

# **Cov Lus Hais Hauv Daim *Vis Dis Aus* Thaum Twg Kuv Mam Rov Mus Ua Haujlwm Tau Yog Tias Kuv Nyob Nrog Ib Tug Neeg Ua Muaj Tus Kab Mob COVID-19?**

Kuv nyob nrog ib tug neeg uas muaj tus kab mob COVID-19. Thaum twg kuv mam rov mus ua haujlwm tau? Yog tias muaj neeg nyob nrog koj uas mob COVID-19 lawm, nyob hauv tsev thiab ua raws li cov txheem lus hauv qab no tab txawm koj mloog tau li koj twb tsis muaj mob lossis twb mus kuaj pom tias koj tsis mob COVID-19.

Qhia rau koj tus nai tom haujlwm thiab muab tej haujlwm nyaib los ua tom tsev yog tias koj ua tau. Yog tias koj ua haujlwm rau ib lub tuam txhab uas muaj tej haujlwm tseem ceeb rau lub zej lub zos, thiab qhov koj qhaj yuav ua nyuaj rau lub tuam txhab, ces tej zaum koj mus ua tau haujlwm tiam sis koj yuav tsum looj lub npog ntsej muag thiab nyob deb li 6 feet ntawm cov neeg koj ua haujlwm nrog thiab cov qhua uas tuaj tom chaw haujlwm.

Tom tsev, cais koj tus kheej ntawm tus neeg uas mob, thiab tsis txhob sib qiv khoom siv xws li diav rawg lossis xov tooj kom txwm 14 hnuv. Tom qab 14 hnuv lawm, koj mam rov qab mus ua haujlwm li qub los tau.

Kav tsij cais koj tus kheej ntawm tus neeg uas mob hauv koj tsev txog txij lawv zoo hlo thiab muaj tseeb raws li cov hauv qab no hais:

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

Yog tias koj cais tsis tau koj tus kheej ntawm tus neeg uas mob hauv koj tsev. Ces qhia rau koj tus kws kho mob, tsev kuaj mob, lossis neeg tshawb fawb kab mob paub seb koj yuav nyob tsev ntev npaum cas. Feem ntau, koj tsuas nyob tsev kom txog txij tus neeg mob zoo thiab caiv nyob tsev li 14 hnuv ntxiv.

Yog tias koj pib muaj tej tsos mob uas yog mob COVID-19, qhia rau koj tus kws kho mob lossis tsev kuaj mob seb yuav kuaj li cas. Ib yam li tus neeg uas mob nyob hauv koj tsev, nyob tsev kom txog txij koj zoo tso, thiab twb dhau tau li 10 hnuv uas koj pib mob lawm, thiab twb dhau tau li 24 xaub moos uas koj tsis ua npaws thiab yam tsis tas noj tshuaj tua npaws.

Yog xav paub yam xov xwm tshiab txog COVID-19, mus xyuas hauv [health.mn.gov](http://health.mn.gov)

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