

Pab ua kom qhov chaw no nyab xeeb rau peb cov menyuam

Ua koj feem los pab txo kev kis tus kab mob COVID-19 kom tsis txhob cuam tshuam koj lub neej thiab pab tiv thaiv peb cov menyuam, cov neeg ua haujlwm, thiab peb lub zej zog.



Mus txhaj tshuaj yog tias koj muaj npe lawm.



Nyob tsev yog tias koj mob lawm lossis tau mus nyob ze ib tug neeg uas mob COVID-19.



Looj daim ntaub npog qhov ncauj thaum tawm rooj thiab thaum nraum zoov uas muaj neeg coob sib txi qev.



Mus kuaj mob rau COVID-19 yog tias koj tsis xis nyob, tau mus nyob ze ib tug neeb mob COVID-19, lossis tau mus koom rau tej kis las uas kis mob yooj yim.



Tsis txhob mus koom tej kis las uas kis mob yooj yim. Tej no muaj xws li mus koom nrog tej pab pawg neeg coob coob sib txi qev nraum zoov, thiab nyob hauv tsev yam tsis muaj neeg looj daim ntaub npog qhov ncauj.



Sib nrug deb ntawm koj thiab lwm tus neeg uas tsis koom koj ib yig.



Nqhuag ntxuav tes, tshwj xeeb yog tom qab mus kov tej khoom uas neeg twb kov kov lawm.

Peb yim nqis tes uas peb feem, ces peb cov menyuam thiab zej zog yuav nyab xeeb dua.

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