

STAY SAFE MN

Mus Kuaj Mob!

4/1/2021

Teem sijhawm mus kuaj mob rau COVID-19

- **Txhub 2 lub lim tiam:** Txhua tus hauv koj tsev neeg yuav tsum mus kuaj mob yog tias koj muaj menyuam yaus uas rov mus kawm ntawv lawm.
- **Txhua lub lim tiam:** Txhua tus hauv koj tsev neeg yuav tsum mus kuaj mob yog tias koj muaj menyuam yaus uas mus ncaws pob, lossis ua kis las tom qab kawm ntawv tag lossis lwm yam.

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Yuav mus kuaj mob li cas

Koj mus kuaj tau hauv tej chaw kuaj mob COVID-19 nyob hauv zos lossis mus kuaj nyob hauv koj lub tsev muag tshuaj, tsev kho mob lossis tsev kuaj mob. Koj xav auv dawm ib lub twj kuaj mob tuaj rau koj los tau thiab. Txawm koj xaiv ua yam twg los, yeej ceev, yooj yim, thiab **tsis them nqi**. Yog tias koj hais lwm yam lus uas tsis yog lus Askiv, kuj muaj cov neeg pab txhais lus tau lossis hauv xov tooj thiab.

[Mus kawm paub ntxiv txog Kev Kuaj Mob COVID-19 \(www.health.state.mn.us/diseases/coronavirus/testsites/index.html\).](http://www.health.state.mn.us/diseases/coronavirus/testsites/index.html)

Mus kuaj mob tsis tseg

Kev mus kuaj mob tas li yog ib txoj kev zoo los pab kom peb tsis txhob sib kis tus kab mob COVID-19. Ntawm no yog tej yam koj ua tau los pab koj nco mus kuaj mob:

- Sau tseg rau daim hnuv nyoog (calendar) kom thiaj li nco qab mus kuaj mob thiab muab tej vas sab mus kuaj mob cim tseg kom thiaj li yooj yim mus nkag tau.
- Mus kuaj mob rau vas xaum xas thib thaum koj khiav koj tej haujlwm.
- Mus kuaj mob ua ke yam li ib tse neeg thiab siv sijhawm nyob ua ke.



Looj lub npog ntsej muag.



Ntxuav koj txhais tes.



Sib nrug deb li 2 dag ntawm lwm tus.



Nyob twj ywm tsev yog tias koj mob.

m MINNESOTA

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 koj xav tau daim ntawv no ua lwm hom. (Hmong)