

Cov Lus Hais Hauv Daim Vis Dis Aus Txog Kev Tswj Cov Tsos Mob COVID-19 Tom Tsev

Feem ntau cov neeg uas mob tau tus kab mob COVID-19 tsuas mob me me thaib muaj tej tsos mob xws li ua npaws, hnoos, txog siav, no tshee, mob taub hau, mob leeg nqaij, mob qa, thiab noj mov tsis hnov qab lossis qhov ntswg tsis hnov tsw ntxhiab.

Tsis yog tias txhua tus uas mob tau tus kab mob COVID-19 yuav muaj tag nrho cov tsos mob no, thiab daim ntawn no tsis muaj tag nrho cov tsos mob sau rau hauv. Nrog koj tus kws kho mob lossis tsev kuaj mob tham seb yuav kuaj li cas yog tias koj muaj tej tsos mob zoo li no.

Yog tias koj muaj tej tsos mob zoo li no, ces ntawm no yog ob peb yam uas yuav pab koj tswj taus koj tus mob tom tsev. So kom txaus thiab ua tej yam haujlwm uas sib sib xwb, xws li mus nyeem ib phau ntawv lossis saib yeeb yaj kiab.

Haus dej kom ntau.

Yog tias koj mob qa, noj tej zaub mov ua qua dis, lossis haus tej kua zaub kua txiv uas muab zom kom mos mos.

Yog tias koj yeej noj cov tshuaj uas koj tus kws kho mob sau rau koj noj, ces kav tsij noj twj ywm, tsuas yog tsis noj tshuaj yog tias koj tus kws kho mob hais kom koj txhob noj ntxiv lawm xwb.

Yog tias koj ua npaws, noj tej tshuaj xws li acetaminophen, thiab ua raws li cov lus qhia nyob ntawm poom tshuaj.

Li ntawm 1 lossis 2 lub lim tiam ces koj mas hnov zoo tuaj.

Yog tias koj tsuas mob phem zuj zus xwb ces hu mus rau koj tus kws kho mob lossis tsev kuaj mob. Piv txwv li tias, yog koj ua pa tsis taus thaum koj taug kev ib chav mus rau ib chav twg.

Yog tias koj ua npaws dhau 100 degrees rau ob peb hnuv diam –txawm koj twb noj tshuaj kom tsis txhob ua npaws.

los yog koj mloog tau tias koj tus mob ua rau koj tsis muaj zog sawv mus noj mov, haus dej, lossis saib *thi vis* (TV).

Koj tus kws kho mob lossis tsev kuaj mob mam li qhia koj hauv xov tooj seb puas tsim nyog koj mus ntsib lawv.

Qhov mob heev tshaj los ntawm tus mob COVID-19 yog nyob ntawm koj hnuv nyoog laus. Yog tias koj yog ib tus laus lossis twb yeej muaj lwm yam mob lawm, ces qhia rau koj tus kws kho mob paub.

Yeej yuav tsum tau hu rau 911 yog mob hnyav heev, xws li ua pa tsis tau, mob hauv siab, tsis mee pem, di ncauj, pos hniav, nplaig, rau tes, lossis ntsej muag txho los yog xiav, lossis koj tsev neeg thiab cov phooj ywg yeej tsa tsis tau koj tsim los. Qhia rau tus teb xov tooj ntawm 911 tias tej zaum koj mob tau tu kab mob COVID-19 lawm.

Txoj kev tu zoo koj tej tsos mob tom tsev, thaum koj ua tau, yog ib yam tseem ceeb los pab kom tus kab mob COVID-19 tsis txhob kis ceev ceev.

Yog xav paub ntxiv seb koj thiab koj tsev neeg yuav tiv thaiv nej tus kheej li cas, mus xyuas hauv health.mn.gov.

Minnesota Department of Health
Communications Office
PO Box 64975 St. Paul, MN 55164-0975
651-201-4989
health.communications@state.mn.us
www.health.state.mn.us

8/3/20

Managing COVID-19 Symptoms at Home Transcript (Hmong)

To obtain this information in a different format, call: 651-201-4989