

# Tej Tswv Yim Zoo Los Tiv Thaiiv Kev Sib Kis Kab Mob COVID-19 Hauv Tsev Kawm Ntawv: Lus Tseem Ceeb

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- Tag nrho cov neeg muaj hnuv nyoog 5 xyoos nce mus yuav tsum **mus txhaj tshuaj tiv thaiv kab mob COVID-19** thaum tau mus koom kawm hauv tsev kawm ntawv, kev ua si, los sis lwm cov hauj lwm txhawm rau tiv thaiv lawv tus kheej thiab cov neeg nyob ib ncig ntawm lawv uas tsis tuaj yeem txhaj tshuaj tiv thaiv kab mob tau. Tham nrog ib tug kws kho mob los sis [Nrhiav Cov Chaw Txhaj Tshuaj Tiv Thaiiv Kab Mob \(https://mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp\)](https://mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp) nyob ze koj.
- Txhua tus tub ntxhais kawm, xibhwb qhia ntawv, cov neeg ua haujlwm, thiab cov qhua hauv tej tsev kawm ntawv yuav tsum **looj daim ntaub npog qhov ncauj** hauv tsev tab txawm twb mus txhaj tshuaj tiav lawm los tsis tau. Yuav tsum looj daim ntaub npog qhov ncauj nyob rau tej chaw uas muaj neeg sib txiv qev thiab kev sib kis kab mob yuav yooj yim heev tab txawm txhaj tshuaj lawm los tsis tau.
- Tej tsev kawm ntawv yuav tsum **muab cov tub ntxhais kawm cais deb li 3 feet (1 dag) hauv chav kawm ntawv** yog tias ua tau. Yog tias muab cov tub ntxhais kawm cais deb li 3 feet tsis tau, nws tseem ceeb los siv lwm txojkev los pab tiv thaiv.
- Cov tub ntxhais kawm, xibhwb qhia ntawv, thiab cov neeg ua haujlwm **yuav tsum nyob tsev yog tias lawv tsis xis neej** thiab yuav tsum mus cuag kws kho mob los mus kuaj mob.
- Cov tub ntxhais kawm, cov kws qhia ntawv, thiab cov neeg ua hauj lwm uas twb tau **txhaj tshuaj tiv thaiv kab mob puv lawm los sis tau kuaj pom muaj mob nyob rau peb lub hlis dhau los lawm tsis tas yuav tau nyob hauv tsev tab txawm tias tsis ntev los no nws yuav tau nyob ze tus neeg mob yog tias nws tsis muaj cov tsos mob thiab kuaj pom tsis muaj kab mob lawm.** Ua raws CDC cov ntawv qhia txog kev kuaj cov neeg uas nyob ze cov neeg mob lawm.
- Cov neeg uas tsis tau txhaj tshuaj puv thiab tus kheej tau mus koom hauv tsev kawm ntawv, koom kev ua si, tej hauj lwm dhau ntawm txoj kev kawm (thiab lawv cov tsev neeg) yuav tsum **mus kuaj ua ntu zus** txog tus kab mob COVID-19 raws li CDC cov ntawv qhia.
- Xav txhawb kom tej tsev kawm ntawv **muaj chaw lim cua dim pa, kev soj qab sib kis kab mob nrog rau cais nyob ib leeg thiab cais nyob tsev, kev ntxuav tes, kev ua pa, kev tu ntxuav, thiab tua kab mob** yam li yog tej kev tseem ceeb los pab tiv thaiv.



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Tiv tauj [health.communications@state.mn.us](mailto:health.communications@state.mn.us) yog xav tau cov ntaub ntawv no sau ua lwm hom. (Hmong)