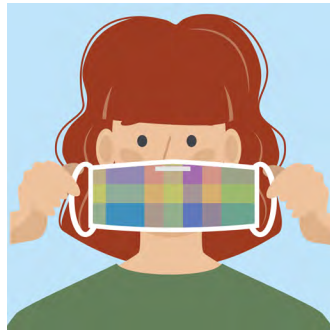


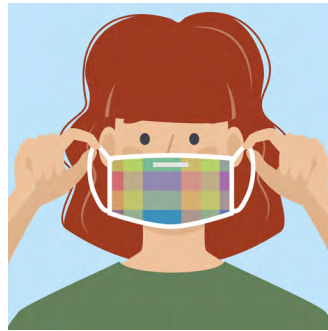
# Yuav Looj Koj Daim Ntaub Npog Ntsej Muag Kom Nyab Xeeb Xeeb Lug Tau Li Cas



**Kauj Ruam 1:** Ntxuav lossis tu koj ob txhais tes kom huv.



**Kauj Ruam 2:** Ua kom daim ntaub npog ntsej muag tog saum toj npog tau koj koj lub qhov ntswg thiab tog nram qab qis dua koj lub puab tsaig.



**Kauj Ruam 3:** Muab daim ntaub npog ntsej muag npog koj lub qhov ntswg thiab qhov ncauj ua ntej koj tso ob lub voj khiab pob ntseg lossis hlua vas taub hau sab tom qab ntawm koj lub taub hau.



**Kauj Ruam 4:** Txav daim ntaub npog ntsej muag ncig kom nws npog tau qhov ntswg, qhov ncauj, thiab lub puab tsaig kom tag.



**Kauj Ruam 5:** Cov npoo saum toj ntawm qee cov ntaub npog ntsej muag tuaj yeem quav tau. Muab koj cov ntiv tes nias rau tus npoo saum toj ntawm daim ntaub npog ntsej muag kom haum ceev npawv ncig koj lub qhov ntswg.



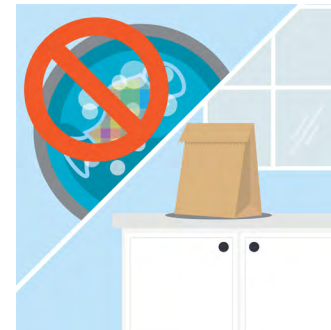
**Kauj Ruam 6:** Tsis txhob kov daim ntaub npog ntsej muag thaum uas looj rau lawm. Kho ob lub voj khiab pob ntseg lossis hlua vas taub hau yog tias koj xav ua kom nws haum zoo dua tuaj.



**Kauj Ruam 7:** Siv ob lub voj khiab pob ntseg lossis hlua vas taub hau ntawm daim ntaub npog ntsej muag txhawm rau hle tawm. Txhob kov sab tom hauv ntej.



**Kauj Ruam 8:** Ntxhua cov ntaub npog qhov ncauj qhov ntswg txhua zaus uas siv tas. Muab cov ntaub npog qhov ncauj qhov ntswg uas siv tau ib zaug xwb pov tseg.



**Kauj Ruam 9:** Yog tias rau daim ntaub N95/KN95 dua, ces muab tso rau hauv ib lub hnab ntawv. Tsis txhob muab ntxhua.



**Kauj Ruam 10:** Rov ntxuav lossis tu koj ob txhais tes kom huv dua.

**m MINNESOTA | STAY SAFE MN**

Minnesota Department of Health | [health.mn.gov](http://health.mn.gov) | 625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975 | 651-201-5000  
Tiv tauj rau [health.communications@state.mn.us](mailto:health.communications@state.mn.us) txhawm rau thov mus ua lwm tus qauv. (Hmong)

2/25/2022