

STAY SAFE MN

KAB MOB KHAUS LAS NAS VAIS LAV 2019 (COVID-19)

Tus kab mob khaus laus nas vais lav 2019 (COVID-19) yog ib tus kab mob ua mob rau txoj kev ua pa. Nws mob los ntawm ib tus kab mob vais lav tshiab. Peb tseem tab tom kawm tshawb fawb txog tus kab mob no vim tias tseem tshiab.

Peb koom tes nrog ntau lub koom haum los pab cheem kom tus kab mob COVID-19 tsis txhob kis mus deb, tiamsis txhua tus nyob hauv lub xeev no yuav tsum ua nws feem thiaj li cheem tau tus kab mob no.

Txawm muaj hnuv nyooq li cas los yeej kis tau tus kab mob no. Ib txhia neeg yuav mob tshaj li lwm leej lwm tus. Cov neeg uas muaj tus kab mob COVID-19 yeej kis tau mus rau lwm tus, tab txawm tias lawv twb tsis hnov mob. Tej kab mob vais lav no yeej tsis xaiv ntsej muag ces tsis txhob muaj iab liam rau ib pab ib pawg twg.

Tsos mob

Ib txhia neeg uas kis tau tus kab mob COVID-19 no tsuas hnov mob mentsis xwb. Tiamsis dua cov ces lawv yeej mob hanyav heev. Ib txhia tsos mob yog:

- Hnoos
- Txog siav
- Ua npaws
- Ib ce txias
- Mob taub hau
- Mob leeg
- Txhaws qa
- Tus nplaig tsis hnov qab lossis qhov ntswg tsis hnov ntxhiab tsw

Tsis tshua muaj tiamsis kuj muaj tej tus neeg mob plab, ntuav, lossis raws plab.

Mus kuaj yog tias koj muaj tej tsos mob zoo li no. Hu rau koj tus kws kho mob lossis lwm tus kws kho mob los mus kuaj koj. Hu rau lawv yog tias koj muaj lus nug lossis txhawj txog tej tsos mob uas koj muaj.

Cov neeg uas mob mentsis xwb ces yog tias lawv nyob tsev xo ces lawv yuav txawj zoo tuaj lawm. Tsuas pub tawm rooj yog tias mus cuag kev kho mob. Hu rau koj tus kws kho mob lossis lwm tus kws kho mob ua ntej koj yuav mus tom lawv lub tsev kuaj mob.

Tiv thaiv koj tus kheej thiab koj lub zej zog

Ua raws li tej txheem lus no los pab tiv thaiv koj thiab lwm tus kom tsis txhob kis tus kab mob COVID-19:

- Txav deb li 2 dag (6 feet) ntawm lwm tus thaum koj tawm rooj.
- Looj ib lub npog qhov ncauj qhov ntswg thaum koj tawm mus yuav zaub noj tom tej khw thiab lwm thaj chaw uas muaj neeg coob txav deb li 2 dag tsis tau.
- Nyob hauv tsev yog tias koj muaj mob khaub thuas.
- Nqhuag ntxuav tes.
- Npog qhov ncauj thaum hnoos.
- Tu thiab ntxuav tiv thaiv kab mob ntawm tej npoo rooj tog thiab tej khoom siv uas muaj neeg coob kov raug.

Mus xyuas hauv Minnesota Department of Health and CDC lub vej xaij, koj thiaj li paub txog xov xwm tawm tshiab txog tus kab mob no thiab tej xov xwm uas ntseeb siab tau. Ceev faj tej vej xaij uas qhia dag ntxias tias muaj tshuaj kho tau tus kab mob COVID-19.

Kawm ntxiv

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

- [Koom haum Minnesota Department of Health 2019 Kab Mob Khaus Laus Nas Vais Lav \(COVID-19\) \(www.health.state.mn.us/diseases/coronavirus/index.html\)](http://www.health.state.mn.us/diseases/coronavirus/index.html)
- [Kab Mob Khaus Laus Nas Vais Lav nyob hauv Minnesota \(mn.gov/covid19\)](http://mn.gov/covid19)
- [Koom haum tswj xyuas kev mob kev nkeeg Centers for Disease Control thiab Kev Cheem Tiv Thaiv Tus Kab Mob Khaus Laus Nas 2019 \(www.cdc.gov/coronavirus/2019-ncov/index.html\)](http://www.cdc.gov/coronavirus/2019-ncov/index.html)



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

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