

Lus Noog Txog COVID-19:



COVID-19 yog dab tsis?

COVID-19 yog ib tug kab mob rau txoj kev ua pa thiab ua mob rau lub ntsws. Yog koj mob COVID-19, tej zaum koj ua npaws, hnoos, thiab ib ceb tshee. Koj pib pom tem yam no 2 – 14 hnuv tom qab koj kis tau COVID-19. Peb tsis muaj tshuaj tis thaiv taub tus kab mob no. Lawv tsawm nrhiav thiab tshawb fawb txog. Tus mob no tau raug cos neeg dub sab heev. Vim lim no, koj yuav tsum ntxuav tes zoo, npog qhov ncauj qhov ntswg thaum koj hnoos, thiab siv ntaub npog qhov ncauj qhov ntswg.

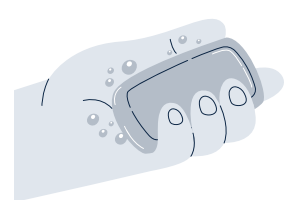
Cos neeg twg yog cos neeg kis tau COVID-19 yooj yim tshaj?

Cos neeg tws muaj mob loj zoo lis ntshav qab zib thiab mob hawb pob. Cos neeg es yuav tsum tawm tsev mus ua hauj lwm (essential workers). Cos neeg es lub cev tis thaiv tsib tsis tau yu tus kheej ntawm cov kab mob (immune-compromised). Cos neeg nos muaj mob zoo lis lupus thiab HIV/AIDS. Cos neeg laus.

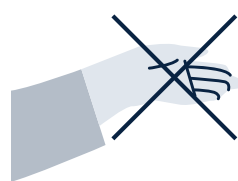
Kuv pab kawm luag tej txob mob COVID-19 lis cas tau?



Siv ntaub zoo lis Clorox los Lysol so cov chaw tib neeg kov ntaub, zoo lis qhov rooj, rooj noj mov, thiab rooj kawm ntawv.



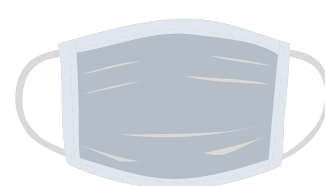
Ntxuav ntes ua ntej koj noj mov thiab tau koj siv hoob nab tas.



Txog nchos tes thiab txog tuav tes.



Txog kov ntsej muag. Thaum koj hnoos npog qhov ncauj thiab qhov ntswg.



Looj ntaub pog qhov ncauj thiab qhov ntswg thaum koj tawm tsev. Nyob nrug deb li 6 feet ntawm lwm tus.

Vim lis cas kuv yuav tsum looj ntuab pog qhov ncauj qhov tswg?

Lawv tshawb fawb tau hais tias, tus kab mob COVID-19 kis tau ntawm luag tej los thaum koj nyob zes cos neeg muaj tus kab mob no. Tus kab mob no tawm ntawm tib neeg lub qhov ncauj thiab qhov tswg los. Tam sim nos lawv tshawb fawb tau hais tias, muaj ib cov neeg mob tau COVID-19, tab sis tsis poj hais tias lawv mob thiab. Cov neeg nos mob COVID-19, tab sis lawv tsis hnoos, tsis ua npaws, thiab ib ceb tsis tsee zoo lis lum tus. Lawv yeej zoo lis laws tsis muaj mob thiab. Rau qhov npej xeeb tsis paub tseeb tus twg mob los tsis mob COVID-19, peb sawv daws yuav tsum looj ntaub npog qhov ncauj qhov ntswg kawm tis thaiv yu tus kheej thiab cov pej xees. Mes nyuam tsis muaj hnuv yug ntos 2 xyoo thiab yog koj ua pa tsis tau, los muaj mob rau lub ntsws, ntxog looj ntaub npog qhov ncauj qhov tswg. Ib mentsis ua pa tsis tau.

Thov nrhiav emergency care thaum koj:

- Ua pa nyuaj nyuaj
- Mob haus siab
- Tsis mee pem
- Tis ncauj xiav
- Pws sawv los tsis taum.
- Tsis xis neej thiab qaug zog

SOURCE: CENTERS FOR DISEASE CONTROL, MINNESOTA DEPARTMENT OF HEALTH

Kuv mus kuaj saib seb kuv puas mob COVID-19 qhov twg?

- Lub Minnesota Department of Health kam kuaj COVID-19 pub dawm rau cos neeg mus protest, vigil, thiab kev sib koom rau txoj kev ncaj ncees. Nrhiav chaw nyob ze koj, thov mus website no: <https://www.health.state.mn.us/diseases/coronavirus/testsites.html>.
- Yog koj nij ib tug tib neeg txhais lus rau koj los muaj teeb meem, thov hu: 1-800-657-3903. Lawv mam li pab koj thau.
- Yog koj tsis tau pais protest vigil, los kev sib koom rau txoj kev ncaj ncees, tab sis koj tsawm xav kuaj saib seb koj puas mob COVID-19, thov hu koj tus kws kho mob noog lawm txog kev kuaj.