

# Thaum twg kuv thiaj yuav tsum mus kuaj? Kev Ntoj Ncig Txawv Teb Chaws

## 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 tsev neeg tab tom taug kev mus rau lwm lub tebchaws. CDC pom zoo kom mus kuaj ua ntej thiab tom qab kev ntoj ncig. Mus saib CDC lub vev xaib (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html>) txhawm kom paub txog cov kev xav tau tshiab tshaj plaws thiab cov lus pom zoo rau kev mus ntoj ncig.

Qee lub tebchaws kuj yuav kom koj kuaj ua ntej koj mus ntoj ncig lossis xav kom koj txhaj tshuaj tiv thaiv. Nco ntsoov xyuas cov cai tseev kom muaj ntawm koj qhov chaw mus ntoj ncig tshwj xeeb. ([https://travel.state.gov/content/travel/en/traveladvisories/KAB\\_MOB\\_COVID-19-Country-Specific-XovXwm.html](https://travel.state.gov/content/travel/en/traveladvisories/KAB_MOB_COVID-19-Country-Specific-XovXwm.html))

Ntxiv ntawd, thaum rov qab mus rau Tebchaws Meskas, txhua tus neeg taug kev **yuav tsum** xa qhov kev kuaj tsis muaj mob COVID-19 uas kuaj tsis tau ntev tshaj **ib** hnuv ua ntej yuav taug kev.

TSIS txhob taug kev yog tias koj muaj mob lossis yog tias koj raug kuaj pom muaj mob COVID-19 thiab tseem tsis tau txog 10 hnuv suav txij hnuv koj muaj cov yam ntxwv mob lossis hnuv raug kuaj.

TSIS txhob taug kev yog tias koj nyuam qhuav tau nyob ze nrog ib tus neeg uas muaj mob COVID-19. Tau kuaj tsib hnuv tom qab muaj kev nphav thiab tsis txhob taug kev mus txog ntua thaum koj tau ua tiav koj qhov kev cais tawm nyob ib leeg thiab lub ncuaj sijhawm siv ntaub npog ntsej muag ntev 10 hnuv.

TSIS txhob taug kev yog tias koj tab tom tos cov txiaj ntsig ntawm qhov kev kuaj mob COVID-19. Yog tias koj qhov kev kuaj mob tawm los muaj kab mob thaum koj nyob ntawm qhov chaw uas koj mus, koj yuav tsum tau cais tawm thiab ncuaj koj qhov kev tig rov qab mus txog thaum muaj kev nyab xeeb rau koj los mus xaus kev cais nyob ib leeg. Koj tsev neeg thiab cov neeg nyob ze koj kuj yuav tsum tau cais tawm thiab.

Yog tias koj tsis muaj tag nrho cov tshuaj tiv thaiv COVID-19 uas tau pom zoo, koj yuav tsum tsis txhob mus ntoj ncig txawv teb chaws. Yog tias koj yuav tsum tau taug kev xwb thiaj tag, ces mus kuaj kom ze ze lub sijhawm uas koj yuav tawm mus, tsis pub tshaj peb hnuv ua ntej koj taug kev mus.

Nyob rau kis no, koj tsev neeg tawm mus nyob rau hnuv Wednesday. Txhua tus neeg hauv tsev neeg uas tsis tau txais txhua koob tshuaj tiv thaiv COVID-19 yuav tsum tau kuaj hnuv Sunday, Monday, lossis Tuesday ua ntej koj yuav sawv kev.

Ntxiv ntawd, *txhua leej* yuav tsum tau mus kuaj nyob rau peb mus txog tsib hnuv **tom qab** mus ncig txawv tebchaws tshwj tias lawv raug kuaj pom muaj mob COVID-19 hauv 90 hnuv dhau los.

Koj thiab koj tsev neeg rov qab los ntawm kev mus ncig nyob rau hnuv Friday. Nej txhua leej yuav tsum tau kuaj nyob rau hnuv Monday, Tuesday, lossis Wednesday. Yog tias koj chiv muaj cov yam ntxwv mob, ces mus kuaj tam sim ntawd.

Cov neeg taug kev uas tsis tau muaj kev txhaj tshuaj tiv thaiv COVID-19 txaus yuav kuj tsum tau nyob twj ywm hauv tsev (cais nyob ib leeg) 5 hnuv tom qab kev mus ntoj ncig txawv teb chaws los. Cov neeg uas tau txais kev txhaj tshuaj tiv thaiv COVID-19 raws kev pom zoo lossis tau muaj mob COVID-19 nyob rau peb lub hlis dhau los tsis tas yuav cais nyob ib leeg.

Yog xav paub ntau ntxiv txog lwm lub sijhawm uas thaum twg koj thiaj yuav tsum raug kuaj, thiab yuav mus kuaj qhov twg, ces mus saib lub vev xaib hais txog kev Kuaj Mob 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*