

STAY SAFE MN



COVID-19 Thaum Twg Mam Rov Qab Mus Ua Tau Haujlwm

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Yog tias koj tau mus nyob ze raug ib tus neeg uas mob COVID-19, ua raws li cov txheem lus hauv no qhia rau thaum twg nyob tsev thiab thaum twg thiaj rov mus ua tau haujlwm. Cov txheem lus no yeej muaj feem rau cov neeg ua haujlwm feem ntau.



Cov tibneeg uas ua haujlwm hauv tej tsev kho mob, tsev kawm ntawv/tsev zov menyuam, thiab lwm qhov chaw haujlwm kuj yuav muaj nws txheem lus txawv. Nyob rau thaum zoo li no lawm, lub Minnesota Department of Health mam li tiv tauj koj qhov chaw haujlwm, thiab koj tus los pav mam li qhia koj seb thaum twg koj thiaj li mus ua tau haujlwm.

Tej tsos mob COVID-19 muaj xws li ua npaws, hnoos, txog siav, ib ce txias, mob taub hau, mob thooj leeg nqaij, txhaws qa mob qa, qaug zog, txhaws ntsws, lossis saj tsis hnov qab lossis tsis hnov ntshiab tsw. Lwm cov tsos mob uas muaj tiamsis tsis tshua pom tshwm sim yog mob xeev siab, ntuav, lossis raws plab.



Yog tias koj tau mus nyob ze raug ib tus neeg mob COVID-19

Feem ntau, qhov koj mus nyob ze raug yog li ntawm koj nyob 2 dag (6 feet) ntawm ib tus neeg uas mob COVID-19 li 15 feeb lossis tshaj ntawd rau ib hnuv twg (24 xaub moos). Tiamsis, txawm nyob sijhawm luv lossis nyob deb los kuj yuav kis tau tus kab mob vais lav. Tej no yeej muaj feem cuam txog cov neeg koj nyob nrog thiab.

- Qhia rau koj tus los pav thiab yog tias ua tau, ces ua haujlwm tom tsev.
- Mus kuaj mob. Nws zoo rau koj tos li 5 hnuv tom qab koj mus nyob ze raug ib tus neeg mob COVID-19 es mam li mus kuaj. Yog tias koj mus kuaj sai dhau lawm, tej zaum yuav kuaj tsis tau tus kab mob vais lav.
- **Yam zoo tshaj yog nyob twj ywm tsev thiab cais nyob twj ywm kom txwm li 14 hnuv.**
- Nyob rau tej tug, nws tsis tas yuav nyob twj ywm tsev kom txwm 14 hnuv.

- Yog xav paub ntxiv txog yuav nyob twj ywm tsev ntev li cas, mus xyuas hauv [Close Contacts and Tracing](#) (<https://www.health.state.mn.us/diseases/coronavirus/close.html>).

Tab txawm tias koj kuaj tau yog negative rau COVID-19, koj yuav tsum tau nyob tsev kom txwm 14 hnub. Nws kuj yuav siv sijhawm ntev npaum no rau tej tsos mob tshwm sim.



Yog tias koj mob COVID-19 lossis muaj tej tsos mob tiamsis tsis mus kuaj:

Nyob twj ywm tsev kom txog txij muaj tseeb raws li 3 yam hauv qab no tso:

- Twb tau 10 hnub lawm txij li koj pib muaj tej tsos mob, **THIAB**
- Koj tsis ua npaws li ntawm 24 xaub moos, yam tsis noj tshuaj tua npaws, **THIAB**
- Koj tej tsos mob COVID-19 dua zuj zus lawm.
- Tej zaum koj yuav tau nyob tsev ntau tshaj li 10 hnub yog tias koj tej tsos mob tsis txawj zoo lossis tsuas mob phem zuj zus, koj lub cev tsis muaj zog tiv thaiv kab mob, lossis koj tau mus pw tsev kho mob loj lawm. Nrog koj tus kws kho mob lossis tsev kuaj mob tham kom lawv qhia koj
- Cais deb ntawm lwm tus thiab tsis txhob sib qiv khoom siv uas lwm tus kov (xov tooj, riam thiab rawg noj mov, tej ntawd.) Looj ib lub npog qhov ncauj yog tias koj nyob koom ib chav nrog ib tug twg.
- Qhia rau koj tus los pav thiab yog tias ua tau, ces ua haujlwm tom tsev.



Yog tias koj muaj tej tsos mob COVID-19 tiamsis kuaj tau yog negative:

Yog tias koj kuaj tau yog **negative** tiamsis muaj tej tsos mob, nrog koj tus kws kho mob lossis lwm tus neeg kho mob tham. Yog tias lawv ntsuas tau tus mob yog mob lwm yam lossis koj tej tsos mob yog los ntawm ib yam mob nkeeg, ces ua raws li lawv tej lus qhia seb yuav nyob tsev ntev npaum cas.

Yog tias lawv tsis paub koj tej tsos mob los qhov twg los, koj yuav tsum nyob twj ywm tsev thiab txhob tawm rooj kom txog txij koj tsis ua npaws thiab mloog tus kheej zoo mob tso, txhais tau tias koj tej tsos mob yeej zoo lawm thiab koj yeej taus li qub mus ua tau haujlwm.

Yog tias koj yog ib tus neeg ua haujlwm hauv tsev kho mob, nrog koj qhov chaw haujlwm tham, vim tej zaum lawv yuav pom zoo rau lwm yam.



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 daim ntawv no ua lwm hom. (Hmong)