

# Tshuaj Tiv Thaiv COVID-19 thiab Kev Xeeb Me Nyuam

## Tshuaj tiv thaiv COVID-19 siv tau tsis muaj xwm txheej rau cov neeg xeeb me nyuam

- Koom Haum Tswj thiab Tiv Thaiv Kab Mob (CDC) thiab Minnesota Lub Tuam Tsev Saib Xyuas Kev Noj Qab Haus Huv (MDH) pom zoo heev rau cov neeg uas lub cev tab tom xeeb me nyuam, nyuam qhuav xeeb me nyuam dhau los, tab tom pub mis rau me nyuam, thiab cov uas tab tom npaj yuav xeeb nyuam kom mus txhaj tshuaj tiv thaiv COVID-19. Cov neeg xeeb me nyuam muaj feem yuav kis mob COVID-19 hnyav dua cov uas lub cev tsis xeeb me nyuam.
- Yog koj lub cev tab tom xeeb me nyuam, mus txhaj tshuaj es thiaj pab tiv thaiv kom koj tsis txhob mob hnyav los ntawm COVID-19.
- Kev tshawb kawm yeej pom los mus hais tias cov tshuaj tiv thaiv COVID-19 tsis muaj xwm txheej rau cov neeg uas lub cev xeeb me nyuam thiab cov uas tab tom pub mis rau me nyuam.
- Kev txhaj tshuaj tiv thaiv COVID-19 tsis yog pab rau tus neeg uas xeeb me nyuam xwb tiam sis tseem pab tau rau tus me nyuam mos uas nyuam qhuav yug los thiab.
  - Kev tshawb kawm tau pom tias cov me nyuam mos uas leej niam tau txhaj tshuaj tiv thaiv COVID-19 thaum xeeb tus me nyuam hauv plab muaj feem qis dua yuav mob hnyav es tau mus pw tsev kho mob rau thawj thawj rau lub hlis ntawm tus me nyuam lub neej.
- Tus me nyuam uas tab tom xeeb hauv plab ntawm tus leej niam uas mob COVID-19 tej zaum yuav muaj feem tsis zoo thiab.
  - Muaj feem nce siab rau tus me nyuam yug tau ntxov, thiab tej zaum muaj feem nce siab tias tus me nyuam tas sim neej tau hauv lub plab yog tus neeg uas tab tom xeeb me nyuam kuaj tshwm tias muaj mob COVID-19.
- Tham nrog koj tus kws kho mob yog tias koj muaj lus nug.
- Twb tau txhaj tshuaj tiv thaiv COVID-19? Xyuas kom tseeb tias koj tau txais tsawg kawg ib koob tshuaj tiv thaiv 2024-2025 COVID-19 kom paub txog koj cov tshuaj tiv thaiv COVID-19.

## Tshuaj tiv thaiv COVID-19 tsis muaj xwm txheej rau cov neeg ua xav muaj me nyuam rau yav tom ntej

- Yog koj tab tom npaj siab xav xeeb me nyuam los sis xav xeeb me nyuam rau yav tom ntej, pom zoo rau koj tsim nyog mus txhaj tshuaj tiv thaiv COVID-19.
- Tsis muaj dab tsi ua rau pom hais tias tshuaj tiv thaiv COVID-19 yuav ua rau muaj teeb meeb ntawm kev xeeb me nyuam.

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*Xa xov rau [health.communications@state.mn.us](mailto:health.communications@state.mn.us) yog tias xav tau daim ntawv ua tus qauv txawv qhov no (Hmong).*