

Ntawv Taw Qhia Rau Cov Niamtxiv thiab Tsev Neeg Txog Kev Mus Kawm Ntawv Thaum Muaj Kab Mob COVID-19

KHO TSHIAB LUB 11 HLIS TIM 10, 2020

Xov xwm tshiab: piav qhia ntxiv txog lo lus "mus nyob ze raug" (close contact) thiab txheem lus tshiab txog yuav tswj tej tsos mob COVID-19 li cas lossis tswj kev kis mob li cas thaum muaj ntau tshaj ib tug menyuam nyob tom tsev.

Nyob twj ywm tsev thaum koj mob yog ib txoj kev zoo tshaj los tawm tsam tus kab mob COVID-19. Kev cheem tsis txhob pub tej menyuam mob thiab tej menyuam kis kab mob COVID-19 mus ze lwm tus pab cheem kom tus kab mob vais lav no tsis txhob kis mus rau lwm tus menyuam, neeg ua haujlwm, thiab pej xeeb hauv zos. Cov niamtxiv thiab cov saib xyuas siv tau daim ntawv taw qhia no pab lawv nkag siab txog thaum twg lawv thiaj coj tau menyuam mus kawm ntawv, mus rau tom txheej xwm pab cov hluas, thiab tsev zov menyuam rau sijhawm muaj tus kab mob COVID-19.

Kev Pab Ntxiv

- [Kev Kuaj Tej Tsos Mob COVID-19 Tom Tsev \(PDF\)](http://www.health.state.mn.us/diseases/coronavirus/schools/homescreen.pdf)
<http://www.health.state.mn.us/diseases/coronavirus/schools/homescreen.pdf>

Txhais Lus

Kev mus nyob ze raug yog li cas tiag?

Kev mus nyob ze raug yog IB TUS NEEG TWG uas nyob nrog ib tus neeg mob positive rau COVID-19 lossis tau mus nyob ze 2 dag (6 feet) ntev li 15 feeb nrog ib tus neeg mob COVID-19 li ntawm 24 xaub moos dhau los. Tiamsis, txawm nyob tsis ntev npaum cas lossis nyob deb mentsis lawm los kuj tseem kis tau tus kab mob vais lav.

Kev cais nyob ib leeg thiab caiv yog li cas tiag?

Cov lus no yog siv los ntawm cov neeg ua haujlwm hauv kev kho mob. Lawv siv cov lus no los piav txog ib tus neeg uas mob COVID-19 kom nws nyob tsev lossis cov uas tau mus nyob ze raug yuav tsum ua li cas. Kev cais nyob ib leeg thiab caiv yog tes haujlwm uas tej tsev kho mob hais kom cheem tus kab mob sib kis thiab kom tibneeg nyob nyab xeeb.

Kev cais nyob ib leeg txhais tau tias caiv cov neeg mob ntawm cov neeg tsis muaj mob. Qhov no txhais tau tias tsis txhob tawm rooj mus koom tej kis las sab nraud. Tus neeg mob nyob twj ywm tsev thiab tsis txhob mus ze lwm tus hauv nws tsev neeg kom ntev li ntev tau. Ntawm no yog txoj kev uas ua tau li no tom tsev:

- Xaiv ib tus neeg los ua tus neeg mob, yog tias ua tau. Tus neeg no yuav tsum cais deb ntawm lwm tus neeg hauv nws tsev neeg kom ua li tau, thiab looj lub npog ntsej muag, txav deb li 2 dag, thiab nqhuag ntxuav nws tes.
- Tus neeg mob yuav tsum nyob twj ywm tsev thiab txav deb ntawm lwm tus neeg uas nyob nrog nws thiab, kom ua li ua tau. Lawv yuav tau nyob hauv lawv chav pw lossis lwm chav hauv lub tsev thiab siv lub chav dej uas cia nws ib leeg siv xwb, yog tias ua tau. Lawv yuav tsum tsis txhob mus rau tej chav uas muaj coob tus mus nyob, xws li chav ua mov noj thiab chav nyob.

Kev caiv txhais tau tias cia cov neeg uas tsis tau muaj mob, tiamsis ho tau mus nyob ze cov neeg mob lawm, txav deb ntawm lwm tus neeg. Ib tus neeg twg yuav kis tau tus kab mob COVID-19 mus rau lwm tus ua ntej nws pom muaj tsos mob los yeej tau. Kev caiv yuav pab kom nws tsis txhob lam tau lam kis tus kab mob mus rau lwm tus.

- Xaiv ib tus neeg los tu tus neeg uas caiv, yog tias ua tau. Tus neeg no yuav tsum cais deb ntawm lwm tus neeg hauv nws tsev neeg kom ua li tau, thiab looj lub npog ntsej muag, txav deb li 2 dag, thiab nqhuag ntxuav nws tes.
- Tus neeg caiv yuav tsum txav deb ntawm lwm tus. Qhov no txhais tau tias tsis txhob tawm rooj mus koom tej kis las sab nraud.

Txog Tus Kab Mob COVID-19

Cov tsos mob ntawm tus kab mob COVID-19 zoo li cas?

Tej tsos mob COVID-19 mentsis zoo li tej kev mob nkeeg uas coob tus menyuam raug. Cov tsos mob rau menyuam kuj yuav txawv ntawm cov neeg laus. Feem ntau tej menyuam yeej tsis pom muaj tsos mob hlo li.

Yog tias ib tus menyuam lossis tub ntxhais kawm twg muaj tej tsos mob li no, tej zaum kuj yog nws mob COVID-19:

- **Cov tsos mob nqhuag tshwm sim:** ua npaws kub taubhau 100.4 degrees Fahrenheit lossis tshaj ntawd; pib hnoos tuaj lossis kev hnoos uas phem zuj zus xwb; nyuaj ua pa; thiab saj tsis hnov qab lossis tsis hnov ntxhiab tsw. Cov no yog cov tsos mob uas nqhuag pom cov menyuam uas mob COVID-19 muaj. Tej zaum yuav yog muaj tej tsos mob li no xwb.

- **Cov tsos mob tsis tshua tshwm sim:** txhaws qab mob qa; xeev siab; ntuav; raws plab; ib ce txias; mob leeg nqaij; qaug zog sab heev; pib mob taubhau lossis mob taubhau heev; thiab pib txhaws ntswg lossis los tswg. Lwm yam mob nkeeg uas menyuam nqhuag muaj kuj zoo xws li cov tsos mob no thiab.

Ib txhia menyuam uas mob COVID-19 yeej tsis pom muaj tsos mob li. Tiamsis, lawv kuj tseem muab tus kab mob COVID-19 kis tau mus rau lwm tus thiab, tab txawm lawv tsis pom muaj tej tsos mob.

Yuav siv sijhawm ntev npaum cas mam li pom muaj tej tsos mob?

Kuj yuav siv li 2-14 hnuv tom qab nws mus nyob ze raug, mam li pom tus neeg muaj tej tsos mob uas yog COVID-19. Lub sijhawm no yog muab hu ua incubation period (tos seb puas pom muaj mob). Ib txhia neeg muaj tej tsos mob mentsis xwb, hos ib txhia mob heev, thiab ib txhia yeej tsis pom muaj tej tsos mob COVID-19 hlo li. Cov neeg uas tsis muaj tsos mob kis tau tus mob mus rau lwm tus.

Sijhawm tos seb puas mob: lub sijhawm no yog tom qab mus nyob ze raug ib tus neeg uas mob COVID-19 ces los nyob tos seb puas pom muaj tej tsos mob. Kuj yuav siv sijhawm li 2-14 hnuv tom qab nws mam li pom muaj tej tsos mob.

Thaum twg yog thaum kuv tus menyuam yuav nyob tsev?

Koj tus menyuam YUAV TSUM nyob tsev yog tias nws muaj tsawg kawg los 1 yam tsos mob li hauv qabno:

- Ua npaws kub taubhau 100.4 degrees Fahrenheit lossis tshaj
- Pib hnoos tuaj lossis kev hnoos uas phem zuj zus xwb
- Nyuaj ua pa
- Saj tsis hnov qab lossis tsis hnov ntxhiab tsw

Koj tus menyuam YUAV TSUM nyob tsev yog tias nws muaj li ntawm 2 yam tsos mob li hauv qab no, tab txawm tsis pom nws muaj tej tsos mob saud:

- Txhaws qab mob qa
- Xeev siab
- Ntuav
- Raws plab
- Ib ce txias
- Mob leeg nqaij
- Qaug zog sab heev
- Pib mob taubhau lossis mob taubhau heev
- Pib txhaws ntswg lossis los ntswg

Koj tus menyuam yuav tsum nyob twj ywm tsev li ntawm 10 hnuv yog tias lawv muaj tej tsos mob COVID-19 tshwj tsis yog ib tus kws kho mob txiav txim tias koj tus menyuam tsis yog mob COVID-19, lossis koj tus menyuam mus kuaj tau yog negative uas tsis mob rau COVID-19.

Lwm cov menyuam uas nyob hauv tsev kuj yuav tsum tau nyob twj ywm tsev (caiv) tsis txhob mus kawm ntawv lossis mus rau tsev zov menyuam thiab. Qhov no txhais tau tias nws tsis txhob mus koom ua tej kis

las tawm rooj kom txwm 14 hnuv, tshwj tsis yog nws mus kuaj seb puas tau kis tus kab mob COVID-19, ib tus kws kho mob lossis lwm tus neeg kho mob nrhiav pom tias tus menyuam yeej tsis mob COVID-19.

Koj tus menyuam yuav tsum nyob twj ywm tsev yog tias nws kuaj positive uas yog mob COVID-19, tiamsis tsis pom nws muaj tej tsos mob.

- Lawv yuav tsum nyob tsev thiab txav deb ntawm lwm tus nyob hauv nws tsev neeg li ntawm 10 hnuv (cais nyob ib leeg), suav txij hnuv tom qab nws tau mus kuaj mob tag.

Koj tus menyuam yuav tsum nyob twj ywm tsev yog tias nws tau mus nyob ze raug ib tus neeg uas yog mob COVID-19.

- Cov menyuam uas tau mus nyob ze raug ib tus neeg mob COVID-19 yuav tsum nyob tsev kom txwm 14 (caiv). Mus nyeem ntu hais tias “Kev mus nyob ze raug yog li cas tiag?” ntawm daim ntawv no yog xav paub txhais li cas. Tus menyuam yuav tsum nyob tsev tab txawm nws tsis pom muaj tej tsos mob uas yog COVID-19. Cov neeg uas nws mus nyob ze raug kuj suav txhua tus uas nws nyob nrog thiab cov neeg tsis koom nws ib yig, xws li pog yawg; phauj thiab txiv hlob txiv ntxawm; lossis lwm tus menyuam lossis neeg laus tom tsev kawm ntawv, uas nyob hauv nws koog tsev nyob, tom tshawj, tom tej kis las lossis kev ncaws pob; lossis lwm qhov chaw.
- Koj tus menyuam yuav tsum nyob tsev kom txwm 14 hnuv (caiv), tab txawm nws kuaj tau yog negative uas tsis mob COVID-19, vim tias nws kuj tseem yuav siv sijhawm li 14 hnuv mam li pom tej tsos mob COVID-19 tshwm sim tuaj rau ib tus neeg uas tau mus ze lwm tus mob COVID-19.

Koj tus menyuam yuav tsum nyob tsev yog tias ib tus neeg twg nyob hauv nws tsev neeg muaj tsos mob COVID-19 thiab tseem mus kuaj mob tiamsis tsis tau paub seb kuaj tau yog li cas.

- Cov menyuam yuav tsum nyob tsev twj ywm kom txog txij paub tau tias kuaj tau yog li cas tiag.
- Yog tias ib tus twg hauv nws tsev neeg tseem mus kuaj mob COVID-19, tiamsis tsis pom nws muaj tej tsos mob, ces tus menyuam yuav mus kawm ntawv lossis mus rau tsev zov menyuam los tau thaum tus neeg ntawd nyob tos seb kuaj tau yog li cas tiag.
- Txawm li cas los:
 - Yog tias kuaj tau yog negative uas tsis mob, ces cov menyuam rov qab mus kawm ntawv lossis mus tom tsev zov menyuam tau.
 - Yog tias kuaj tau yog positive uas mob lawm, ces cov menyuam yuav tsum nyob twj ywm tsev kom txwm 14 hnuv (caiv), suav txij hnuv tom qab lawv tau mus nyob ze raug ib tus neeg uas mob lawm.

Yuav tsim nyog kuv tus menyuam nyob tsev ntev npaum cas yog tias nws tau kuaj yog positive kis mob lawm, lossis ib tus kws kho mob hais tias tej zaum nws mob COVID-19 lawm?

Yog tias koj tus menyuam muaj tej tsos mob, lawv yuav tsum nyob twj ywm tsev thiab txav deb (cais nyob ib leeg) ntawm lwm tus kom txog txij muaj raws **TAGNRHO 3 YAM** no tso:

- Twb tau li 10 hnuv uas lawv pib muaj tej tsos mob (tab txawm nws mloog tau li zoo mentsis lawm) **THIAB**;
- Twb tau li 24 xaub moos uas lawv tsis tau ua npaws thiab yam tsis tas noj tshuaj tua npaws **THIAB**;
- Lawv cov tsos mob twb pib zoo zuj zus lawm.

Lwm cov menyuam nyob hauv tsev yuav tsum tsis txhob mus kawm ntawv lossis mus tom tsev zov menyuam thiab (caiv). Qhov no txhais tau tias lawv tsis txhob tawm rooj mus ua tej kis las nraum zoov rau li ntawm 14 hnuv. Tej tsos mob COVID-19 tseem yuav pib tshwm sim tuaj los kuj tau rau lub sijhawm 14 hnuv no; qhov uas nws nyob tsev yuav pab cheem kom nws tsis txhob lam tau lam coj tus kab mob mus kis rau cov neeg tom tsev kawm ntawv, tsev zov menyuam, lossis lwm qhov chaw.

Yuav ua li cas yog tias kuv tus menyuam kuaj positive uas yog mob COVID-19, tiamsis tsis pom nws muaj tej tsos mob li?

Thaum koj tus menyuam kuaj tias yog positive mob lawm, tiamsis tsis pom muaj tej tso mob li, lawv yuav sum nyob twj ywm tsev thiab nrug deb ntawm lwm tus hauv nws tsev neeg (cais nyob ib leeg) li ntawm 10 hnuv, suav txij hnuv tom qab nws mus kuaj tag.

Piv txwv li: Yog tias tus menyuam mus kuaj rau Hnuv 1 (Monday) thiab lawv qhia tuaj rau Hnuv 3 (Wednesday) tias nws mob lawm, ces thawj hnuv pib cais yog Hnuv 2 (Tuesday), uas yog hnuv tom qab mus kuaj tag. Tus menyuam yuav rov mus ua nws kis las tau rau Hnuv 5 (Friday) rau lub lim tiam tom ntej. Lub sijhawm 10 hnuv nyob tom tsev, koj tus menyuam yuav tsum cais deb ntawm lwm tus. Tab txawm tus menyuam tsis pom muaj tej tsos mob li los nws yeej tseem kis tau mus rau lwm tus.

Txhua tus uas nyob hauv ib yim neeg no yog cov nyob ze raug tau tibi. Lawv yuav tsum nyob twj ywm kom tsawg kawg los 14 hnuv (caiv). Tej tsos mob COVID-19 tseem yuav pib tshwm sim tuaj los kuj tau rau lub sijhawm 14 hnuv no. Kev nyob twj ywm tsev yuav pab kom nws tsis txhob coj tus kab mob mus kis rau lwm tus tom tsev kawm ntawv, tsev zov menyuam, thiab lwm qhov chaw yam nws tsis ras txog.

Yuav ua li cas yog tias kuv tus menyuam mob, tiamsis kuaj tau yog negative uas tsis mob COVID-19, thiab twb tsis tau mus nyob ze raug lwm tus uas mob COVID-19 li?

Yog tias koj tus kws kho mob lossis lwm tus neeg kho mob qhia koj tias koj tus menyuam muaj lwm yam mob uas tsis yog COVID-19, xws li mob ua npaws lossis mob caj pas qawj, lossis yog koj tus menyuam kuaj tau yog negative uas tsis mob COVID-19, ces ua raws li koj tus kws kho mob cov lus qhia seb thaum twg zoo rau nws rov qab mus kawm ntawv lossis mus tau tom tsev zov menyuam.

Txhua tus menyuam yuav tsum nyob twj ywm tsev yog tias lawv mob thiab yuav tsum tsis txhob rov qab mus kawm ntawv lossis tsev zov menyuam kom txog txij lawv zoo tso. Qhov no muaj xws li nyob twj ywm tsev kom txwm 24 xaub moos tom qab nws li kev ua npaws zoo hlo tso, yam tsis tas noj tshuaj tua npaws.

Nyob rau lub sijhawm zoo li no, yog tias ib tus kws kho mob nrhiav pom tias tus menyuam mob tabsis tsis yog mob rau COVID-19 lossis tus menyuam kuaj tau yog negative uas tsis mob COVID-19, lwm cov menyuam hauv tsev TSIS TAS nyob twj ywm tsev (caiv) thiab mus kawm ntawv tau thiab mus tau rau tsev zov menyuam tsuav lawv tsis mob xwb.

Cov Nyob Ze

Yuav ua li cas yog tias kuv tus menyuam tau mus nyob ze raug ib tus neeg uas mob COVID-19 thiab nws twb tsis mob?

Kuj yuav siv li 2-14 hnuv tom qab nws mus nyob ze raug, mam li pom tus neeg muaj tej tsos mob uas yog COVID-19. Lub sijhawm no yog muab hu ua incubation period (tos seb puas pom muaj mob). Koj tus menyuam yuav tsum nyob tsev kom txwm 14 hnuv (caiv) tsam nws ho mob COVID-19 thiab. Cov 14 hnuv ntawd pib hnuv tom qab nws tau mus nyob ze raug ib tus neeg mob COVID-19.

Yog tias nyob rau 14 hnuv no, koj tus menyuam kuaj tau tias yog negative uas tsis mob COVID-19, lawv yuav tsum nyob tsev kom txwm 14 hnuv. Ib txhia tsis pib pom muaj mob thaum txog hnuv 12, 13, lossis 14 tso. Ib txhia uas twb mob lawm los tsis pom muaj tej tsos mob, kuj tseem yuav kis tau mus rau lwm tus. Qhov uas koj nyob tos 14 hnuv yog tib txoj kev nkaus xwb uas yuav paub tseeb tias seb koj tus menyuam puas mob thiab yeej kis tsis tau mus rau lwm tus.

Nyob rau lub sijhawm no, cov nus muag, thiab lwm tus menyuam uas tsis yog cov tau mus nyob ze raug tus neeg mob COVID-19 TSIS TAS yuav nyob tsev (caiv) thiab mus kawm ntawv thiab tom tsev zov menyuam tau.

Puas tsim nyog kuv koj kuv tus menyuam mus kuaj yog tias nws tau mus nyob ze ib tus neeg mob COVID-19?

Lub Minnesota Department of Health (MDH) pom zoo rau koj koj koj tus menyuam mus kuaj yog tias nws tau mus nyob ze ib tus neeg mob COVID-19. Cov niamtxiv yuav tsum nrog nws tus menyuam tus kws kho mob tham los txiav txim seb puas tsim nyog mus kuaj nws tus menyuam.

Qhov koj menyuam mus kuaj tsis txhais tau tias lub sijhawm nws nyob tsev yuav luv dua. Koj tus menyuam yuav tsum nyob twj ywm tsev kom txwm 14 hnuv (caiv) tom qab nws tau mus raug ib tus neeg mob COVID-19, **tab txawm koj tus menyuam kuaj yog negative uas tsis mob.**

Yog tias koj tus menyuam mus kuaj seb puas tau kis COVID-19, nws zoo dua yog koj tos li 5-7 hnuv tom qab nws mus nyob ze raug es mam li mus kuaj seb puas tau kis COVID-19. Qhov no yeej yog lub sijhawm nyob tos seb puas tau kis tus kab mob COVID-19.

- Yog tias kuaj tau yog negative uas tsis mob ces, koj tus menyuam yeej yuav tsum tau nyob tsev kom txwm 14 hnuv tso, vim tej zaum nws kuj tseem yuav mob tau thiab.

- Yog tias koj tus menyuam kuaj tau yog positive uas mob lawm, tab txawm tsis pom muaj tej tsos mob li, los lawv yuav tsum nyob twj ywm tsev thiab txav deb (cais nyob ib leeg) ntawm lwm tus li ntawm 10 hnuv, suav txij hnuv lawv mus kuaj mob.
- Yog tias koj tus menyuam kuaj tau yog positive uas mob lawm thiab pib pom muaj tej tsos mob, lawv yuav tsum nyob twj ywm tsev thiab txav deb (cais nyob ib leeg) ntawm lwm tus kom txog txij muaj raws TAGNRHO 3 YAM no tso:
 - Twb tau li 10 hnuv uas lawv pib muaj tej tsos mob (tab txawm nws mloog tau li zoo mentsis lawm) **THIAB**;
 - Twb tau li 24 xaub moos uas lawv tsis tau ua npaws thiab yam tsis tas noj tshuaj tua npaws **THIAB**;
 - Lawv zoo mentsis lawm.

Yog tias ib tus twg hauv koj tsev neeg **muaj tej tsos mob COVID-19** thiab tseem yuav mus kuaj, cov menyuam yuav tsum nyob tsev thiab tsis txhob mus kawm ntawv lossis mus tom tsev zov menyuam txog txij paub tseeb tias kuaj tau yog li cas tiag tso. Yog tias ib tus twg hauv koj tsev neeg **tsis muaj tej tsos mob** thiab tseem yuav mus kuaj, cov menyuam tsis tas nyob tsev thiab yuav mus kawm ntawv lossis rau tom tsev zov menyuam los tau. Txawm li cas los:

- Yog tias kuaj tau yog negative uas tsis mob, ces cov menyuam rov qab mus kawm ntawv lossis mus tom tsev zov menyuam tau.
- Yog tias kuaj tau yog positive uas mob lawm, ces cov menyuam yuav tsum nyob twj ywm tsev kom txwm 14 hnuv (caiv), suav txij hnuv tom qab lawv tau mus nyob ze raug ib tus neeg uas mob COVID-19.

Yuav ua li cas yog tias leej niam leej txiv mob COVID-19 thiab cais deb tsis tau ntawm nws cov menyuam?

Tej zaum yuav nyuaj rau cov niam txiv cais lawv tus kheej ntawm lwm tus hauv tsev neeg thiab tseem yuav tau tu tej menyuam thiab. Yog tias leej niam leej txiv mus nyob ze lawv cov menyuam, ces tej zaum lawv cov menyuam kuj yuav kis tau tus kab mob COVID-19 thiab rau lub sijhawm ntawd (li ntawm 10 hnuv) uas cov niamtxiv tau nyob tsev. Cov menyuam yuav tsum nyob tsev raws li piav qhia hauv no:

- Tus menyuam yuav tsum nyob tsev nrog nws niam nws txiv. Tsuas pub leej niam leej txiv uas mob COVID-19 ntawd tawm rooj tom qab 10 hnuv, thiab tom qab nws mloog zoo mob lawm thiab tsis ua npaws li ntawm 24 xaub moos dhau los yam tsis tas noj tshuaj tua npaws.
- Tom qab lub sijhawm no uas leej niam leej txiv kis tsis tau tus kab mob mus rau lwm tus, lawv cov menyuam yuav tsum nyob tsev kom txwm 14 hnuv (caiv) ntxiv tsam nws ho mob COVID-19 thiab. Qhov no txhais tau tias cov menyuam yuav qhaj ntawv li 24 hnuv, tshwj tsis yog nws mob lossis kuaj positive uas yog mob COVID-19.
- Yog tias cov menyuam mob lossis kuaj tau yog mob positive rau COVID-19, lawv yuav tsum ua raws li cov lus qhia nyob rau ntu “Yuav tsim nyog kuv tus menyuam nyob tsev ntev npaum cas yog tias nws

tau kuaj yog positive kis mob lawm, lossis ib tus kws kho mob hais tias tej zaum nws mob COVID-19 lawm?" hauv daim ntawv no. Koom tes nrog koj tus menyuam lub tsev kawm ntawv los tsim tsa kev kawm tom tsev rau lub sijhawm no.

Yuav ua li cas yog tias kuv tus menyuam tau mus nyob ze raug ib tus neeg uas mob COVID-19 thiab nws cia li mob, tiamsis tsis tau koj nws mus kuaj seb puas kis kab mob COVID-19?

Koj tus menyuam yuav tsum nyob twj ywm tsev kom txwm 14 hnuv (caiv) tom qab nws tau mus raug ib tus neeg mob COVID-19. Lawv yuav tsum tsis txhob mus ua tej kis las tawm rooj hlo li.

Yog tias koj txiav txim tsis koj koj tus menyuam mus kuaj thiab koj tus menyuam pib muaj tej tsos mob COVID-19 rau lub sijhawm 14 hnuv ntawd tom tsev, ces nws yuav tsum kav tsij nyob twj ywm tsev thiab txav deb ntawm lwm tus neeg hauv nws tsev neeg (cais nyob ib leeg) kom txhua yam li hauv qab no tau tshwm sim tso:

- Twb tau li 10 hnuv uas lawv pib muaj tej tsos mob **THIAB**;
- Twb tau li 24 xaub moos uas lawv tsis tau ua npaws thiab yam tsis tas noj tshuaj tua npaws **THIAB**;
- Lawv zoo mentsis lawm.

Txhua tus uas nyob koom hauv ib yig yuav tsum nyob tsev kom tsawg kawg los 14 hnuv (caiv), vim awv twb tau mus nyob ze raug tus kab mob lawm. Lawv kuj tseem mus kis tau mob rau sijhawm 14 hnuv no. Lawv yuav tsum tsis txhob mus ua tej kis las tawm rooj hlo li.

Piv txwv li:

- Thawj hnuv: koj tus menyuam nyob tsev rau 14 hnuv, vim lawv mus nyob ze raug ib tus neeg mob. Lawv yuav tsum nyob twj ywm tsev (caiv).
- 2-5 hnuv tom qab: koj tus menyuam tsis mob thiab nyob twj ywm tsev
- 6 hnuv tom qab: koj tus menyuam pib muaj tej tsos mob COVID-19 tuaj.
- 7 hnuv tom qab: vim koj tus menyuam pib muaj tej tsos mob lawm, lawv yuav tsum nyob tsev thiab txav deb ntawm lwm tus nyob hauv nws tsev neeg kom txog li 10 hnuv (nyob ib leeg).
- 14 hnuv tom qab: koj tus menyuam yuav tsum nyob tsev, vim nws muaj tej tsos mob COVID-19 lawm. Lawv yuav tsum txav deb ntawm lwm tus hauv nws tsev neeg.
- 17 hnuv tom qab: yog tias koj tus menyuam tsis ua npaws lawm thiab mloog tau li zoo mob lawm, lawv tsis tas txav deb ntawm cov uas koom nws ib yig lawm.
- 18 hnuv tom qab: koj tus menyuam rov qab mus kawm ntawv lossis tom tsev zov menyuam tau.

Yuav ua li cas kuv thiaj paub tias kuv tus menyuam yog ib tug tau mus nyob ze raug tus neeg uas mob COVID-19 tom tsev kawm ntawv, tsev zov menyuam, lossis lwm yam?

Koj tus menyuam lub tsev kawm ntawv, tsev zov menyuam, lossis koom haum ntawd mam li qhia koj paub rau thaum koj tus menyuam tau mus nyob ze raug tus neg mob COVID-19. MDH koom tes nrog tej koom haum saib xyuas kev noj qab nyob zoo hauv zos thiab tej koom haum saib xyuas cov neeg khab thiab koj tus menyuam lub tsev kawm ntawv thiab/lossis cheeb tsam tsev kawm ntawv, tsev zov menyuam, lossis lwm lub koom haum kom thiab paub zoo txog tus kab mob COVID-19 thiab cov nws mus nyob ze raug yog li cas tiag.

Yuav tham nrog menyuam li cas

Yuav qhia kuv tus menyuam li cas txog qhov nyob twj ywm tsev thiab txog tus kab mob COVID-19?

- Qhia rau lawv paub tias kev nyob twj ywm tsev yog ib yam pab tiv thaiv nws cov phoojywg, cov xibhwb qhia ntawv, tus zov nws, thiab lwm tus hauv nws zej zog.
- Nyob kom tus thaum nrog nws tham. Siv sijhawm los mloog nws hais thiab tham nrog nws.
- Qhia rau nws paub tias koj yuav ua txhua yam los pab tiv thaiv kom lawv nyob nyab xeeb thiab yeej tsis ua cas yog tias nws tu siab.
- Ua tib zoo txhob liam leej twg lossis ib tus twg txog tus kab mob COVID-19. Mloog thiab nrog nws tham txog lwm tus menyuam lossis neeg laus hais li cas.
- Xyuas seb nws saib this vis npaum cas thiab lawv pom dabtsi. Nrog nws tham txog tej uas nws pom.
- Pab nws nkag siab tias tej no yeej yog tej uas yuav tshwm sim rau thaum muaj tus kab mob kis thoob qab ntuj thiab cuam tshuam txhua leej txhua tug.
- Qhia kom nws paub raws li nws hnuv nyoog tsim nyog hais qhia.
- Mus nyeem [Kev Ua Neej thiab Tswj Mob Li Cas: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/cope.html\)](https://www.health.state.mn.us/diseases/coronavirus/cope.html).

Ntaub Ntawv Pab Ntxiuv

- [Kev Txiaiv Txim Rau Cov Tibneeg Mob COVID-19 Hauv Tsev Kawm Ntawv, Cov Hluas, thiab Tsev \(PDF\) \(https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf\)](https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf)
- [Minnesota Department of Education: Supporting Students and Families COVID-19 Resources \(tej kev pab cuam rau tub ntxhais kawm thiab tsev neeg rau sijhawm muaj COVID-19\) \(education.mn.gov/MDE/dse/health/covid19/supstucovid19/index.htm\)](https://education.mn.gov/MDE/dse/health/covid19/supstucovid19/index.htm)
- [Minnesota Saib Xyuas Tus Kab Mob COVID-19 Li Cas: Get Help \(mus cuag kev pab\) \(mn.gov/covid19/for-minnesotans/get-help/index.jsp\)](https://mn.gov/covid19/for-minnesotans/get-help/index.jsp)
- [CDC: Caring for Someone Sick at Home \(tu xyuas ib tus neeg mob tom tsev\): \(www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html\)](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html)

NTAWV TAW QHIA RAU COV NIAMTXIV THIAB TSEV NEEG TXOG KEV MUS KAWM
NTAWV THAUM MUAJ KAB MOB COVID-19



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