

# Vim Li Cas Koj Yuav Tsum Mus Txhaj Koob Tshuaj COVID-19

## 1. Nws ua haujlwm!

Tsis muaj leejtwg xav muaj mob muaj nkeeg, thiab tus kab mob COVID-19 tsis xaiv ntsej muag, txawm koj hluas, tsis muaj mob dabtsi los koj yeej kis tau mob hanyav heev. Koob tshuaj no yeej nyab xeeb thiab ua haujlwm zoo cheem tau tus kab mob los ntawm cov muaj 12 xyoo rov saud kom lawv tsis txhob mob hanyav.



## 2. Tsis tau caiv nyob tsev!

Koj yuav tsis tau qhaj tsis mus kawm ntawv, mus ncaws pob, lossis lwm yam kis las yog tias koj tau mus nyob ze ib tug neeg uas mob COVID-19 (yog tias koj tsis huam mob tuaj thiab twb mus txhaj tiav ob koob tshuaj lawm).



## 3. Tsis tau mus kuaj mob rau COVID-19!

Tsis tau mus muab tus pas dig qhov ntswg lossis nti qaub ncaug rau lub twj yas! Tsis tas koj yuav nqhuag mus kuaj mob lawm yog tias koj txhaj tshuaj tiav lawm.



## 4. Tej yam mob tom qab txhaj tshuaj tag kuj tsis mob luaj twg!

Mloog tau li mentsis tsis xis neej ib lossis ob hnub tom qab txhaj tshuaj tag yeej tsis ua cas, thiab yuav txawv ploj mus. Nws txhais tau tias koj lub cev pib npaj ua haujlwm los tiv thaiv tus kab mob COVID rau yav tom ntej lawm xwb.



Cia peb rov qab mus ua tau tej yam uas peb nyiam mus ua! Mus kawm ntawv, ncaws pob, ua si nrog tej phoojtwg, thiab nrog tsev neeg. Yog tias koj twb muaj 12 xyoo rov saud lawm, mus txhaj tshuaj!