

Lus Tawm Qhia Txog Hmoob Kev Cai Ua Ntees Ploj Tuag Thaum Lub Sijhawm Uas Tseem Muaj COVID-19

Lub tsev uas saib xyuas kev noj qab nyob zoo hauv Minnesota (Minnesota Department of Health) tau npaj tseg cov lus qhia no nrog cov Hmoob thawj coj hauv zej zog thiab cov Hmoob thawj coj kab lis kev cai. Cov lus tawm qhia nyob hauv daim ntawv no pab tau rau cov tswv tsev txias pam tuag thiab rau cov kwv tij Hmoob sawvdaws seb lawv yuav tsum coj li cas thaum ua ntees ploj tuag rau lubsijhawm uas muaj tus kab mob COVID-19 kis thoob qab ntuj.

Tseem ceeb rau sawvdaws paub tias cov lus no yog hais ntxiv nrog Phau Hom Phiaj Tiv Thaiv Kab Mob COVID-19 (Preparedness Plan) uas txhua tus tswv lag luam thiab cov tswv ntawm tej tsev txias pam tuag yuav tsum muaj thiab tsis yog los hloov nws chaw. Kev pab tsim ua ib Phau Hom Phiaj Tiv Thaiv Kab Mob COVID-19 muaj nyob rau [Stay Safe Guidance \(https://staysafe.mn.gov/industry-guidance/index.jsp\)](https://staysafe.mn.gov/industry-guidance/index.jsp).

Tej yam xyuam xim pab tiv thaiv koj thiab koj lub zej lub ZOS

Muab xam tias tus kab mob COVID-19 no kis los ntawm ib tug mus rau ib tug. Tus kab mob vais lav no kis yooj yim heev los ntawm ob tug neeg uas nyob sib ze (li ntawm 6 feet), thiab tej pa cua uas tawm los ntawm nws hnoos, txham, lossis hais lus los mus kis. Ib tus neeg twg kuj kis tau kab mob COVID-19 no los ntawm mus kov raug ib yam twg uas muaj tus vais lav nyob rau, ces tom qab ntawd ho cev tes mus kov nws lub qhov ncauj, qhov ntswg, lossis tej zaum qhov muag. Tiv thaiv koj tus kheej thiab koj lub zej lub zog los ntawm ua tej no:

- Looj daim ntaub npog qhov ncauj qhov ntswg rau hauv tsev ntawm tej kiab khw thiab tej tsev qhib rau zej zog mus xyuas, raws li Tswv Xeev Cov Lus Txib 20-81 uas pib tshwm sim rau lub 7 Hli tim 25, 2020. Yog xav paub ntxiv, mus xyuas daim ntawv [Cov looj npog ntsej muag thiab thaiv \(https://www.health.state.mn.us/diseases/coronavirus/prevention.html#masks\)](https://www.health.state.mn.us/diseases/coronavirus/prevention.html#masks)
- Thaum nyob nraum zoov, looj daim ntaub npog qhov ncauj qhov ntswg yog tias sib nrug deb (li ntawm 6 feet) tsis tau.
- Siv xaub npum thiab dej los ntxuav tes lossis tshuaj pleev tes tua kab mob.
- Nyob nrug deb li 6 feet ntawm cov tib neeg uas tsis nyob hauv koj lub tsev nrog koj.
- Caiv tsis txhob tuav tes thaum sib ntsib. Siv lwm txoj kev txais tos uas tsis kov tib neeg.

- Nyob twj ywm hauv tsev yog tias koj lossis ib tus twg hauv koj tsev neeg mob lawm, kis tus mob COVID-19, muaj tej tsos mob ntawm COVID-19, lossis tau mus ze ib tus twg uas mob lawm, tau kis tus mob COVID-19, lossis muaj tej tsos mob ntawm COVID-19.
- Cov laus thiab cov neeg uas twb yeej muaj lwm yam mob los lawm yuav tsum tsis txhob tuaj koom cov ntees ploj tuag thaum lub sijhawm no vim hais tias tus kab mob no kis yooj yim heev. [CDC: People Who Are at Increased Risk for Severe Illness \(qhia txog cov tibneeg uas kis tau tus mob no yooj yim\)](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-increased-risk.html) (<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-increased-risk.html>).
- Siv koob thaj vis dis aus los tso tawm hauv internet rau cov txheeb ze tau saibYog xav kawm txog tus kab mob COVID-19 thiab nws kis tau mus li cas, mus xyuas hauv [CDC: How COVID-19 Spreads \(tus kab mob COVID-19 kis mus li cas\)](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html) (<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>).

Sijhawm siv los ua ntees ploj tuag ntev npaum li cas

Sijhawm siv los ua ntees ploj tuag yuav tsum tsis txhob mus dhau 10-12 xaub moos . Lub tsev saib xyuas kev noj qab nyob zoo hauv Minnesota (Minnesota Department of Health) tsis tau paub tseeb seb sijhawm ntev li cas thiaj li “nyab xeeb” tam sim no, tiam sis qhov uas paub tseeb ces yog tias yog coob tus neeg nyob ua ke ntev mus ces kuj yuav haj yam sib kis tau tus kab mob. Qhov pub neeg tuaj tsawg thiab txo sijhawm kom luv thiaj li pab kom tus kab mob no tsis txhob kis mus ntxiv rau lub sijhawm muaj kab mob kis thoob qab ntuj.

Yog xav paub ntxiv, mus xyuas hauv [CDC: Considerations for Events and Gatherings \(xam txog yuav npaj li cas rau tej koob tsheej\)](https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/considerations-for-events-gatherings.html) (<https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/considerations-for-events-gatherings.html>).

Pub neeg tuaj coob npaum li cas

Hmoob kev cai pam tuag yuav tsum ua raws li cov txheem lus no:

- A. Rau txhua lub sijhawm, yuav tsum kom cov neeg tuaj koom cais deb, nyob siv nrug deb li 6 feet ntawm lwm tus uas tsis koom lawv ib yig.
- B. Thaum nyob hauv tsev txias pam tuag uas tsis muaj mov noj thiab dej haus, yuav tsis pub muaj neeg coob tshaj 50% ntawm qhov pub neeg ntau tshaj (total capacity), los yog tsis pub tshaj 250 leej nyob koom hauv ib lub tsev txias pam tuag. Nrog qhov uas pub neeg puv 50%, yuav tsum cia cov tib neeg nyob sib nrug deb li 6 feet ntawm lwm tus uas tsis koom lawv ib yig thiab.
 - a. **Nco ntsoov:** Yog tias yuav muaj mov noj thiab dej haus, ces txwv tsis pub muaj neeg coob tshaj li 25% ntawm qhov pub neeg koom ua ke (normal occupancy) los yog 250 leej nyob hauv ib lub tsev pam tuag.
- C. Thaum nyob nraum zoov, tsis pub muaj coob tshaj 250 leej.

Yog xav paub ntxiv, mus nyeem phab 5 ntawm Tswv Xeev [Cov Lus Txib Xwm Ceev 20-74](https://mn.gov/governor/assets/EO%2020-74%20Final_tcm1055-437539.pdf) (https://mn.gov/governor/assets/EO%2020-74%20Final_tcm1055-437539.pdf).

Kev cai npaj zaub mov thiab dej haus

- Cov tswv yim npaj zaub mov thiab dej haus hauv lub tsev txias pam tuag yuav tsum nyob hauv Phau Hom Phiaj Tiv Thaiv Kab Mob COVID-19 Rau Lag Luam (COVID-19 Business Preparedness Plan). Yeej pub noj mov thiab haus dej tsuav yog tias muaj sau rau nyob hauv Phau Hom Phiaj COVID-19 uas qhia txog seb yuav saib xyuas tag nrho tej cheeb tsam nyias daus nyias noj li cas, thiab seb puas sib cais nyob nrug deb li 6 feet, yeej ntxuav tes, thiab looj daim ntaub npog qhov ncauj qhov ntswg txhua lub sijhawm.
- Kom cov neeg uas tsis koom ib yig ua ke sib cais nyob sib nrug deb li ntawm 6 feet.
- Txwv neeg nyob sab hauv thiab sab nraum zoov **tsis pub coob tshaj 25% ntawm qhov pub 250 leej** yog tias yuav muaj zaub mov noj thiab dej haus.
- Yog tias muaj rooj zaum noj mov, txwv tsuas pub 4 leej, lossis 6 leej nyob ua ke yog tias lawv koom ib yig. Yuav tsum muab tej rooj zaum noj mov teeb kom deb li 6 feet.
- Kom cov neeg uas npaj zaub mov looj daim ntaub npog qhov ncauj qhov ntswg thiab looj hnab looj tes.
- Qhov zoo tshaj yog muab zaub mov ntim rau ib lub tais ntim mov txaus rau ib tug neeg, ces mam li muab faib tawm xwb. Thov mus xyuas hauv [Minnesota Department of Agriculture: Kev Ceev Faj Siv Tej Hnab Ntim Khoom Uas Khov thiab Tej Tais Ntim Zaub Mov \(http://www.mda.state.mn.us/sites/default/files/inline-files/COVID-19%20Reusable%20Bags-Takeout%20Containers%20BPs%20Mar%202020.pdf\)](http://www.mda.state.mn.us/sites/default/files/inline-files/COVID-19%20Reusable%20Bags-Takeout%20Containers%20BPs%20Mar%202020.pdf).
- Tsis txhob sib noj tib tais mov, haus tib poom dej lossis sib qiv diav rawg.

Yog xav paub ntxiv, mus xyuas hauv [Guidance for Safe Celebrations and Events \(lus tau qhia xyuam xim thaum ua tej koob tsheej\) \(https://www.health.state.mn.us/diseases/coronavirus/safeevents.pdf\)](https://www.health.state.mn.us/diseases/coronavirus/safeevents.pdf).

Kev ua tej kab lig kev cai

Koom haum Hmoob 18 Xeem (Hmong 18 Council) thiab lwm cov laus neeg hauv ib tsoom zej Hmoob tau pab tsim tsa tej lus pab tawm qhia xyuam xim no thaum ua Hmoob kab lig kev cai pam tuag.

Basic guidelines for traditional Hmong funeral

Txheej txheem kev nruam sim (Ntees ploj tuag)

The traditional Hmong funeral can be conducted in as short a time as a day-long service. The minimum proceedings that should be conducted are as follow:

Hais txog lub ntees tuag uas siv ib hnub ua xwb los yeej tau lawm. Yam uas yuav tsum tau ua xwb xwb li ces muaj raws li nram qab no:

<i>English</i>	<i>Hmong</i>
1. Spiritual Guide's song to guide the Decedent's spirit back to the Ancestors.	1. <i>Taws kev rau tus neeg nruam sim.</i>

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English	Hmong
2. Reed pipes (qeej) song to acknowledge and confirm the death of the Decedent and prepare the Decedent for the Journey to the Ancestors.	2. <i>Zaj qeej tu siav rau tus neeg nruam sim. Yuav tsum tshuab tab xwb, tsis txhob tshuab txooj.</i>
3. Reed pipes (qeej) song to hoist the Decedent onto his/her Winged Steed and to give him/her their offerings to take with them on their Journey to the Ancestors.	3. <i>Zaj qeej tsa nees. Cob tu npua tsa nees rau tus neeg nruam sim coj mus ua noob.</i>
4. Reed pipes (qeej) song to accompany the serving of breakfast, lunch and dinner.	4. <i>Qeej tshais, qeej su, thiab qeej hmos.</i>
5. Reed pipes (qeej) song offering additional spiritual live stocks, if any.	5. <i>Yog muaj tsiaj cob hauv qhua ces tshuab qeej cob tsiaj, yog tsis muaj ces tsis tshuab.</i>
6. Reed pipes (qeej) song offering money to the Decedent from Family members.	6. <i>Zaj qeej hlawv ntawv tub ki thiab hauv qhua rau tus neeg nruam sim.</i>
7. Reed pipes (qeej) song signifying the departure from the funeral home to the final resting place of the Decedent.	7. <i>Zaj qeej sawv kev xa tus neeg nruam sim mus rau nws lub vaj lub tsev tshiab.</i>

*Reed pipes (qeej) songs are accompanied by Drummers

Funeral proceeding with invited guests of honor and blessing ceremony

Lub ntees nruam sim muaj hauv qhua thiab hais xim

English	Hmong
1. As for the invited honor guests, there is no need for the 2 chickens and the pig. What are needed are 1 bundle of cutout joss paper, 1 bottle of alcoholic beverage, 1 bag of rice and a piece of meat along with the so-called sunshine money.	1. <i>Hais txog kev ua hauv qhua tsis txhob npaj 2 tug qaib thiab tus npua lawm. Qhov yuav tau npaj yog 1 ntshuas ntawv, 1 poom cawv, 1 diav mov thiab 1 ntshiv nqaij coj tuaj ua kev cai nrog rau qhov nyiaj tshav ntuj.</i>
2. There's no need to set up the table for distributing the meat brought by the invited guests of honor.	2. <i>Tsis muaj lub rooj faib hauv qhua su lawm.</i>

English	Hmong
<p>3. If the family of the deceased wished to have the blessing ceremony, then just set up the table for that only and no need to set up one for the invited honor guests and relatives of the deceased. Once the table for the blessing ceremony is set, then the invited guests of honor like the cuab tsav (distinguished leader of the family's), muam phauj (paternal grand aunt) and txiv dab laug (maternal uncle) will turn facing the deceased (casket) and make remarks, concluding that all of the wrong doing committed by the deceased has been resolved. The deceased no longer bears any blames and that the deceased is released cleared of any blames and can leave the physical self. Once completed, the invited guests of honor will turn to give a few words of blessing for the family of the deceased. Once that is completed, then the master of ceremony will start the main blessing ceremony.</p>	<p>3. <i>Yog tus uas tsev neeg yuav kom hais xim xwb no ces muab lub rooj xim xwb, tsis muaj rooj rau kev neej kev tsav zaum. Yog thaum rub tau lub rooj hais xim lawm ces thov cov hauv qhua xws li cuab tsav, muam phauj, thiab txiv dab laug los hais lus rau tus neeg nruam sim tias nws tus plaub xo xaiv ncej tug muab hais tiav lawm. Nws tsis muaj plaub ntug lawm nws mus dawb mus huv. Ces tig muab ob peb lo lus koob lus hmoov hais rau tsev xyom cuab tas ces tso rau txiv coj xai lawm xwb.</i></p>

These are the guidelines if it is limited to just a one-day services. If more days are used, then there will be more ceremonies than these.

Cov Txheej Txheem tsuas muaj li no yog hais tias siv ib hnuv ua xwb. Yog siv ob hnuv ces nws kuj muaj ntau dua no.

Personnel recommendations

Thawj lwm tub ncig

English	Hmong
1. Family Representative; one	1. <i>Ib tug Thawj Xyom Cuab</i>
2. Funeral Service Managers; two	2. <i>Ob tug Kav Xwm</i>
3. Reed pipes (qeej) and Drum (Nruag) Players; three	3. <i>Peb tug Txiv Qeej & Txiv Nruag</i>
4. Spiritual Guide (To lead the spirit back to the Ancestors); one	4. <i>Ib tug Txiv Taw Kev.</i>
5. Family Spiritual Leader; one	5. <i>Ib tug Txiv Cuab Tsav.</i>

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English	Hmong
6. Volunteers; Food Preparation and Cooks	6. <i>Tswj Kab los yog Niam Ua Mov ces tsis muaj lawm vim tsis muaj noj mov rau ntawm tsev pam tuag lawm. Yog muaj ib tug tau nruam sim lub sij hawm no ces yog tsev kwv tij pab ua pem tsev lawm xwb.</i>

Yog xav paub ntxiv, hu rau Minnesota Helpline tus xov tooj 651-297-1304 lossis 1-800-657-3504.



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

Yog xav tau lwm hom lus, mus sau email rau health.communications@state.mn.us

08/04/2020 (Hmong)