

STAY SAFE MN

Cheem Kev Kis Kab Mob COVID-19 Hauv Tsev Neeg Loj thiab Coob

Cov ntaub ntawv no sau rau tsev neeg loj thiab muaj neeg txheeb ze nyob ua ke coob coob. Thaum muaj neeg nyob ua ke coob coob, kev kis tus kab mob COVID-19 yuav yooj yim heev. Ib txhia neeg kis tau tus kab mob COVID-19 yooj yim heev. (mus nyeem hauv [CDC: People at Increased Risk \(www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html\)](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html)). Cov ntaub ntawv hauv qab no yuav koj tiv thaiv cov neeg uas nyob nrog koj, tshwj xeeb yog cov uas kis tau mob yooj yim.

Tej txheem lus

- Cais kom deb li ntawm 2 dag ntawm lwm tus neeg uas kis mob yooj yim dua lwm tus yog tias lawv kis tus kab mob COVID-19. Cov neeg laus thiab lwm tus neeg uas muaj ib yam mob nkeeg twg yog cov uas yuav kis tau mob yooj yim tshaj.
- Muaj tej khoom kuaj mob yog tias muaj ib tus neeg muaj mob twg, xws li ib lub twj ntsuas qhov kub taubhau, cov looj npog qhov ncauj, ntaub ntxuav tu kab mob, ntaub so, xaub npum, tshuaj pleev tes tua kab mob, tshuaj noj thiab xov tooj hu rau cov tibneeg thaum muaj xwm ceev rau tej menyuum.

Soj taug qab tus neeg mob

Xyuas seb tus neeg ntawd puas muaj tej tsos mob COVID-19. Yog tias ib tus twg ua pa nyuaj, mob yam tsis txawj ploj lossis hauv siab hnyav hnyav, pib tsis meej pem, di ncauj xiav lossis lub ntsej muag xiav, thiab sawv tsis tsim tsis tau lossis pw tsis tau, mus cuag kev saib xyuas mob ceev tam sid.

Tus neeg mob yuav tsum ua li cas

- Li ua tau, looj ib lub npog qhov ncauj thaum nyob nrog lwm tus, tiamsis thaum pw, muab hle tau
- Pw ib leeg, hauv nws ib chav, thiab siv nws ib lub chav dej, yog tias ua tau. Yog tias yuav tau pw hauv ib chav ua ke, cia ib tug pw tuaj hauv kotaw, ib tug tig saum taub hau.
- Noj hauv ib qho chaw deb ntawm lwm tus lossis txawv sijhawm noj mov. Yuav tsum tsis txhob pub lawv ua mov noj lossis mus hais mov noj lawv tus kheej, ib tsam lawv ho kis tau mob rau lwm tus.

- Lawv yuav tsum tsis txhob siv caij npav, sib koom ntiav tsheb caij ua (xws li Uber lossis Lyft), lossis txhob caij tsheb ntiav mus rau tsev kuaj mob lossis tsev kho mob loj. Cia ib tus hauv nws tsev neeg koj nws lossis hu rau 911 tuaj tos yog tias mob ceev. Tus kws nyob hauv nws tsev neeg koj nws thiab nws yuav tsum ob leeg looj lub npog ntsej muag.

Lwm tus hauv tsev neeg yuav tsum ua dabtsi

- Yog tias ua tau, xaiv ib tus neeg uas tsis mob yooj yim los ua tus tu xyuas tus neeg mob ntawd xwb
- Txhua tus neeg uas nyob hauv tsev yuav tsum txav deb li ntawm 2 dag ntawm tus neeg mob, kom ua li ua tau.
- Txhua tus neeg uas nyob hauv tsev, nrog rau cov menyuum muaj 2 xyoos rov saud, yuav tsum looj lub npog ntsej muag thaum lawv nyob koom ib chav nrog tus neeg mob.
- Txhua tus neeg yuav tsum ntxuav lossis siv cov tshuaj pleev tes tua kab mob tom qab kov tej khoom uas tus neeg mob siv lossis ua ntej thiab tom qab noj mov tag.
- Yog tias nyob koom ib chav pw, muab tej thawv ntawv los dai lossis daim phiaj phab ntsa los thaiv kem ntawm tus neeg mob uas pw ib chav.
- Yog tias koom siv ib lub chav dej xwb, muab tej pob qhov rooj so ntxuav, nrog rau tej kais dej thiab lwm qhov chaw uas tus neeg mob kov. Tos kom ntev mam li nkag mus rau hauv chav dej mus tu ntxuav chav dej kom tsis txhob kis tau kab mob.
- Thaum ntxhua khaub ncaws, cov khaub ncaws ntawm ib tus neeg mob yeej muaj txuam tau nrog lwm tus neeg cov khaub ncaws thiab.
 - Tu ntxuav lub thoob tso khaub ncaws ntxhua lossis siv hnab los looj (xws li hnab yas) lossis cov hnab muab ntxhua tau.
 - Ntxuav koj tes tom qab ntawd.

Ua raws li tej txheem lus, tab txawm tsis muaj neeg mob

Kev mus ub mus no thiab khiav haujlwm

- Cais deb li 2 dag ntawm lwm tus thiab looj lub npog qhov ncauj thaum nrog lwm tus uas tsis koom koj ib yig.
- Thaum nyob hauv ib lub tsheb, txhua tus yuav tsum nyob deb li deb tau thiab looj lub npog ntsej muag, tshwj xeeb yog cov mob hnyav dua yog lawv mob COVID-19.
- Muab tej qhov rais lossis qhov cua qhib kom tau cov cua tshiab nraum zoov nkag los hauv tsheb.
- Tawm rooj ntxov yog tias yuav mus ua tej yam tseem ceeb, xws li mus yuav zaub noj, mus ntsib kws kho mob, mus nqa tshuaj noj, thiab mus ua haujlwm lossis kawm ntawv.

Ua zaub mov thiab noj mov

- Xaiv ib lossis ob tus neeg nyob koom ib yig los ua tus mus yuav zaub noj. Xaiv cov uas kis mob los yuav tsis mob hnyav rau COVID-19.
- Ntxuav tes ua ntej noj mov. Sib txhob sib qiv tais noj mov, khob haus dej, lossis riam rawg noj mov. Siv dej kub thiab xaub npum ntxuav txhua zaus siv tag.

Thaum pw thiab mus siv chav dej

- Yog tias pw hauv ib chav, qib qhov rais kom tau cua tshiab hliv los. Thaum caij ntuj no, qhib tej qhov rooj.
- Siv hlab los looj lossis tais los kem txhua tus li pas txhuam hniav, tshuaj plevv ib ce, tshuaj ntxuav ntsej muag, tshuaj plevv plhu, thiab lwm yam khoom siv.
- Tsis txhob muab cov pas txhuam hniav los tso kiag ntawm rooj.

Kev tu vaj tse

- Siv xaub npum thiab dej los ntxuav tej tub txee rooj kom txhob muaj kab mob, yog tias ua tau. Kev tu tej rooj txee yuav pab txo kom txhob muab tej kab mob thiab av los ntawd. Qhov muab ntxuav kiag yuav tua tau cov kab mob.
- Tu tej rooj txee uas nquhag muaj neeg kov, xws li tej rooj noj mov, pob qhov rooj, pob taws teeb, tej tes tub, rooj ua haujlwm, dab qhov viv, kais dej, dab tso dej, thiab tej twj siv.

Ntaub ntawv ntxiv

- [CDC: People at Increased Risk \(cov tibneeg kis mob yooj yim\) \(www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-increased-risk.html\)](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-increased-risk.html)
- [CDC: Households Living in Close Quarters \(cov tibneeg nyob tsev ti ti\) \(www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html\)](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html)
- [CDC: If You Are Sick or Caring for Someone \(yog tias koj mob lossis tu ib tus neeg mob\) \(www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html\)](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html)
- [CDC: Isolate if You Are Sick \(cais koj tus kheej yog tias koj mob\) \(www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html\)](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html)
- [CDC: Protect Yourself When Using Transportation \(tiv thais koj tus kheej thaum caij tsheb ntiav\) \(www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/using-transportation.html\)](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/using-transportation.html)
- [CDC: Daily Activities and Going Out \(khiav kev ua haujlwm thiab tawm rooj\) \(www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/going-out.html\)](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/going-out.html)
- [CDC: When to Quarantine \(thaum twg caiv\) \(www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html\)](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html)



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11/04/2020 (Hmong)