

STAY SAFE MN

# KEY KUAJ QAUB NCAUG RAU COVID-19 TOM TSEV

## LUS QHIA

### UA RAW S LI TEJ KAUI RUAM QHIA NO, THIAB NCO NTSOOV:

- Koj yuav tsum muaj qaub ncaug rau tus saib xyuas pom (hauv Zoom) rau koj li kev kuaj thiaj li mus taus tom ntej.
- Tsis txhob noj mov, haus dej, ntsuas nkas (gum), lossis haus luam yeeb li ntawm 30 feeb ua ntej koj kuaj.

1

### TSIM TSA THIAB/LOSSIS TSO NPE NKAG MUS RAU KOJ TUS AS KHAUJ NTAWM [COVID.VLT.CO](https://covid.vlt.co)

Mus rau [covid.vlt.co](https://covid.vlt.co) thiab siv ib tug email uas tseem siv tau thiab sau ib tus password uas koj yuav nco tseg. Koj tsuas nij tsim tus as khauj no ib zaug xwb, thiab yuav siv tib tug as khauj no los mus tso npe nkag rau tej kev kuaj rau yav tom ntej.

2

### TXAIS POB KHOOM KUAJ MOB THIAB NPAJ

Tsis txhob qhib taub khoom kuaj mob kom txog txij kauj ruam 4 tso. Haus dej 1-2 xaub ua ntej koj kuaj mob es thiaj li muaj qaub ncaug ntau txaus. Tsis txhob noj mov, haus dej, ntsuas nkas (gum), lossis haus luam yeeb li ntawm 30 feeb ua ntej koj kuaj.

3

### MUS NTSIB NROG PEB COV NEEG SAIB XYUAS KEV KUAJ MOB THIAB KUAJ KOJ COV QAUB NCAUG

Koj yuav tsum muaj qaub ncaug rau tus saib xyuas pom (hauv Zoom) rau koj li kev kuaj thiaj li mus taus tom ntej. Yog xav ntsib nrog ib tug saib xyuas kev kuaj rau ntawm Vault, mus xyuas [covid.vlt.co](https://covid.vlt.co) thiab tso npe nkag yam siv tus as khauj uas koj tsim nyob rau kauj ruam 1. Tus neeg saib xyuas mam li taw qhia koj los muab cov qaub ncaug tso rau lub taub. Ntu no tsuas siv ob peb feeb xwb.

4

### MUAB TAUB QAUB NCAUG XA TUJ CES MAM QHIA RAU KOJ SEB KUAJ TAU YOG LI CAS

Muab taub qaub ncaug tso rau lub hnab tiv thaiv kab mob (biohazard). Nqa lub hnab no tuaj rau koj lub tsev kawm ntawv qhov chaw uas txais. Yuav muaj ib tsab email tuaj ntawm [hello@updates.vaulthealth.com](mailto:hello@updates.vaulthealth.com) li ntawm 48 mus txog 72 xaub moos qhia koj paub tias taub qaub ncaug tuaj txog chaw kuaj lawm.

## LUS TSEEM CEEB

### UA RAW S LI KAUJ RUAM QHIA IB QHO ZUJ ZUS

Koj yuav tsum muaj qaub ncaug rau tus saib xyuas pom (hauv Zoom) rau koj li kev kuaj thiaj li mus taus tom ntej.

### LUB WEB BROWSER UAS SIV TAU

Thov siv Google Chrome lossis Safari los mus nkag rau Vault Health lub vas sab kuaj mob. Siv tsis tau Internet Explorer, thiab yuav daig mus tsis tau.

### THAUM TXAIS KOJ POB KHOOM KUAJ MOB

Nyeem phau ntawv uas muaj cov npe ntawv xiav nyob hauv pob khoom kuaj no. Tsis txhob qhib pob khoom kuaj txog txij tus neeg saib xyuas kev kuaj nyob hauv Zoom hais kom qhib.

### UA NTEJ KOJ KUAJ

Haus dej li ntawm 1-2 xaub moos ua ntej koj kuaj mob. Yuav kom kuaj tau yog, tsis txhob noj mov, haus dej, ntsuas nkas (gum), lossis haus luam yeeb li ntawm 30 feeb ua ntej koj kuaj.

### NTIM TAUB QAUB NCAUG KOM ZOO

Thaum koj ua tiav lawm, muab taub qaub ncaug tso rau lub hnab tiv thaiv kab mob. Muab lub hnab tso rau lub thawv dawb los tiv thaiv nws thaum muab xa mus. Muab lub thawv dawb tso rau pob khoom xa mus rau tsev tsev kuaj mob (clinic pack).

### KEV KUAJ MOB YOG POSITIVE UAS MOB LAW M

Txoj cai hais kom Vault Health qhia tawm txog cov khej uas neeg mob COVID-19 mus rau cov kws saib xyuas kev mob nkeeg nyob hauv koj lub xeev. Yog tias koj kuaj tau yog mob positive, mus xyuas [cdc.gov/coronavirus/2019-nCoV](https://www.cdc.gov/coronavirus/2019-nCoV) thiab/lossis mus cuag koj tus kws kho mob.

PUAS YOG TSEEM MUAJ LUS NUG? TIV TAUJ VAULT.  
212-880-5494 | [covid@vaulthealth.com](mailto:covid@vaulthealth.com) | [vaulthealth.com/covid](https://vaulthealth.com/covid)

**VAULT**  
H E A L T H

**m** MINNESOTA

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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) t yog xav tau cov ntaub ntawv no sau ua lwm hom.

8/27/2020

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