



# PHAU NTAWV QHIA KEV MUAB KAW CAIS NYOB IB LEEG NTAWM TUS KAB MOB COVID-19

Hais txog rau kev pab cuam rau tsev kawm ntawv, kev saib xyuas me nyuam yaus, thiab cov hluas

Yuav ua li cas yog tias koj tau mus nyob ze nrog ib tus neeg uas muaj tus kab mob COVID-19

Lus Cim Tseg: Yog tias koj muaj cov tsos mob los sis kuaj pom tias muaj tus kab mob COVID-19 thaum lub sij hawm kev cais tawm nyob ib leeg 10-hnub, tsis hais txog kev txhaj tshuaj, nyob twj ywm hauv tsev thiab ua raws [Phau Ntawv Qhia Kev Cais Tawm Nyob Ib Leeg Ntawm Tus Kab Mob COVID-19 rau Kev Pab Cuam Cov Tsev Kawm Ntawv, Kev Saib Xyuas Me Nyuam Yaus, thiab Cov Hluas](https://www.health.state.mn.us/diseases/coronavirus/schools/plan.html) (<https://www.health.state.mn.us/diseases/coronavirus/schools/plan.html>).

**Koj TSIS tas yuav cais tawm nyob ib leeg** yog tias koj tau txais cov ntaub ntawv tshiab tshaj plaws\* nrog cov tshuaj tiv thaiv tus kab mob COVID-19 los sis yog tias koj muaj tus kab mob COVID-19 hauv sij hawm 90 hnub dhau los. Koj tseem yuav tsum tau:



Rau daim npog qhov ncauj qhov ntswg kom haum zoo nyob ib puag ncig lwm tus rau 10 hnub tom qab koj tau chww zaum kawg nrog tus neeg muaj tus kab mob COVID-19.



Tau kuaj tsib hnub tom qab koj tau chww, txawm tias koj tsis muaj tsos mob.

“Cov ntaub ntawv tshiab tshaj plaws” txhais tau hais tias ib tus neeg tau txais tag nrho cov tshuaj tiv thaiv tus kab mob COVID-19 uas pom zoo, suav nrog txhua qhov koob tshuaj tiv thaiv kab mob thaum tsim nyog.



**Koj yuav tsum cais tawm nyob ib leeg** yog tias koj TSIS paub txog koj cov tshuaj tiv thaiv tus kab mob COVID-19 los sis koj TSIS tau txhaj tshuaj:



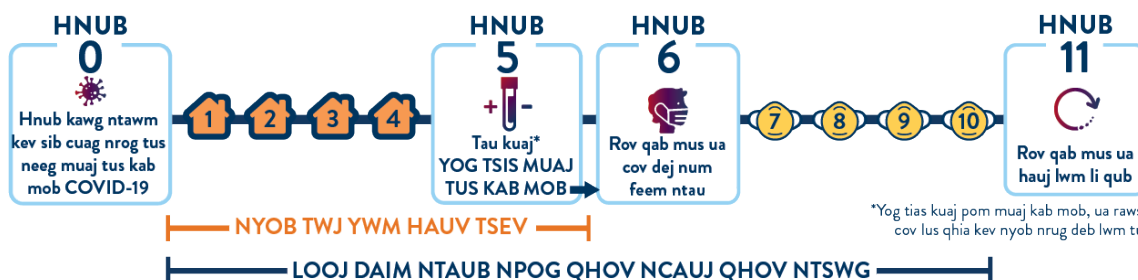
Nyob twj ywm hauv tsev tsawg kawg tsib hnub tom qab koj tau chww zaum kawg nrog tus neeg muaj tus kab mob COVID-19.



Looj daim ntaub npog qhov ncauj qhov ntswg kom haum zoo rau 10 hnub thaum koj nyob ib ncig ntawm lwm tus neeg, txawm tias nyob hauv tsev.

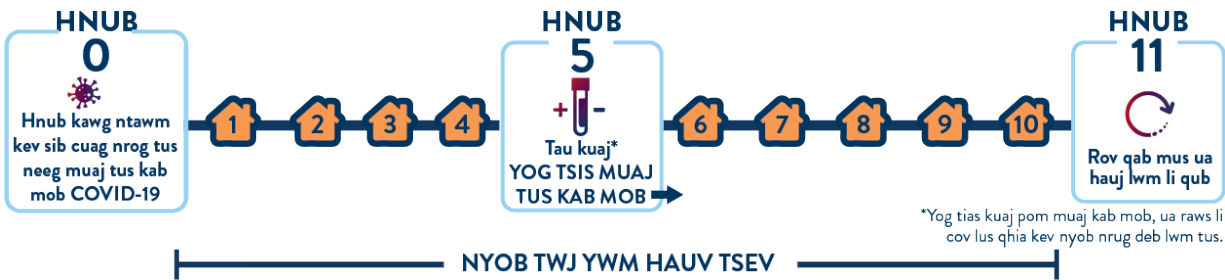


Mus kuaj 5 hnub tom qab koj tau chww, txawm tias koj tsis muaj tsos mob.



\*Yog tias kuaj pom muaj kab mob, ua raws li cov lus qhia kev nyob nrug deb lwm tus.

Cov neeg uas muaj hnuv nyoog qis dua 2 xyoos thiab lwm tus uas tsis tuaj yeem looj daim ntaub npog qhov ncauj qhov ntswg kom haum zoo yuav tsum nyob hauv tsev kom puv 10 hnuv tag nrho tom qab lawv tau chwi zaum kawg nrog tus neeg muaj tus kab mob COVID-19.



Cov neeg nyob ze hauv tsev uas tsis paub txog cov tshuaj tiv thaiv tus kab mob COVID-19 yuav tsum ua raws li cov lus qhia kev cais tawm nyob ib leeg saum toj no yog tias ib tus neeg hauv lawv tsev neeg kuaj pom muaj tus kab mob COVID-19. Lub sij hawm cais tawm pib thaum tsev neeg nyob ze sib cais los ntawm tus neeg uas kuaj pom muaj tus kab mob. Yog tias lawv tsis tuaj yeem sib cais, lub sij hawm cais tawm pib thaum tus neeg muaj tus kab mob COVID-19 xaus kev cais nyob ib leeg. Qhov ncau sij hawm no yuav raug ncau yog tias cov neeg hauv tsev neeg kuaj pom muaj tus kab mob txuas ntxiv.

Piv txwv li, yog tias tsev neeg tsis tuaj yeem sib cais, lub sij hawm cais tawm nyob ib leeg rau kev sib raug zoo suav nrog tus neeg zoo lub sij hawm cais tawm nyob ib leeg (tsawg kawg tsib hnuv) thiab tom qab ntawm ntxiv tsib los sis 10 hnuv nyob ntawm qhov muaj peev xwm ntawm tus neeg nyob ze los looj daim ntaub npog qhov ncauj qhov ntswg kom haum zoo.

Yog xav paub ntau ntxiv:

[Cov Neeg Mus Nyob Ze Thiab Kev Cais Tawm Nyob Ib Leeg: Tus Kab Mob COVID-19 \(https://www.health.state.mn.us/diseases/coronavirus/close.html\)](https://www.health.state.mn.us/diseases/coronavirus/close.html)

[Cov Kev Coj Ua Zoo Tshaj Plaws Los Daws Cov Teeb Meem Uas Tau Lees Paub ntawm Tus Kab Mob COVID-19 \(https://www.health.state.mn.us/diseases/coronavirus/schools/casehandle.pdf\)](https://www.health.state.mn.us/diseases/coronavirus/schools/casehandle.pdf)

[Ua Raws Cov Xwv Xwm Tshiab Tshaj Plaws nrog Koj Cov Tshuaj Txhuj Tiv Thaiv \(https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html\)](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html)

