



Paub Txog Txoj Cai Looj Lub Npog Ntsej Muag Hauv Minnesota

Cov tibneeg nyob hauv Minnesota yuav tsum looj lub npog ntsej muag rau txhua sijhawm nyob hauv tej kiab khw thiab sab hauv tej tsev ua si, tshwj tsis yog nws nyob nws ib leeg. Cov neeg ua haujlwm yuav tsum tau looj lub npog ntsej muag thaum ua haujlwm nraum zoov thiab sib cais deb tsis tau. Ntawm no yog tej yam tseem ceeb koj yuav tsum paub txog.

Yeej tseem ceeb heev rau koj cais deb li 2 dag ntawm lwm tus neeg uas koj tsis koom ib yig, tab txawm koj twb yeej looj lub npog ntsej muag lawm. Txhua tus yuav tsum nquhuag ntxuav tes thiab nyob tsev yog tias mob lawm.

Thaum twg yuav tsum looj lub npog ntsej muag

- Txhua zaus nyob hauv tej kiag khw thiab sab hauv tej tsev ua si, nrog rau thaum nyob sab nraum zoov tos mus nkag hauv lub khw.
- Cov neeg ua haujlwm yuav tsum tau looj lub npog ntsej muag thaum ua haujlwm nraum zoov thiab sib cais deb li 2 dag tsis tau.
- Thaum caij npav lossis tsheb nqaj, lossis tsheb ntiav, kev sib koom caij tsheb ua ke, lossis ib lub tsheb uas tsim los ua lag luam.
- Ib txhia khw, tab txawm yuav nyob hauv tsev lossis nraum zoov, kuj tseem yuav muaj tej kev cai ntxiv ntsig txog kev looj lub npog ntsej muag rau koj thiab. Koj yuav tsum ua raws tej cai ntawd.

Cov hom looj lub ntsej muag

- Tej hom looj lub ntsej muag muaj xws li ntawv lossis cov looj npog ntsej muag uas pov tseg tau, daim ntaub npog, tsho ntaub vov caj dab npog tau ntsej muag (neck gaiter), phuum, phuum khi taub hau (bandanna), lossis daim npog ntsej muag uas raws li txoj kev ntseeg.
- Lub npog ntsej muag yuav tsum qhwv npog nkaus lub qhov ntswg thiab qhov ncauj tibi. Lub npog ntsej muag yuav tsum tsis txhob zawm dhau lawm lossis txwv txav tsis tau thiab yuav tsum zoo looj.
- Tsis txhob looj lub npog ntsej muag uas muaj cov pob qhov to lo rau. Tej no tsuas qhib kev rau cov pa muaj kab mob tawm tau xwb.
- Tsis txhob looj cov npog ntsej muag uas kws kho mob looj los phais neeg lossis cov N95 tshwj tsis yog koj txoj haujlwm hais kom looj.
- Yog xav paub ntxiv seb vim li cas tseem ceeb looj lub npog ntsej muag thiab yuav looj li cas thiaj yog, mus rau [Lub looj npog ntsej thiab daim thaiv ntsej muag](http://www.health.state.mn.us/diseases/coronavirus/pr_evention.html#masks) (www.health.state.mn.us/diseases/coronavirus/pr_evention.html#masks).

Cov neeg tsis tas looj lub npog ntsej muag

- Cov menyuam tsis tau muaj 2 xyos tsis txhob looj lub npob ntsej muag.
- Tsis tas cov menyuam uas muaj hnuob nyoog 2 thiab 5 xyos looj lub npog ntsej muag, tiamsis kuj txhawb kom lawv looj thaum lawv tawm rooj, yog lawv ua tau.
- Cov neeg uas muaj mob lossis lwm yam kab mob twb, kev xiam oob qhab lossis puas hlwb, cev loj hlob tsis txaus, lossis cwj pwm uas yuav ua nyuaj rau nws yog tias nws looj ib lub npog ntsej muag.
- Txhua tus twg uas ua pa nyuaj, tsis meej pem lawm, pw tsaug zog, lub cev ua tsis tau haujlwm li qub, lossis tshem tawm tsis tau lub npog ntsej muag yog tsis muaj neeg pab.
- Lwm hom looj npog ntsej muag xws li lub thaiv ntsej muag (face shield) siv tau yog tias tus neeg ntawd muaj ib yam mob twg uas looj lub npog ntsej muag yuav ua teeb meem rau nws.

Thaum lub looj npog ntsej muag muab hle ib pliag tau

Muaj qee lub sijhawm yuav hle tau lub npog ntsej muag rau ib pliag. Ntawm no yog kev qhia rau sijhawm hle tau lub looj npog ntsej muag, tiamsis koj yuav pom tagrho tej lus qhia nyob rau hauv [Txheem Lus Rau Kev Siv Lub Npog Ntsej Muag Raws li Tswv Xeev Cov Lus Txib 20-81](#) (www.health.state.mn.us/diseases/coronavirus/facecover.html).

- Thaum noj mov lossis haus dej, yog tias koj cais deb tau li 2 dag ntawm lwm tus uas tsis nyob hauv koj yim neej.
- Thaum ib tus twg kom hle rau nws nias meej seb koj yog leejtwg raws txoj cai, xws li thaum mus yuav dej cawv haus lossis nkag mus rau tej lub koob tsheej twg.
- Thaum mus ua luam dej lossis lwm yam kis las uas lub npog ntsej muag yuav ntub.
- Thaum hais lus rau ib tus neeg twg uas lag ntseg lossis hnob lus tsis zoo, lossis muaj ib yam mob twg, xiam oob qhab, lossis kev puas hlwb kev xav uas yuav nyuaj rau nws to taub koj. Koj yeej tseem yuav tau cais deb li 2 dag ntawm tus neeg ntawd.
- Thaum mus koom ua ib qho kis las lossis mus ua ev xaws xais - uas yuav ua pa nyuaj yog tias looj lub npog ntsej muag.

NTAUB NTAUV QHIA NTXIV TXOG KEV LOOJ LUB NPOG NTSEJ MUAG

Yog xav paub ntxiv txog Tswv Xeev Cov Lus Txib, nrog rau tej kev cai (txog kev tu tus kheej, tsev kawm ntawv, thiab tsev zov menyuam) tus nqi raug nplua thiab taug qab txoj cai, thiab tej lag luam yuav tsum ua li cas, mus saib hauv:

- Tswv Xeev Cov Lus Txib 20-81 muaj nyob hauv [Tswv Xeev Cov Lus Txib los ntawm Governor Walz \(https://mn.gov/governor/news/executiveorders.jsp\)](https://mn.gov/governor/news/executiveorders.jsp).
- [Lus Nug Nqhuag Nug Txog Cov Txheem Lus Looj Lub Npog Ntsej Muag \(https://www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html\)](https://www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html).



Minnesota Department of Health | health.mn.gov | 651-201-5000
625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975

Tiv tauj health.communications@state.mn.us yog tias xav tau cov ntaub ntauv no ua lwm hom.

08/06/2020 (Hmong)