

STAY SAFE MN



COVID-19: Thaum twg mam mus ua haujlwm tau

Ua raws li cov lus taw qhia no thaum nyob tsev thiab thaum rov mus ua tau haujlwm. Cov lus taw qhia no yog hais rau txhua tus neeg tshwj tsis yog cov neeg ua haujlwm hauv tsev kho mob xwb. Ntaub ntawv cob qhia rau cov neeg ua haujlwm hauv tsev kho mob muaj nyob Minnesota Department of Health's [Health Care \(Kev Kho Mob\) : phab qhia txog COVID-19 \(www.health.state.mn.us/diseases/coronavirus/hcp/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/hcp/index.html) and from your employer.

Tej tsos mob ntawm COVID-19 muaj xws li ua npaws, hnoos, txog siav, ib ce txias, mob taub hau, mob leeg nqaij, mob qa, qaug zog, txhaws ntswg, lossis nplaig tsis hnov qab lossis ntswg tsis hnov ntshiab tsw. Tsis tshua muaj tiamsis kuj muaj tej tus neeg mob plab, ntuav, lossis raws plab.



Yog tias koj nyob nrog ib tus uas mob COVID-19 lossis muaj tej tsos mob COVID-19:

- Rau 14 hnuv, tab txawm koj kuaj tau yog negative uas hais tias koj tsis mob COVID-19:
 - Nyob twj ywm tsev kom ntev li ntev tau.
 - Txav deb ntawm lwm tus.
 - Tsis txhob sib qiv kov khoom nrog lwm tus xws li: xov tooj, riam hlais thiab diav rawg, tej ntawd.
- Qhia rau koj tus nai thiab yog tias koj qhov chaw ua haujlwm cia koj ua haujlwm tom tsev, ces ua. Yog tias koj ua haujlwm hauv tsev kho mob lossis tuam txhab uas cheem tsum neeg ua haujlwm yam koj qhaj tsis tau, ces hu mus rau koj tus nai seb nws puas muaj lus qhia txog kev ua haujlwm li cas mus ntxiv. Yog tias nws tso cai koj ua haujlwm, ces looj lub npog ntsej muag thiab cais deb ntawm lwm tus li 2 dag (6 feet).
- Yog tias koj tsis mob tuaj, ces tom qab 14 hnuv, koj mus ua haujlwm tau.
- Yog tias koj mob, kav tsij nyob twj ywm hauv tsev thiab ua raws li cov lus qhia hauv qab no rau cov uas mob COVID-19 lossis muaj tej tsos mob COVID-19.



Yog tias koj mob COVID-19 lossis muaj tej tsos mob COVID-19:

- Txav kom deb lwm tus, tsis txhob sib qiv khoom siv (xov tooj, riam hlais thiab diav rawg, tej ntawd.); looj lub npog ntsej muag yog tias koj nyob hauv ib chav nrog lwm tus neeg; thiab nyob twj ywm tsev kom txog txij pom 3 yam hauv qab no tshwm sim tso:
 - Twb tau li 10 hnuv uas koj pib muaj tej cwj pwm mob ntawd lawm, **THIAB**
 - Twb tau li 24 xaub moos uas koj tsis tau ua npaws thiab yam tsis tas noj tshuaj tua npaws, **THIAB**
 - Koj tej tsos mob COVID-19 twb pib zoo tuaj lawm.
- Nco ntsoov: Tej zaum koj yuav tau nyob tsev kom ntev tshaj 10 hnuv yog tias koj muaj yam mob uas ua rau koj lub cev kev tiv thaiv kab mob tsis muaj zog lawm lossis koj tau mus pw tsev kho mob loj. Nrog koj tus kws kho mob lossis tsev kuaj mob tham kom paub tseeb ntxiv.
- Qhia rau koj tus nai thiab yog tias koj qhov chaw ua haujlwm cia koj ua haujlwm tom tsev, ces ua. Yog tias koj ua haujlwm hauv tsev kho mob lossis tuam txhab uas cheem tsum neeg ua haujlwm yam koj qhaj tsis tau, ces hu mus rau koj tus nai seb nws puas muaj lus qhia txog kev ua haujlwm li cas mus ntxiv. Yog tias nws tso cai koj ua haujlwm, ces looj lub npog ntsej muag thiab cais deb ntawm lwm tus li 2 dag (6 feet).
- Thaum rov qab mus ua haujlwm lawm, ces cais deb ntawm lwm tus li 2 dag thiab looj lub npog ntsej muag.



Minnesota Department of Health | health.mn.gov | 651-201-5000
625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975

Tiv tauj health.communications@state.mn.us yog xav tau cov ntaub ntawv no ua lwm hom.

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