

## Suab Lus Kaw Tseg Txog Yam Tsim Nyog Ua thiab Tsis Tsim Nyog Ua ntawm Daim Ntaub Npog Thaiv COVID-19

[lub suab nkauj nrov ua ntej pib hais lus]

[Kev piav qhia]

Ua li no thaum yuav looj, tshem tawm, thiab thaum rov siv cov ntaub npog.

Looj daim ntaub npog kom dhos zoo rau ntawm koj lub qhov ntswg thiab qhov ncauj yog tias koj nyob hauv cov chaw nyob hauv tsev rau sawv daws thiab cov chaw muaj neeg coob coob.

Looj daim ntaub npog hom zoo yog tias muaj. Cov piv txwv ntawm cov ntaub npog hom zoo yog cov ntaub npog N95 lossis KN95, uas yog hom zoo heev txog ntawm kev thaiv cov kua dej nrog.

Yog tias koj tsis tuaj yeem tau txais hom ntaub npog ntawd, ces looj daim ntaub npog kom dhos zoo uas muaj yam tsawg kawg ob txheej ntawm cov ntaub npuag nruj. Koj tseem tuaj yeem tshooj ib daim ntaub npog uas pov tseg tau rau sab hauv qab ntawm daim ntaub npog ntaub kom tau txais txiaj ntsim zoo dua tuaj.

Ua ntej yuav rau ntaub npog, ntxuav koj ob sab tes nrog xab npum thiab dej lossis siv tshuaj ntxuav tes uas muaj keeb cawv nrog.

Koj daim ntaub npog yuav tsum haum zoo zoo ncig koj lub qhov ncauj thiab qhov ntswg, tsis muaj qhov khoob.

Yog tias daim ntaub npog ntawd muaj ib txoj xov tooj, ces nyem txoj xov tooj ntawd kom dhos rau koj tus caj ntswm.

Txhob kov daim ntaub npog thaum tseem looj siv.

Yog tias koj kov koj daim ntaub npog, ces ntxuav koj ob sab tes lossis siv tshuaj ntxuav tes uas muaj keeb cawv nrog.

Thaum hle koj daim ntaub npog sab pem hauv ntej. Tshem koj daim ntaub npog siv cov hlua khi lossis cov hlua khuam uas khuam ncig koj pob ntseg lossis sab tom qab ntawm koj lub taub hau.

Tom qab tshem tag, ntxuav koj ib sab tes tam sim ntawd lossis siv tshuaj ntxuav tes uas muaj keeb cawv.

Ua raws li cov lus qhia uas tuaj nrog koj daim ntaub npog rau thaum uas yuav tau muab nws pov tseg lossis hloov pauv.

Ntxhua cov ntaub npog tom qab uas siv tag txhua zaus thiab muab ziab kom qhuav zoo ua ntej yuav siv lwm zaus.

Yog tias koj yuav rov siv daim ntaub npog N95 lossis KN95, ces khaws cia rau hauv lub hnab ntawv. Tsis txhob ntxhua.

Tsis txhob looj daim ntaub npog uas tsuas, ntub dej, lossis puas tsuaj lawm.

Kuv daim ntaub npog tiv thaiv koj thiab koj daim ntaub npog tiv thaiv kuv.

Mus saib [health.mn.gov](http://health.mn.gov) txhawm rau cov xov xwm tshiab tshaj plaws hais txog tus kab mob COVID-19.

[lub suab nkauj nrov ua ntej pib hais lus]

Minnesota Department of Health  
Communications Office  
PO Box 64975  
St. Paul, MN 55164-0975  
651-201-4989  
[health.communications@state.mn.us](mailto:health.communications@state.mn.us)  
[www.health.state.mn.us](http://www.health.state.mn.us)

2/11/22 (Hmong)

*Txhawm kom tau txais cov xov xwm no ua lwm hom qauv, hu rau: 651-201-4989.*