

Kev Looj Lub Npog Ntsej Muag Tiv Thaiv COVID-19 Rau Cov Tub Ntxhais Kawm

Ua li no thaum koj looj lub npog ntsej muag thiab thaum koj muab hle.

Ua ntej koj muab lub npog ntsej muag los looj, ntxuav tes nrog xaub npum thiab dej lossis siv cov tshuaj pleev tes tiv thaiv kab mob nyob hauv chav kawm.

Koj lub npog ntsej muag yuav tsum haum nkaus npog qhov ncauj thiab qhov ntswg.

Yog tias lub npog ntsej muag muaj txoj hlau nyias nyias nyem, ces muab nyem kom dhos nkaus qhov ntswg.

Nws tseem ceeb, koj tsis txhob kov lub npog ntsej muag thaum koj tseem tab tom looj. Yog tias koj xav muab kho dua, ces siv cov hlua khuam tom qab pob ntseg los kho dua.

Yog tias koj kov lub npog ntsej muag lawm, ces ntxuav koj txhais tes lossis siv cov tshuaj pleev tes tiv thaiv kab mob nyob hauv chav kawm.

Thaum koj muab koj lub npog ntsej muag hle, tsis txhob kov daim ntaub npog. Mus hle rau ntawm cov hlua khuam tom qab pob ntseg lossis cov hlua khi taubhau.

Tom qab hle lub npog ntsej muag tag, ces ntxuav koj txhais tes lossis siv cov tshuaj pleev tes tiv thaiv kab mob nyob hauv chav kawm.

Nug koj cov xibhwb seb thaum twg yog thaum zoo sijhawm koj hle tau lub npog ntsej muag, xws li thaum txog caij so lossis thaum noj mov.

Ua raws li koj cov xibhwb qhia txog seb qhov chaw twg zoo rau koj muab lub npog ntsej muag rau tom qab hle tag, kom nyob zoo chaw.

Thiab looj ib daim npog ntsej muag tshiab txhua hnuv koj tuaj kawm ntawv.

Kuv daim npog ntsej muag tiv thaiv koj thiab koj daim tiv thaiv kuv.

Mus xyuas hauv lub vas sab health.mn.gov yog xav paub xov xwm tshiab txog tus kab mob COVID-19.

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

09/04/20

Mask Do's and Don'ts For Students (Hmong)

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