

STAY SAFE MN

Kev Kuaj Tej Tsos Mob COVID-19

Tom Tsev

RAU TEJ TSEV KAWM NTWV, TSEV ZOV MENYUAM, THIAB TSEV PAB COV HLUAS

Teb cov lus nug no **txhua zaus** koj koj tus menyuam mus kawm ntawv, rau tsev zov menyuam, lossis lwm qhov chaw pab cov hluas. Yog tias koj teb "yog" rau ib lo lus nug twg, ces koj tus menyuam yuav tsum nyob tsev.

Tseem Ntsiab Lus

Koj tus menyuam tsis txhob mus kawm ntawv, rau tom tsev zov menyuam, lossis tsev pab cov hluas yog tias lawv:

- Kuaj positive uas yog mob COVID-19.
- Muaj tej tsos mob uas yog COVID-19.
- Tej zaum tau mus raug tus kab mob COVID-19.
- Tseem nyob tos mus kuaj seb puas tau kis, lossis tseem tos seb kuaj tau tus kab mob COVID-19 yog li cas.

Yog tias koj tus menyuam muaj tej tsos mob uas yog mob COVID-19 lossis mus kuaj positive uas yog mob COVID-19, lawv 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), 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. Tej kauj ruam no yuav pab kom txhua tus menyuam thiab cov neeg ua haujlwm tom tsev kawm ntawv, tom tsev zov menyuam, thiab tsev pab cov hluas nyob nyab xeeb tsis sib kis mob.

Nco ntsoov: Cov menyuam kuj tseem yuav tau nyob tsev yog tias lawv muaj lwm yam kab mob uas mentsis zoo li yog mob COVID-19, xws li cov 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 ntxiv txog thaum twg nws thiaj mus kawm ntawv tau yog nws raug tej xwm no.

Lus nug ntsuas

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 ntxhiab 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.

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 leeg nqaj
- 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.

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

3. Koj tus menyuam puas tau mus kuaj tias mob COVID-19 txij thaum nws mus kawm ntawv los, los tom tsev zov menyuam los, lossis tsev pab cov hluas?

- 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), 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 tiamsis 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 nyuam puas tau mus nyob ze raug (li ntawm 2 dag ntev li 15 feeb) ib tus neeg uas mob COVID-19, lossis ib lub tsev kho mob lossis kws kho mob twg puas tau qhia rau koj paub tias tsim nyog rau koj tus nyuam nyob tsev (caiv)?

Tsis yog: tus nyuam yeej mus kawm ntawv tau, mus tom tsev zov nyuam, lossis tsev pab cov hluas tau

Tsis yog: tus nyuam yeej mus kawm ntawv tau, mus tom tsev zov nyuam, lossis tsev pab cov hluas tau. Tus nyuam 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 nyuam tsis pom muaj tej tsos mob lossis kuaj positive uas yog mob COVID-19. Kev mus nyob ze raug yog nyob li 2 dag lossis ze tshaj ntawd rau 15 feeb ntawm ib tus neeg uas mob COVID-19. Tab txawm koj tus nyuam kuaj tau yog negative uas tsis mob, lawv tawm rooj tsis tau kom txwm 14 hnuv tso.

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

Tsis yog: tus nyuam yeej mus kawm ntawv tau, mus tom tsev zov nyuam, lossis tsev pab cov hluas tau

Yog: tus nyuam yuav tsum nyob tsev kom txog txij paub seb nws kuaj tau li cas tso. Nws cov nus muag, thiab lwm tus nyuam koom nyob hauv nws tsev neeg kuj yuav tsum nyog tsev thiab kom txob txij seb nws kuaj tau yog li cas tiag.

Yog tias kuaj tau yog negative uas tsis mob, ces cov nyuam rov qab mus kawm ntawv lossis mus tom tsev zov nyuam tau.

Yog tias kuaj tau yog pos

itive uas mob lawm, cov nyuam yuav tsum pib caiv nyob tsev li 14 hnuv txij li hnuv nws mus nyob ze raug ib tus neeg mob.

Ntaub Ntawv Pab Ntxiv

- [Ntawv Taw Qhia Rau Cov Niamtxiv thiab Tsev Neeg Txog Kev Mus Kawm Ntawv Thaum Muaj Kab Mob COVID-19 \(www.health.state.mn.us/diseases/coronavirus/schools/attendance.pdf\)](http://www.health.state.mn.us/diseases/coronavirus/schools/attendance.pdf)
- [Cov Lus Piav Rau Daim Duab Txiv Txim Rau Cov Tibneeg Mob COVID-19 Hauv Tsev Kawm Ntawv, Cov Hluas, Thiab Tsev Zov Nyuam \(www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf\)](http://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf)
- [Tsev kawm ntawv thiab Tsev zov nyuam: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/schools/index.html\)](http://www.health.state.mn.us/diseases/coronavirus/schools/index.html)



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