STAY SAFE MN

Lus Taw Qhia Rau Kev Sib Txoos: Tej koom haum kev ntseeg twg, Tsev teev hawm, thiab Kab ke

Xov xwm tshiab: Ntxiv cov kev pab uas nias (links) tau mus xyuas tej lus taw qhia ntsig txog kev ntaus nkauj mloog thiab tej koob tsheej yees duab.

Cov lus taw qhia no yog rau cov uas yuav npaj ua tej koob tsheej thiab kab ke tim ntsej tim muag nyob hauv tej koom haum kev ntseeg twg, tsev teev hawm, tsev pam tuag, thiab lwm qhov chaw uas siv los ua tshoob kos, ntees tuag, kab li kev cai, kev sib ntsib thov tswv ntuj, kev kawm vajlugkub, lossis tej kis las xws li no. Yog xav paub txog tej koob tsheej thiab lwm yam kev sib txoos uas tshwm sim ua ntej thiab tom qab ib txoj kab ke twg tag, mus nyeem Guidance for Safe Celebrations and Events (taw qhia kev ua koob tsheej uas nyab xeeb) (health.state.mn.us/diseases/coronavirus/safeevents.pdf).

Tej kev sib txoos uas muaj neeg coob niaj hnub no ua ib qho kev phom sij los sib kis tus kab mob COVID-19. Txhua pab pawg ntseeg yuav tsum muaj kev sib ntsib yam tsis tas yog tim ntsej tim muag thiab yuav tsum **tsis txhob** qhib tej tsev caw neeg los sib txoos coob coob. Yog tias nrhiav pom muaj tias koj pab pawg ntseeg muaj kev sib kis tus kab mob COVID-19, peb kuj yuav hais kom koj kaw tsum tsis txhob muaj tej kev pab cuam tim ntsej tim muag no lawm kom txog txij rov nyab xeeb dua. Tiv tauj koj lub zos lossis xeev tsev ua haujlwm saib xyuas kev mob nkeeg yog xav paub ntxiv txog tej xwm no.

Cov lus taw qhia no yog nyob raws lub tsev thaj chaw seb loj li cas, puas muaj chaw dav txaus, sijhawm nyob ntev li cas rau ib qho chaw koom nrog lwm tus ntev li cas, thiab seb kev sib kis tus kab mob COVID-19 tom tej kev sib txoos no yuav mus li cas, tab txawm yeej xyuam xim kawg.

Yuav Tsum Muaj Ua

- ✓ **Hom Phiaj Tiv Thaiv:** Txhua lub lag luam, koom haum, thiab tsev ua koob tsheej uas muaj neeg tuaj sib txoos heev yuav tsum sau npaj thiab nqis tes seb yuav ua li cas npaj rau Hom Phiaj Tiv thaiv Kab Mob COVID-19 Stay Safe Minnesota website (staysafe.mn.gov). Nplooj ntawv hom phiaj no yuav tsum muab dai kom sawvdaws thiaj pom. Cov neeg muag khoom uas tsuas npaj ua ib lub koob tsheej xwb kuj ua tau ib phau hom phiaj tuab uas qhia txhua yam los yeej tau, yog lawv xav ua.
- ✓ **Kev looj lub npog qhov ncauj thiab ntsej muag:** Pib txij li Lub 7 Hli tim 25, 2020 los, txhua tus neeg nyob hauv Minnesota yuav tsum looj lub npog ntsej muag thaum tawm rooj mus hauv tej kiab khw hauv tsev thiab sab nraud, raws li Tswv Xeev Cov Lus Txib 20-81. Ntxiv thiab, tus Tswv Xeev Cov Lus Txib hais kom txhua tus neeg

ua haujlwm looj lub npog ntsej muag thaum ua haujlwm nraum zoov uas tswj tsis tau kev sib cais deb ntawm lwm tus. Tus Tswv Xeev Cov Lus Txib hais tagnrho tiamsis kuj tseg cia cov neeg uas looj tsis taus lub npog ntsej muag vim lawv muaj ib yam kev mob nkeeg twg lossis lwm yam. Kuj muaj tej lub sijhawm uas tshem tau lub npog ntsej muag, xws li thaum noj mov los haus dej, yog tias yeej sib cais nyob deb ntawm lwm tus thiab yeej rov qab muab coj los looj tom qab noj mov haus dej tag. Tej lag luam thiab tsev ua koob tsheej kuj xum muaj ntau txoj kev cai los tiv thaiv tus kheej tshaj li Tswv Xeev Cov Lus Txib los yeej tau thiab.

Yog xav paub ntxiv txog tus Tswv Xeev Cov Lus Txib thiab kev cai looj lub npog ntsej muag, mus nyeem hauv Kev Looj Lub Npog Qhov Ncauj thiab Ntsej Muag (health.state.mn.us/diseases/coronavirus/prevention.html#masks).

Kev sib txoos hauv tsev teev hawm lossis tej kab ke xws li pam tuag lossis tshoob kos

- Yuav tsum txwv tsis txhob pub neeg tuaj coob coob kom thiaj sib cais deb li 2 dag (6 feet) ntawm lwm tus uas tsis koom lawv ib yig. Xws li tsev teev hawm, yuav tsis pub muaj neeg coob tshaj 50% ntawm qhov pub neeg ntau tshaj (total capacity), coob kawg los yog 250 leej nyob koom hauv ib lub tsev. Thaum nyob nraum zoov, tsis pub muaj coob tshaj 250 leej.
- Tswj coob neeg tuaj koom kom nqhuag sib txav deb kom ua li ua tau, thaum pib thiab thaum xaus hnub ntawd.
- Txwv cov neeg cev lus kom tsawg thiab npaj kom lawv thiaj li tsis nyob sib ze (kom deb li 2 dag) ntawm lwm tus. Thaum twg ua tau, muab ib leeg ib lub paj taub rau cov neeg cev lus. Yog tias tsuas muaj ib lub paj taub siv xwb ces, tej zaum zoo rau koj los muab nws ntxuav so kom huv lossis muab lub paj taub ntawv dho rau tus ncej tuav nws sawv.

Mus nyeem ntu tom ntej yog xav paub ntxiv thiab mus ua raws li cov Stay Safe Guidance (lus taw qhia Stay Safe) (staysafe.mn.gov/industry-guidance/index.jsp) kom thiaj paub txhua yam ntsig txog tej Koom Haum Tsev Teev Hawm thiab lwm cov uas muaj feem.

Kev sib txoos rau tej kab ke ua hauv tsev lossis lwm qhov chaw

Txwv tsuas pub txog 10 leej lossis tsawg tshaj ntawd rau cov ua hauv tsev, 25 leej lossis tsawg tshaj ntawd yog tias ua nraum zoov.

Tej koob tsheej thiab lwm yam kev sib txoos uas tshwm sim ua ntej thiab tom qab ib txoj kab ke twg tag

Tej kev sib txoos uas tshwm sim nyob hauv thiab thiab nraum zoov xws li tsev ua koob tsheej, tsev teev hawm, tsev pab cuam hauv zos, tsev xaub, lossis lwm hom tsev uas xws li no uas yuav muaj zaub mov thiab dej haus yuav tsum txwv neeg nyob sab hauv thiab sab nraum zoov tsis pub coob tshaj 25% ntawm qhov pub 250 leej. Tus neeg twg uas yog tus npaj rooj sib txoos no yuav tsum sau thiab nqis tes muaj Hom Phiaj Tiv Thaiv COVID-19. Mus nyeem Guidance for Safe Celebrations and Events (lus taw qhia kev ua koob tsheej uas nyab xeeb) (health.state.mn.us/diseases/coronavirus/safeevents.pdf) yog xav paub ntxiv.

Ntsig txog cov kws coj, cov neeg ua haujlwm, thiab cov pab dag zog dawb

Xaiv ib tus neeg nyob hauv pab pawg coj lossis neeg ua haujlwm los sau lub Hom Phiaj thiab kom sau tibneeg nkag siab tau, muab dai sawvdaws pom tau, thiab sawvdaws coj tau. Lub Hom Phiaj yuav tsum sau txog tej txheej txheem thiab lus taw qhia yuav ua li cas raws li cov xwm hauv qab no:

1. Kom cov neeg ua haujlwm uas mob lawm yuav tsum nyob tsev. Cov neeg ua haujlwm uas kis tau mob yooj yim dua, tej zaum yuav zoo dua rau lawv ua haujlwm tom tsev.
2. Tswj cais deb li 2 dag ntawm cov neeg ua haujlwm thiab hais kom txhua tus looj lub npog ntsej muag raws li Tswv Xeev Cov Lus Txib.
3. Xyaum npog qhov ncauj thaum hnoos thiab txham, nqhuag ntxuav tes, looj daim ntaub npog qhov ncauj lossis ntsej muag.
4. Ua tib zoo xyuas lub tsev yeej nyab xeeb nyob hauv tau thiab yeej lim cua ua pa raws li tau pom zoo.
5. Ua tib zoo xyaum thiab ua raws li tej kev cai tsim tsa rau tibneeg tuaj pov khoom, nqa khoom, thiab xa khoom.
6. Tsim tsa thiab ua raws li kev ntxuav tu thaj chaw ua haujlwm. Mus xyeem CDC: Cleaning and Disinfecting Your Home (koom haum CDC kev pom zoo siv tshuaj los tu tsev li cas) (cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html).
7. Qhia thiab cob kom cov neeg ua haujlwm ua raws li tej kev cai no.
8. Ua tib zoo xyuas tias txhua yam haujlwm hauv koj lub tsev yeej ua raws li tej kev cai uas koj tsim tsa (kev pab txhawb lossis pawg pab cuam, kev pub khoom siv rau cov tsis muaj, lwm yam)
9. Qhia txhua yam kev tiv thaiv uas tau npaj ua thiab tej kev hloov li cas rau tej kev pab cuam rau cov ua tswv cuab thiab koom tes kom lawv thiaj li paub xyuam xim tsis txhob sib kis tus kab mob COVID-19.
10. Ua tib xyuas tias koj yeej muaj tshuaj txhuam tsev, tshuaj pleev tes tua kab mob, thiab ntaub so ntswg. Tiv paib thiab lus taw qhia kom: nyob tsev yog tias koj mob lossis kis tau mob yooj yim, ntxuav tes, npog qhov ncauj thaum hnoos, looj lub npog ntsej muag, thiab txav deb ntawm lwm tus li 2 dag. Ntaub ntawv tiv paib luam tau nyob hauv MDH Materials and Resources for COVID-19 Response (lub vas sab luam tau ntaub ntawv txog kab mob COVID-19 los ntawm MDH) (health.state.mn.us/diseases/coronavirus/materials/index.html).

Yog xav paub ntxiv txog kev teeb lub tsev li cas thiab yuav lim cua li cas, xws li kev npaj tseg koj lub tsev yuav siv li cas tom qab muab kaw ntev lawm, kev cai pov khoom, nqa khoom, thiab xa khoom, kev tu ntxuav tsev, thiab ntau yam ntxiv, mus xyuas nyob hauv Operational Guidance for Places of Worship (lus taw qhia rau tej tsev teev hawm) (staysafe.mn.gov/industry-guidance/places-of-worship.jsp).

Cov kws ntseeg thiab muaj feem yuav tsum tau ua li cas

Ua ntej kev pe hawm pib lossis ua ntej ua kab lig kev cai

- Nyob tsev yog tias koj lossis ib tus twg hauv koj tsev neeg mob lawm lossis muaj tej tsos mob xws li: ua npaws, hnoos, txog siav, ib ce txias, mob leeg nqaij, mob taubhau, txhaws qa, saj tsis hnov qab lossis tsis hnov ntxhiab tsw.

- Cov tibneeg uas kis tau kab mob yooj yim dua (xws li cov laus lossis cov uas twb muaj mob lawm) yuav tsum nyob tsev.
- Cov muaj feem koom yuav tsum nkag siab thiab txaus siab ua raws li phau Hom Phiaj Tiv Thaiv COVID-19 rau lub tsev uas yuav ua tej kev pe hawm thiab kag lig kev cai ntawd.

Thaum pe hawm lossis ua kab lig kev cai

- Nqhuag ntxuav tes lossis siv tshuaj pleev tes tiv thaiv kab mob, npog qhov ncauj thaum hnoos thiab txham, thiab looj lub npog ntsej muag.
- Txhua lub sijhawm tswj txav kom deb li 2 dag ntawm lwm tus neeg uas tsis koom ib yig (thaum nkag mus, thaum tawm, thaum zaum, thiab lwm yam haujlwm uas muaj rau thaum pib lawm).
- Kev hu nkauj seev suab ua neeb yog ib yam haujlwm uas phom sij heev, ces tej koom txoos yuav tsum kaw cov nkauj no ua ntej lossis mloog tus xibhwb hu nkauj nyob kom deb thiab cov uas muaj feem nquas hu teb nws yuav tsum nyob kom deb rau thaum pib lawm. Kuj mus nyeem tau: Music Activities and Performances During COVID-19 (kev seev suab hu nkauj thiab seev cev rau sijhawm muaj kab mob COVID-19) (www.health.state.mn.us/diseases/coronavirus/musicguide.pdf).
- Tsis txhob mus kov tej khoom uas lwm tus twb muab kov kov lawm yog tias ua tau. Siv tshuaj los ntxuav tu tej khoom uas neeg nqhuag kov thiab ntxuav tu ua ntej thiab tom qab muaj kev pe hawm tag.
- Xyaum coj kev cai tshiab txog kev pe hawm kom tsis txhob los nyob sib ze thiab txav deb tau (kev tos txais qhua, kev txais nyiaj, kev sib qiv khoom pe hawm, kev cai noj nplem hauv cawv, tej ntawd).
- Rau tej kev thov tswv ntuj uas yuav tau muab lub ntsej muag los chwv plag tsev lossis ntaub pua tsev, ces koj cia li nqa koj ib daim ntaub me nrog koj tuaj, lossis siv daim ntawv npog ntsej muag uas siv ib zaug tag muab pov tseg.
- Kev yees duab: Kev sawv ntsug nyob ua ke yog ib yam phom sij heev, tab txawm twb tsis siv sijhawm ntev los nyob ua ke. Tej zaum zoo dua nyiaj thaij nyiaj ib thaj duab es mam li muab txiav rho ua ke tom qab. Mus nyeem ntxiv txog tej kev pom zoo ua nyob hauv Industry Guidance for Safely Reopening Faith-based Communities, Places of Worship, Weddings, and Funerals (lus qhia txog kev rov qhib tej koom haum kev ntseeg, tsev teev hawm, tshoob kos, thiab kev pam tuag dua kom nyab xeeb) (Industry Guidance for Safely Reopening Faith-based Communities, Places of Worship, Weddings, and Funerals (lus qhia txog kev rov qhib tej koom haum kev ntseeg, tsev teev hawm, tshoob kos, thiab kev pam tuag dua kom nyab xeeb) (www.health.state.mn.us/diseases/coronavirus/safefaith.pdf).

Yog tias nrhiav pom muaj tias koj pab pawg ntseeg muaj kev sib kis tus kab mob COVID-19, peb kuj yuav hais kom koj kaw tsum tsis txhob muaj tej kev pab cuam tim ntsej tim muag no lawm kom txog txij rov nyab xeeb dua. Yog xav paub ntxiv, mus nyeem Operational Guidance for Places of Worship (lus qhia rau tej tsev teev hawm) (staysafe.mn.gov/industry-guidance/places-of-worship.jsp).

Ntaub Ntawv Kev Pab Ntxiv

Los Ntawm Lub Xeev Minnesota:

- Industry Guidance for Safely Reopening Faith-based Communities, Places of Worship, Weddings, and Funerals (www.health.state.mn.us/diseases/coronavirus/safefaith.pdf)

- Community Settings: COVID-19 (health.state.mn.us/diseases/coronavirus/communities.html)
- Guidance for Vehicle Gatherings, Parades, and Drive-ins (health.state.mn.us/diseases/coronavirus/vehiclegather.pdf)
- Guidance for Caring for People in Their Homes (health.state.mn.us/diseases/coronavirus/visitingathome.pdf)
- Operational Guidance for Places of Worship (staysafe.mn.gov/industry-guidance/places-of-worship.jsp)
- Stay Safe Guidance for Businesses and Organizations (staysafe.mn.gov/industry-guidance/index.jsp)

Los Ntawm Centers for Disease Control and Prevention (koom haum tswj xyuas kev mob nkeeg thiab cheem kab mob):

- Community and Faith-Based Organizations (cdc.gov/coronavirus/2019-ncov/community/organizations/index.html)
- Considerations for Communities of Faith (cdc.gov/coronavirus/2019-ncov/community/organizations/checklist.html)
- Gatherings and Community Events (cdc.gov/coronavirus/2019-ncov/community/large-events/index.html)
- Funeral Guidance for Individuals and Families (cdc.gov/coronavirus/2019-ncov/daily-life-coping/funeral-guidance.html)

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

09/18/2020 (Hmong)