

STAY SAFE MN

# Kev Kuaj Tej Tsos Mob COVID-19 Tom Tsev

RAU TSEV KAWM NTAWV, TSEV ZOV MENYUAM, THIAB TXHEEJ XWM RAU COV HLUAS

KHO TSHIAB 11/12/20

Xov xwm tshiab: txheem lus tshiab txog kev tu tej menyuam mob COVID-19 lossis kev tswj tej tsos mob tom tsev thaum muaj ntau tshaj ib tug menyuam nyob tom tsev.

Teb cov lus nug ntsuas no **txhua txhua zaus** koj yuav xa ib tug menyuam mus kawm ntawv, tsev zov menyuam, lossis tej txheej xwm rau cov hluas. Yog koj teb "yog" rau ib lo lus nug twg, ces tus menyuam yuav tsum nyob tsev.

## Ntsiab Lus

Ib tug menyuam yuav tsum tsis txhob mus kawm ntawv, tom tsev zov menyuam, lossis tej txheej xwm rau cov hluas YOG TIAS nws muaj ib yam no:

- Koj kuaj tau yog mob positive rau COVID-19.
- Muaj tej tsos mob COVID-19.
- Tej zaum tau mus nyob ze raug COVID-19.
- Tseem nyob tos mus kuaj mob, tseem nyob tos seb kuaj tau kab mob COVID-19 li cas, lossis nyob nrog ib tus twg uas muaj tej tsos mob thiab tseem yuav mus kuaj seb puas yog mob COVID-19.

Yog tias koj tus menyuam muaj tej tsos mob COVID-19 lossis kuaj tau yog positive rau COVID-19, lawv yuav tsum nyob twj ywm tsev thiab cais deb ntawm lwm tus hauv tsev rau **li ntawm 10 hnuv**, pib suav txij thawj hnuv lawv pib muaj tej tsos mob lossis rau hnuv uas lawv tau mus kuaj mob, thiab txog txij nws tej tsos mob zoo zog tso thiab tsis ua npaws li ntawm 24 xaub moos yam tsis tas noj tshuaj tua ua npaws. Tab txawm nws mloog tau li zoo lawm los, nws yuav tsum nyob twj ywm tsev kom txwm 10 hnuv. Tej kauj ruam no yog los pab kom tej tsev kawm ntawv, tsev zov menyuam, thiab txheej xwm rau cov hluas tsis muaj neeg tuaj kis mob rau cov tub ntxhais kawm ntawv thiab cov neeg ua haujlwm.

Lus nco tseg: Cov menyuam kuj tseem yuav tau nyob tsev yog nws mob lwm yam uas mentsis zoo li tej tsos mob COVID-19, xws li mob caj pas qawj, mob plab, lossis mob qhov muag liab. Tiv tauj koj tus menyuam tus kws kho

mob lossis tsev kawm ntawv yog xav paub ntiv txog thaum twg nws thiaj mus kawm ntawv tau yog nws raug tej xwm no.

- Siv daim ntawv no yog tias thaum twg koj muaj lus nug ntiv txog seb thaum twg koj tus menyuam thiaj li mus kawm ntawv tau lossis mus rau tom tsev zov menyuam tau. [Ntawv Taw Qhia Rau Cov Niamtxiv thiaj Tsev Neeg Txog Kev Mus Kawm Ntawv Thaum Muaj Kab Mob COVID-19 \(PDF\)](https://www.health.state.mn.us/diseases/coronavirus/schools/attendance.pdf) ([www.health.state.mn.us/diseases/coronavirus/schools/attendance.pdf](https://www.health.state.mn.us/diseases/coronavirus/schools/attendance.pdf))

## Lus nug ntsuas menyuam txhua hnuv

### 1. Koj tus menyuam puas MUAJ IB YAM LOSSIS NTAU TSHAJ cov tsos mob no?

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

Yog tias ib tus menyuam twg **muaj ib yam lossis ntau tshaj** cov tsos mob no, lawv yuav tsum nyob tsev thiab caiv deb ntawm lwm tus kom ntev li ntev tau, xws li nws tsev neeg thiab. Cov niamtxiv lossis tus neeg tu xyuas yuav tsum qhia lub tsev kawm ntawv, tsev zov menyuam, lossis tsev pab cov hluas thiab hu mus qhia rau tus menyuam tus kws kho mob lossis lwm qhov chaw kho mob.

Lwm cov menyuam nyob hauv tsev yuav tsum tau nyob twj ywm tsev lossis tsis txhob mus tom tsev zov menyuam thiab.

**Yog tias tsis pom muaj tej tsos mob no, ces mus rau lo lus nug tom ntej.**

### 2. Koj tus menyuam puas muaj TSAWG KAWG LOS OB YAM cov tsos mob no?

- ☐ Txhaws qab mob qa
- ☐ Xeev siab
- ☐ Ntuav
- ☐ Raws plab
- ☐ Ib ce txias
- ☐ Mob thooj leeg nqaij
- ☐ Qaug zog (sab heev)

☐ Pib mob taubhau lossis mob taubhau heev

☐ Pib txhaws ntswg losis los ntswg

Yog tias ib tus menyuam twg muaj **tsawg kawg los ob yam tsos mob no**, lawv yuav tsum nyob tsev thiab caiv deb ntawm lwm tus kom ntev li ntev tau, xws li nws tsev neeg thiab. Cov niamtxiv lossis tus neeg tu xyuas yuav tsum qhia lub tsev kawm ntawv, tsev zov menyuam, lossis tsev pab cov hluas thiab hu mus qhia rau tus menyuam tus kws kho mob lossis lwm qhov chaw kho mob. Lwm cov menyuam nyob hauv tsev yuav tsum tau nyob twj ywm tsev lossis tsis txhob mus tom tsev zov menyuam thiab.

**Yog tias tsis pom muaj tej tsos mob no, ces mus rau lo lus nug tom ntej.**

**3. Ib tus kws kho mob puas tau qhia rau koj tus menyuam tias nws mob positive rau COVID-19 txij thaum nws mus kawm ntawv los, los tom tsev zov menyuam los, lossis tsev pab cov hluas lossis kuaj tau nws mob positive rau COVID-19?**

☐ Tsis yog: Tus menyuam yeej mus kawm ntawv tau, mus tom tsev zov menyuam, lossis tsev pab cov hluas tau.

☐ Yog: Tus menyuam yuav tsum nyob tsev cais deb ntawm lwm tus kom ntev li ntev tau, **tsawg kawg los yog 10 hnuv** caiv, pib txij li hnuv lawv pib muaj cov tsos mob lossis hnuv lawv tau mus kuaj mob, thiab txog txij lawv cov tsos mob zoo tuaj lawm THIAB tsis tau mob ua npaws li 24 xaub dhau los (yam tsis noj tshuaj tua npaws). Tab txawm lawv twb mloog tau li zoo mob lawm los, lawv yuav tsum nyob tsev twj ywm kom txwm 10 hnuv. Yog tias koj tus menyuam tau kuaj positive uas yog mob COVID-19 tiam sis nws tsis pom muaj tej tsos mob li, lawv yuav rov qab tawm rooj tau li ntawm 10 hnuv tom qab kuaj tag.

**4. Nyob rau 14 hnuv dhau los no, koj tus menyuam puas tau mus nyob ze raug ib tus neeg uas mob COVID-19, lossis lub tsev kawm ntawv, tsev zov menyuam, lossis txheej xwm pab cov hluas tau hais qhia rau koj paub tias tsim nyog rau koj tus menyuam nyob twj ywm tsev?**

☐ Tsis yog: Tus menyuam yeej mus kawm ntawv tau, mus tom tsev zov menyuam, lossis tsev pab cov hluas tau.

☐ Yog: Tus menyuam yuav tsum tsis txhob mus kawm ntawv, mus tom tsev zov menyuam, lossis tsev pab cov hluas. Tus menyuam rov qab tawm rooj tau thaum dhau 14 hnuv txij li nws tau mus nyob ze raug ib tus neeg mob COVID-19, tsuav tus menyuam tsis pom muaj tej tsos mob lossis mus kuaj tsis yog mob positive rau COVID-19 xwb. Tab txawm koj tus menyuam kuaj tau yog negative uas tsis mob, lawv tawm rooj tsis tau kom txwm 14 hnuv tso.

**5. Koj tus menyuam lossis ib tus twg hauv koj tsev neeg uas muaj tej tsos mob rau COVID-19 puas tseem nyob tos seb lawv kuaj tau mob COVID-19 li cas?**

☐ Tsis yog: Tus menyuam thiab lwm cov menyuam hauv tsev yeej mus kawm ntawv tau, mus tom tsev zov menyuam, lossis tsev pab cov hluas tau.

☐ Yog: Tus menyuam yuav tsum nyob tsev kom txog txij paub seb nws kuaj tau li cas tso. Nws cov nus muag koom nyob hauv nws tsev neeg kuj yuav tsum nyob tsev thiab kom txog txij seb nws kuaj tau yog li cas tiag tso.

Yog tias kuaj tau yog negative uas tsis mob, ces cov menyuam rov qab mus kawm ntawv lossis mus tom tsev zov menyuam tau li ntawm 24 xaub moos. Lwm cov menyuam kuj rov qab mus kawm ntawv lossis mus rau tsev zov menyuam tsuav lawv tsis mob thaum paub txog kev kuaj yog li cas.

Yog tias kuaj tau yog mob positive, tus menyuam uas mob positive yuav tsum nyob twj ywm tsev thiab caiv deb ntawm lwm tus **li ntawm 10 hnub**, pib txij li hnub lawv pib muaj cov tsos mob lossis hnub lawv tau mus kuaj mob, thiab txog txij lawv cov tsos mob zoo tuaj lawm thiab tsis tau mob ua npaws li 24 xaub dhau los yam tsis noj tshuaj tua npaws. Lwm cov menyuam yuav tsum nyob twj ywm hauv tsev li ntawm 14 hnub, pib txij li hnub kawg lawv tau mus nyob ze raug ib tus neeg mob COVID-19.

#### Ntaub Ntawv Pab Ntxiv

- [When to Quarantine \(tham twg caiv nyob tsev\)\(www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html\)](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html)
- [Kev Txia Txim Rau Cov Tibneeg Mob COVID-19 Hauv Tsev Kawm Ntawv, Cov Hluas, thiab Tsev \(PDF\) \(www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf\)](https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf)
- [Tej Tsev Kawm Ntawv thiab Tsev Zov Menyuam: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/schools/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/schools/index.html)



Minnesota Department of Health | [health.mn.gov](https://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](mailto:health.communications@state.mn.us) yog xav tau daim ntawv no ua lwm hom.

11/10/2020 (Hmong)