

# Thaum twg kuv thiaj yuav tsum mus kuaj? Kev Sib Sau Ua Ke Coob Leej

## SUAB LUS KAW TSEG

[lub suab nkauj nrov ua ntej pib hais lus]

[Kev piav qhia]

Thaum twg koj thiaj yuav tsum mus kuaj kab mob COVID-19?

Koj tuaj koom ib rooj tshoob hnuv Sunday. Tsev neeg thiab cov phooj ywg ntawm lub koom txoos tsis tau rau ntaub npog ntsej muag lossis tsis nyob sib nrug txog 6 fij (feet).

Cov lus pom zoo rau kev kuaj mob nyob rau sijhawm no hais tias txhua leej yuav tsum tau mus kuaj tsib hnuv tom qab muaj koom txoos loj. Tshwj xeeb tshaj yog tias koj muaj feem tau nyob ze nrog ib tus neeg muaj mob COVID-19 lawm.

Yog koj pib mloog tau tias mob, ces mus kuaj tam sim ntawd.

Nyob rau kis no, lub koom txoos yog nyob hnuv Sunday, yog li ntawd tsib hnuv tom qab txhais tau tias tau mus kuaj nyob rau hnuv Friday.

Nco ntsoov ua raws li cov lus qhia txog kev looj ntaub npog ntsej muag thiab nyob twj ywm hauv tsev thiab nyob kom deb ntawm lwm tus. Xov xwm ntau ntxiv nyob rau saum lub vev xaib hais txog Kev Tiv Thav Koj Tus Kheej thiab Lwm Tus ntawm MDH (MDH Protect Yourself and Others webpage), [www.health.state.mn.us/diseases/coronavirus/prevention.html](http://www.health.state.mn.us/diseases/coronavirus/prevention.html).

Yog xav paub ntau ntxiv txog lwm lub sijhawm uas koj yuav tsum tau mus kuaj, thiab yuav mus kuaj nyob rau qhov twg, mus saib lub vev xaib hais txog Kev Kuaj COVID-19 ntawm MDH (MDH COVID-19 Testing webpage)

<https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html>.

[lub suab nkauj nrov ua ntej pib hais lus]

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2/2/22 (Hmong)

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