

Txoj Kev Cais rau Koj Thiab Koj Tsev Neeg Ntaws Tu Mob COVID-19 losis Coronavirus

Yuav ua li cas yog koj kis tau tus mob COVID-19 losis coronavirus. Paub cov tsos mob ntawm COVID-19 –

- Nyob tsev thiab hu koj tus kws kho mob yog koj mob xws li: ua npaws, hnoos, losis txog siav
- Yuas tau cais cov txeeb ze thiab phooj ywg tuaj rau hauv koj lub tsev yog koj losis koj tsev neeg xav tias muaj tu kis tau tus mob COVID-19; tso tau ob tus neeg tuaj saib tu neeg mob los tau

Npaj khoom thiab yuav zaub mov kom kav 2 lub lim tiam, xws lis:

- Tshuaj – uas yog kws kho mob muab sau
- Tshuaj – uas yog yuav tom taj laj
- Zaub Mov Noj
- Lwm yam uas tseem ceeb

Tham Nrog Koj Tsev Neeg thiab Phooj Ywg nyob deb

- Tham hauv xov-tooj (Hu, Ntaus Ntawv, Sib tham hau Video, etc.)
- Xav ntawv hauv computer (Email)

Kev Tiv Thaiv Txhua Hnub

- Nyob tsev
- Nquag ntxuav tes
- Tu thiab tsuag tshuaj rau tej qhov chaw uas tib neeg nquag kov
- **Cov neeg uas yuav ntxim kis mob yooj yim, yuav tsum:**
 - Hu rau koj tus kws kho mob txog kev siv tshuaj.
 - Thov koj tsev neeg los cov phooj ywg, los hu cov chaw xa zaub mov, kom xa zaub mov tauj rau koj tom tsev.
 - Hu nrog koj tsev neeg thiab cov phooj ywg sib tham yog hais tias koj kis tau COVID-19.
 - Hu nrog cov neeg uas hawj lwm rau tsev kho mob tham txog coronavirus.



Kev Nyuaj Siab thiab Kev Pab



Lub sij hawm no muaj coob leeb ntau tus muaj kev nyuaj siab, kev ntsai, thiab kev tsis to-taub. Tej yam uas yuav pab tau:

- Nrog cov tib neeg uas koj ntseeg siab tham.
- Tuav ib lub neej ua muaj kev kaj huv, xws li: noj tej zaub mov zoo, ncab ib ces kom tes taw muaj zog, pw kom txaus.
- Nrhiav tej ncauj lus uas tseeb thiaj li paub npaj thiab tiv thaiv yus tus kheej. Cov koom haum ua cev ncauj lus tseeb yog xws lis: Centers for Disease Control and Prevention (CDC), Minnesota Department of Health (MDH), thiab World Health Organization (WHO).
- Txwv lub sij hawm uas koj thiab koj tsev neeg siv los nyeem thiab saib txog COVID-19.
- Nyob ib leeg ntsiag to losis siv ib lub sij hawm kom xav ntsoov.

Yuav ua li cas thiab lis txhawb nqa tau koj cov me nyuam thiab tsev neeg

- Nrog koj tus/cov me nyuam tham txog tus kab mob COVID-19 thiab siv cov lus ua cov my nyuam thiab lis nkag siab.
- Txhawb txua koj tsev neeg kom lawv muaj kej ruaj ntseg thiab kev tso siab.
- Teem ib lub caij nyoog rau koj tus/cov me nyuam kom muaj kev kawm thiab kev lom zem ua si.
- Ua ib tug qauv zoo xws li: so kom txaus, pw kom txaus, ncab tes taw kom muaj zog, thiab noj zaub mov zoo.

Sources:

WHO - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
CDC - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>