

Nyob uake sibze nrog lwmtus lossis koom nyob tib lub tsev ua kev thaum lubsij hawm muaj kabmob COVID-19

Leejtwg yuav yog covneeg uas saibxyuas tau tej menyuam yaus?



Cov neeg laus uas muaj hnuvnyoog 65 xyoos rov saud thiab cov neeg uas muaj mob nyhav yuav tau tsis txhob saibxyuas menyuam yaus.

Yuav ua li cas, yog tias ib tug hauv yus tsev neeg muaj mob?



Yog tias ua tau, yuav tau cia nws muaj nws ib kemtxajpws thiab chavdej rau nws siv nws tuskheej.

Muab cov neeg uas yuav kis tau kabmog yoojyim nyob nrug kom deb ntawm tus neeg uas muaj mob ntawd kom ntau li ntau tau.

Cia ib tugneeg nkaus xwb, ua tus saibxyuas tus neeg uas muaj mob ntawd.

Yog tias yuav tau sibkoom pw ib kemtxaj ua ke, yuav tau muab ob lub txaj tso kom nrug debtsawv nyias nyob nyias. Yogtias, ua tsis tau li no, ces tsis txhob pw cia ob lub taubhau tuaj sib koom uake. Pw taub hau thiab kotaw tuaj sibntsib ua ke yuav zoodua.



Yog tias nej yuav tau sibkoom siv tiblub chavdej ua ke, tej chaw uas cuab thanplas es neeg txhais tes tau chwv lawm, yuav tau muab txhuam ntxuav kom huv si thiab xuas kua tshuaj tua kabmob txhuam so kom huv.

Tus tibneeg uas muaj mob ntawd, yuav tau tsis txhob ua zaub mob noj lawm thiab nws yuav tau noj mov nws tuskheej, tsis txhob nojmov koomtsum ua ke nrog nws tsevneeg

Yuav ua li cas rau tej chaw uas sibkoom uake thiab tej chaw uas sij nyob ua ke?

Yuav tau nyob sibnrug kom deb li 6 hneev taw ntawm lib leeg rau ib leeg.

Cov neeg uas twb muaj mob lawm, yuav tau muab lawv tuskheej cais tawm nrug deb ntawm lwm cov tibneeg.



Yuav tau rau daim npog qhovncauj qhovntswg thaum sibkoom chawnyob uake nrog lwmtus, hauv koj chaw uas koj nyob, ces tsis ua lino, los tsis ua licas

Yog tias ua tau, cov tibneeg uas muaj mob lawm, thiab cov uas nrog lawv nyob uake, thiab cov uas yuav kis tau kabmob COVID-19 yoojyim, yuav tau kom lawv nojmov thiab muab mov rau lawv noj hauv chavtsev uas lawv nyob xwb.

Tsis txhob sib koom siv taisphaj nojmov ua ke lossis tej twjtaig ua nojhaus ua ke.



Lub dab ntxuav muag, ntxuav tes hauv hoobnaab yog chaw rau kabmob nyob hauv thiab, nej yuav tau tsis txhob muab pas txhuam hniav tso rau saum ob sab ntug ntawm lub dab ntxuav muag, ntxuav tes. Yuav tau siv tej menyuam hnav ntaub trau tej khoom uas yus tuskheej niajnub siv, li pas txhuam hniav, thiab lwm yam, es tej khoomsiv no thiaj li tsis chwv tejntug saum lub dab ntxuavmuag ntxuavtes.

Ua raws nraim li tej kevqhia txog kevsiv xabbum.

Ntxuav koj ob txhais tes kom ntau li ntau tau tsis tu ncuu, losyog siv tshuaj ntxhuavtes tua kabmob ntxuav txhuam tes kom huvsi.

Sources:

CDC - <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html>

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