

COV NTAUB NTAWV HAIS TXOG DAIM NTAUB NPOG QHOV NCAUJ QHOV NTSWG

Yuav ua kom noj qab nyob zoo rau thaum muaj tus kab mob COVID-19



Tam sim no Lub Tuam Tsev Tswj Kav Kab Mob Centers for Disease Control (CDC) pom zoo kom cov pej xeev siv daim ntaub npog ntsej muag thaum mus rau tej chaw uas muaj neeg coob uas nyob sib nrug deb yog ib qho nyuaj (xws li, cov chaw muag khoom noj thiab cov khw muag tshuaj kho mob).

Lub chaw CDC kuj qhia kom siv ib daim ntaub npog ntsej muag thiaj yuav pab txo kev sib kis tus kab mob (COVID-19) thiab pab rau cov neeg uas muaj tus kab mob (COVID-19) thiab pab cov neeg uas nws tsi paub hai tais tej zaum nws twb muaj tus kab mob (COVID-19) kom txhob kis tau rau lwm tus.

Yog koj tsi muaj tsos mob (symptoms) es tawm mus sab nraum, yuav tau siv daim ntaub npog ntsej muag tiv kom txhob kis kab mob rau lwm tus.

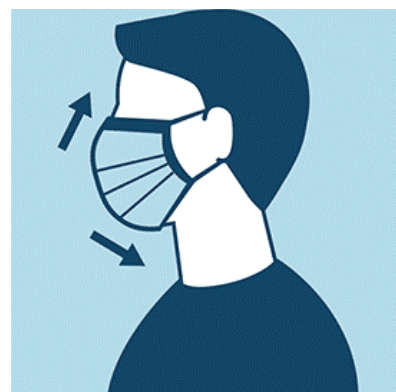
“Kuv daim ntaub npog qhov ncauj qhov ntswg tiv thaiv tau koj, koj daim ntaub npog qhov ncauj qhov ntswg tiv thaiv tau kuv.”

-Tus Thawj Coj (Commissioner) Jan Malcolm, MN Department of Health

COV NTAUB NPOG QHOV NCAUJ QHOV NTSWG/ NTAUB NPOG NTSEJ MUAG

Txhua tus neeg uas tsis ua hauj lwm rau ntawm cov chaw saib xyuas mob nkeeg yuav tsum siv daim ntaub npog ntsej muag xws li ib txoj phuam kauv cab dab los sis ib daim ntaub npog uas koj xaws tom tsev los sis lwm yam ntaub uas koj siv tau, kom tseg cov surgical thiab N95 mask rau cov neeg ua haujlwm rau tsev kho mob siv vim cov mask tsi muaj txaus.

- Kev rau ib daim ntaub npog qhov ncauj qhov ntswg yuav tiv thaiv tsis tau 100% tus kab mob COVID-19.
- Kev rau ib daim ntaub npog qhov ncauj qhov ntswg tiv thaiv LWM cov neeg tau, vim yog koj txham los sis hnoos thaum rau ib daim yuav ua rau cov kab mob tsis kis mus rau lwm tus neeg tau ntau.



YAM UA TAU:

- Npog koj lub qhov ntswg thiab qhov ncauj.
- Rau ib daim ntaub npog qhov ncauj qhov ntswg HUV SI.
- Ntxuav koj ob txhais tes tom qab hle daim npog qhov ncauj qhov ntswg .
- Ntxhua daim ntaub npog qhov ncauj qhov ntswg (masks) thiab tso cua kub ziab kom qhuav.

YAM TSI TXHOB UA:

- Rov qab siv tau daim ntaub npog qhov ncauj qhov ntswg yam tsis tas muab ntxhua.
- Khuam lub mask rau ntawm koj lub caj dab los sis khuam rau ib sab pob ntseg.
- Chwv koj ntsej muag thaum tshem lub (mask) tawm.
- Yuav los yog siv daim surgical los N95 masks.

NCO NTSOOV

Txawm yog siv daim ntaub npog qhov ncauj qhov ntswg (mask) lo TIV THAIV TSI tau koj los ntawm lwm tus uas tej zaum yuav kis tus kab mob (COVID-19) tau rau koj. Yog li ntawd, txawm tias koj yuav rau los yog tsis rau daim ntaub npog qhov ncauj qhov ntswg (mask) los koj yuav tsum tau:

- ✓ Nyob kom sib nrug deb – Rau 6 feet ntawm lwm tus.
- ✓ Thaum koj hnoos thiab txham npog koj lub qhov ncauj.
- ✓ Nquag ntxuav koj ob txhais tes kom ntev li 20 feeb (xis nkoos).
- ✓ Zam tsis txhob chwv koj lub ntsej muag - tshwj xeeb ob lub qhov muag, qhov ntswg thiab qhov ncauj.
- ✓ Nquag so tej rooj tog thiab txees ua noj haus kom huv si.