

Cov Lus Hais Hauv Daim *Vis Dis Aus* Thaum Twg Kuv Mam Rov Mus Ua Tau Haujlwm Yog Tias Kuv Mob Tau Tus Kab Mob COVID-19?

Koj muaj cov tsos mob COVID-19 tiam sis TSIS TAU mus kuaj seb puas yog mob COVID-19. LOS SIS koj yeej mob thiab koj tus kws kho mob tau hais qhia rau koj tias koj mob COVID-19 lawm raws li lawv kuaj mob pom tau los yog raws li koj cov tsos mob qhia tawm.

Yog tias koj muaj cov tsos mob COVID-19 – xws li ua npaws, hnoos, txog siav, no tshee, mob taub hau, mob leeg nqaij, mob qa, lossis noj mov tsis hnov qab los yog qhov ntswg tsis hnov tsw ntxhiab, tiam sis tsis tau mus kuaj seb puas mob COVID-19 los sis koj yeej mob thiab koj tus kws kho mob los yog tsev kuaj mob twb yeej qhia rau koj lawm tias koj mob COVID-19 raws li lawv kuaj tau los sis raws li koj cov tsos mob qhia tawm.

Nyob tsev thiab cais koj tus kheej ntawm lwm tus neeg hauv koj tsev. Tsis txhob sib qiv khoom siv xws li diav rawg, los sis xov tooj.

Nyob tsev twj ywm kom 3 yam hauv qab no muaj tseeb:

1. Koj cov tsos mob, xws li qhov hnoos los sis txog siav, zoo tuaj lawm.
2. Twb dhau tau li 10 hnuv uas koj pib muaj tej tsos mob ntawd lawm.
3. Twb dhau tau li 24 xaub moos uas koj tsis tau ua npaws thiab yam tsis tas noj tshuaj tua npaws.

Nyob tsev kom ntev li ntev tau.

Piv txwv tias koj cov tsos mob pib rau hnuv Tuesday (Hnuv 2). Koj qhov npaws pib zoo tuaj yam tsis tas noj tshuaj rau hnuv Sunday (Hnuv 7). Tom qab 24 xaub moos uas tsis ua npaws, koj mus haujlwm tau rau hnuv Tuesday (Hnuv 2). Koj tau nyob tsev txwm 13 hnuv lawm.

Ib qho piv txwv ntxiv. Koj pib mob rau hnuv Sunday (Hnuv 7). Koj qhov npaws pib zoo tuaj yam tsis tas noj tshuaj rau hnuv Thursday (Hnuv 4). Tom qab 24 xaub moos uas tsis ua npaws lawm, koj tau nyob tsev txwm 5 hnuv lawm. Koj yuav tsum nyob tsev kom tsawg kawg los yog 10 hnuv. Tom qab ntawd, koj mas rov mus ua haujlwm tau rau hnuv Thursday.

Thaum koj rov mus ua haujlwm, cais kom nyob deb li 6 feet ntawm cov neeg koj ua haujlwm nrog thiab cov qhua uas tuaj xyuas thiab looj lub npog qhov ncauj qhov ntswg, yog tias ua tau. Xyuas seb hauv koj zos thiab chaw ua haujlwm tej kev cai txog kev looj lub npog qhov ncauj qhov ntswg yog li cas tiag. Yog tias koj ua haujlwm hauv tsev kho mob lossis tseem tsis tau zoo txaus mus ua haujlwm, tham nrog koj tus nai.

Yog xav paub yam xov xwm tshiab txog COVID-19, mus xyuas hauv health.mn.gov

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08/10/20 When can I return to work after being sick with COVID-19? (Hmong)

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