html).
- Yog tias koj kuaj tsis pom muaj tus kab mob, txuas ntxiv looj daim ntaub npog qhov ncauj qhov ntswg zoo thiab haum zoo thaum nyob hauv tsev thiab nyob ib puag ncig lwm tus.
- Mus saib [Kev Kuaj Tus Kab Mob COVID-19](https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html) (www.health.state.mn.us/diseases/coronavirus/testsites/index.html) rau covntsiab lus kom ntxaws txog qhov uas koj tuaj yeem mus kuaj tau thiab hom kev kuaj twg uas muaj.

Yam uas yuav tau zam

- Zam cov neeg uas lub cev tsis muaj kev tiv thaiv kab mob los sis muaj kev pheej hmoo siab ntawm cov kab mob hnyav thiab cov chaw uas cov neeg muaj kev pheej hmoo siab dua nyob los sis sib sau ua ke, xws li cov chaw saib xyuas sij hawm ntev. Yog tias qhov no ua tsis tau, ua kom ceev faj ntxiv rau [tiv thaiv koj tus kheej thiab lwm tus](https://www.health.state.mn.us/diseases/coronavirus/prevention.html) (www.health.state.mn.us/diseases/coronavirus/prevention.html). Yog xav paub txog cov neeg muaj kev pheej hmoo siab dua, mus saib rau [Lub Chaw Tswj Xyuas thiab Tiv Thaiv Kab Mob \(CDC\): Cov Neeg Uas Muaj Qee Yam Mob](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html) (www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html).
- Zam kev mus ntoj ncig. Yog tias koj yuav tsum taug kev, looj daim ntaub npog qhov ncauj qhov ntswg kom zoo thiab looj kom haum zoo.
- Zam qhov chaw uas koj yuav tau tshem tawm koj daim ntaub npog qhov ncauj qhov ntswg (piv txwv li, cov chaw nyom ib ce, tsev noj mov).

Kev txiav txim siab tshwj xeeb los sis cov kev zam

Cov neeg uas tsis tuaj yeem looj daim ntaub npog qhov ncauj qhov ntswg tau



Tsis pom zoo kom looj daim ntaub npog qhov ncauj qhov ntswg rau cov me nyuam yaus hnuv nyooq 2 xyoos thiab qis dua, thiab cov neeg muaj qee qhov kev tsis taus los sis kev kho mob yuav tsis tuaj yeem looj daim ntaub npog qhov ncauj qhov ntswg. Yog tias tus neeg tsis tuaj yeem looj daim ntaub npog qhov ncauj qhov ntswg chwv raug tus kab mob COVID-19, ua raws li tag nrho lwm cov kauj ruam uas pom zoo, suav nrog kev kuaj rau hnuv thib 6 (thiab tam sim ntawd yog tias cov tsos mob tshwm sim), thiab ua cov kauj ruam ntiv los tiv thaiv kev kis mus rau lwm tus, xws li txhim kho kom muaj cua hliv thiab tswj kom nyob deb ntawm lwm tus. Nco ntsoov zam kom tsis txhob muaj cov neeg uas lub cev muaj teeb meem tiv thaiv kab mob los sis muaj kev pheej hmoo ntawm cov kab mob hnyav thiab cov chaw uas cov neeg muaj kev pheej hmoo siab nyob los yog sib sau ua ke, xws li cov chaw tu mus sij hawm ntev.

Cov neeg uas muaj tus kab mob COVID-19 hauv 30 hnuv dhau los



Yog tias koj muaj tus kab mob COVID-19 hauv 30 hnuv dhau los, tsis pom zoo kom kuaj tom qab chwv raug kab mob tshwj tsis yog tias koj muaj tsos mob tshwm sim xwb. Qhov no txhais tau tias, yog tias koj tsis muaj cov tsos mob, koj tsis tas yuav kuaj rau hnuv thib 6 li. Yog tias koj cov tsos mob loj tuaj, mus saib rau [Yog Tias Koj Mob los sis Kuaj Pom Tias Muaj Mob: Tus Kab Mob COVID-19 \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](http://www.health.state.mn.us/diseases/coronavirus/sick.html). Yog xav paub ntiv txog kev kuaj rau cov neeg uas muaj tus kab mob COVID-19 yav dhau los, mus saib [Lub Chaw Tswj Xyuas thiab Tiv Thaiv Kab Mob \(CDC\): Kev Xaiv Kuaj Tus Kab Mob COVID-19 \(www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html#choosing-a-test\)](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html#choosing-a-test).

Yog tias ib tug neeg hauv koj lub tsev muaj tus kab mob COVID-19



Yog tias koj nyob nrog ib tus neeg uas muaj tus kab mob COVID-19, looj daim ntaub npog qhov ncauj qhov ntswg zoo thiab haum zoo thaum lub sij hawm cais tus kheej ntawm tus neeg mob nyob ib leeg. Txuas ntiv looj daim ntaub npog qhov ncauj qhov ntswg li 10 hnuv ntiv tom qab tus neeg mob lub sij hawm cais tus kheej nyob. Suav hnuv kawg ntawm lawv qhov kev

cais tus kheej nyob yog hnuv xoom. Ua raws li lwm cov lus qhia saum toj no rau kev looj daim ntaub npog qhov ncauj qhov ntswg, saib xyuas cov tsos mob, kev kuaj, thiab zam cov neeg muaj kev pheej hmoo kis mob hnyav.

Yog xav paub ntxiv txog cov lus qhia no, mus saib [Lub Chaw Tswj Xyuas thiab Tiv Thaiv Kab Mob \(CDC\): Koj Yuav Ua Li Cas Yog Tias Koj Chwv Tau Tus Kab Mob COVID-19 \(www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html\)](https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html).

Teeb tsa cov lus qhia tshwj xeeb

Cov lus pom zoo no siv tsis tau rau qee qhov chaw muaj kev pheej hmoo siab. Rau qhov kev taw qhia txog kev cais tus kheej nyob los sis kev chwv raug tus kab mob hauv cov chaw kho mob los sis lwm pab pawg uas muaj kev pheej hmoo siab (sib sau ua ke):

- Cov neeg uas nyob los sis ua hauj lwm hauv tsev kho mob los sis lub chaw saib xyuas ncuva ntev thiab chwv raug tus kab mob COVID-19 yuav tsum soj saib rau [Cov Lus Pom Zoo Rau Cov Neeg Ua Hauj Lwm Saib Xyuas Kev Noj Qab Haus Huv Kev Cais Tus Kheej thiab Kev Cais Nyob \(www.health.state.mn.us/diseases/coronavirus/hcp/exposure.html\)](https://www.health.state.mn.us/diseases/coronavirus/hcp/exposure.html).
- Cov neeg uas nyob los sis ua hauj lwm hauv pab pawg nyob thiab cov chaw saib xyuas, xws li lub tsev tsis muaj tsev nyob los sis chaw kho mob, thiab chwv raug tus kab mob COVID-19 yuav tsum mus soj saib rau [Cov Chaw Sib Sau Ua Kev thiab Cov Chaw Saib Xyuas Mob: Tus Kab Mob COVID-19 \(www.health.state.mn.us/diseases/coronavirus/communities.html\)](https://www.health.state.mn.us/diseases/coronavirus/communities.html).
- Kev lag luam, cov chaw hauj lwm, los sis lwm qhov chaw ntiag tug raug txhawb kom ua raws Minnesota Lub Chaw Hauj Lwm Saib Xyuas Kev Noj Qab Haus Huv thiab CDC cov lus qhia yam tshawg kawg. Lawv kuj tseem tuaj yeem xaiv kom yuav tsum tau nyob hauv tsev ntev dua los sis looj daim ntaub npog qhov ncauj qhov ntswg kom ntev dua tom qab nyob ib puag ncig tus neeg uas muaj tus kab mob COVID-19.

Rub tawm tau dawb [lub app COVIDaware MN \(www.mn.gov/covid19/covidawaremn/\)](https://www.mn.gov/covid19/covidawaremn/) kom tau txais kev ceeb toom yog tias koj tau nyob ze ib tus neeg uas kuaj pom muaj tus kab mob COVID-19.



Minnesota Department of Health | health.mn.gov | 651-201-5000
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Tiv tauj health.communications@state.mn.us txhawm rau thov cov ntaub ntauv no sau ua lwm hom. (Hmong)