

Tej Xov Tseem Ceeb Txog Kab Mob COVID-19

5/25/2021

Tus kab mob khaus lauv nam vais lav 2019 (coronavirus, COVID-19) yog ib tug mob rau txoj kev ua pa. Peb tseem niaj hnuv kawm txog tej yam tshiab txog tus kab mob COVID-19. Ntawm no yog tej yam koj tsim nyog paub txog tus kab mob COVID-19 kom thiaj li pab tiv thaiv tau koj lub zej lub zog.

Txawm koj muaj hnuv nyooq li cas los koj yeej kis tau tus mob no. Ib txhia neeg yuav mob hnyav dua li lwm tus. Cov neeg uas mob COVID-19 muab kis tau rau lwm tus, tab txawm lawv mloog tau tias lawv twb tsis mob.

Tsos mob

Ib txhia uas tau mob COVID-19 tsuas pom hnov mob mentsis xwb. Ho ib txhib mob hnyav heev. Tej yam tsos mob no muaj xws li:

- Ua npaws
- Hnoos
- Txog siav
- Ib ce txias tshee
- Mob taub hau
- Mob thooj leeg nqaij
- Mob qa txhaws qa
- Qaug zog
- Txhaws ntswg lossis los ntsws
- Saj tsis hnov qab lossis tsis hnov ntshiab tsw

Lwm yam mob uas tsis tshua pom muaj tiamsis kuj muaj thiab yog kev xeev siab, ntuav, lossis raws plab.

Mus kuaj mob yog tias koj mloog tau li koj mob lawm. Mus nrhiav tej chaw kuaj mob ntawm [Kev Kuaj Mob COVID-19 \(www.health.state.mn.us/diseases/coronavirus/testsites/index.html\)](http://www.health.state.mn.us/diseases/coronavirus/testsites/index.html).

Hu mus rau koj tus kws kho mob yog tias koj muaj lus nug lossis txhawj xeeb txog tej yam mob uas koj raug.

Tiv thaiv koj tus kheej thiab koj lub zej zog

Txo kom qis qhov koj kis tau tus mob COVID-19 lossis qhov muab tus mob no mus kis rau lwm tus.

Mus txhaj koob tshuaj. Txhua tus neeg nyob hauv Minnesota uas muaj 12 rov saud mus txhaj tau koob tshuaj no yam dawb xwb.

- [Nrhiav Chaw Txhaj Tshuaj \(mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp\)](https://mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp) thiab mus teem ib lub sijhawm. Tej zaum nyob rau tej txhia chaw koj mus txhaj tshuaj tau yam tsis tas teem ib lub sijhawm los tau.
- Cov koob tshuaj Pfizer thiab Moderna yuav tau ua ntu zus mus txhaj ob koob tshuaj, tiamsis rau koob tshuaj Johnson & Johnson ces koj tsuas mus hno koob ib zaug xwb.
- Thaum koj mus txhaj koob tshuaj kawg nkaus lawm, yuav siv sijhawm li ntawm ob lub lim tiam mam li pib tiv thaiv tau koj lub cev (cov neeg txhaj koob tshuaj tiav).

Yog tias koj tsis tau mus txhaj tshuaj (suav cov menyuam thiab):

- Looj daim ntaub npog qhov ncauj thaum nyob hauv tsev xws li tej lag luam, chaw nyob nraum zoov, thiab thaum nyob nrog lwm tus neeg tsis koom koj ib yig, nrog rau mus koom tau nyob nraum zoov yog tias sib nrug deb tsis tau li ntawm 2 dag (6 feet) ntawm lwm tus.
- Sib nrug deb li ntawm 2 dag ntawm lwm tus neeg tsis koom koj ib yig.

Tab txawm koj twb mus txhaj tshuaj tiav lawm los tsis tau, lub Minnesota Department of Health (tuam tsev saib xyuas kev noj qab nyob zoo) pom zoo kom koj ua li no:

- Nqhuag ntxuav koj txhais tes.
- Ua raws li tej txheem lus nyob tsev (cais nyob tsev) yog tias koj tau mus nyob ze ib tug neeg uas mob COVID-19. Feem ntau cov tibneeg uas twb mus txhaj tshuaj tiav lawm tsis tas yuav cais nyob tsev.
- Nyob hauv tsev yog tias koj muaj mob khaub thuas.
- Ua raws li tej txheem lus mus kuaj mob thaum koj tawm mus ncig tebchaws, muaj tej tsos mob COVID-19, lossis tau mus nyob ze ib tus neeg mob COVID-19.
- Ua haujlwm nyob tom tsev yog tias koj ua tau.

Kawm ntxiv

Los mus kawm paub ntxiv txog tus kab mob COVID-19 ntawm cov vej xaij no:

- [Tus Kab Mob Khaus Lauv Nam 2019 \(COVID-19\) \(www.health.state.mn.us/diseases/coronavirus/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/index.html)
- [Minnesota Tes Haujlwm Saib Xyuas Tus Kab Mob COVID-19 \(mn.gov/covid19/\)](https://mn.gov/covid19/)
- [CDC: Coronavirus Disease 2019 \(COVID-19, kab mob khaus lauv nam\) \(www.cdc.gov/coronavirus/2019-nCoV/index.html\)](https://www.cdc.gov/coronavirus/2019-nCoV/index.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 xav tau cov ntaub ntawv no ua lwm hom. (Hmong)