

## **KEV ROV QAB QHIB RI**

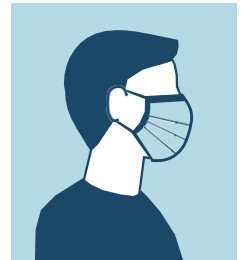
# **Cov lus qhia txog kev siv daim ntaub npog ntsej muag thiab ntaub npog qhov ncauj qhov ntswg**

**Nws muaj ntau yam uas koj tuaj yeem pab tiv thaiv koj tus kheej thlab lwm tus neeg kom txhob raug Tus Kab Mob Khaus Vlv-19 (COVID-19). Cov neeg uas tsis pom muaj cov yeeb yam mob ntawm tus mob tuaj yeem kls tau Tus Kab Mob Khaus Vlv-19 (COVID-19). Kev rau lb dalm ntaub npog ntsej muag tuaj yeem pab tiv thaiv kom koj txhob kls Tus Kab Mob Khaus Vlv-19 (COVID-19) mus rau lwm tus neeg tau.**

- Ib daim ntaub npog ntsej muag tuaj yeem npog koj lub qhov ntswg thiab qhov ncauj, suav txog cov ntaub thaiv npog plua av, phuam kauv caj dab, thiab phuam so.
- Tsis txhob siv cov ntaub npog ntsej muag uas cov neeg saib xyuas mob nkeeg siv, xws li cov ntaub ntawv npog ntsej muag 95 - cov ntaub npog no tshwj tseg rau cov kws saib xyuas mob nkeeg siv.

### **Thaum koj rau lb dalm ntaub npog qhov ncauj qhov ntswg, nws yuav tsum:**

- Tab tom haum zoo thiab tsis xeeb txob rau ntsej muag,
- Saib xyuas kom txoj hlua khuam ruaj khov rau ntawm pob ntseg,
- Yog daim ntaub npog uas muaj ntau txheej,
- Ua pa tau zoo, thiab
- Tuaj yeem muab ntshua hauv tshuab ntshua khaub ncaws tau tsis puas los sis ua rau piam zij tau.



**Thaum siv thlab thaum hle, tsis txhob tuav sab xub ntlag, koj tsuas tuav txoj hluas los sis qhov khlab ntawm lub pob ntseg xwb, thlab nquag ntshua koj dalm ntaub npog ntsej muag. Ntxuav koj txhais tes los sis tsiv tshuaj tsuag tua kab mob rau txhais tes tom qab tuav dalm ntaub npog ntsej muag.**

**Tsis txob muab cov ntaub npog ntsej muag rau cov me nyuam yaus muaj hnuv nyoog qis dua ob lub xyoos siv, txhua tus neeg uas muaj teeb meem ua pa, los sis cov neeg uas tsis hnov meej pem lawm, cov neeg uas tsis taus, los sis lwm cov neeg uas tsis mual rab deev xwm hle dalm ntaub npog ntsel muag tau vog tsis mual neeg nab.**

### **Yuav tsum rau dalm ntaub npog ntsej muag mus ntxv txhawm rau tiv thaiv koj tus kheej.**

- Nyob kom sib nruv deb ntawm lwm tus neeg li rau fij txhua lub sij hawm thaum koj tawm hauv koj lub tsev mus ua tej txoj hauv lwm tshwj xeeb sab nrauv.
- Nyob twj ywm rau hauv tsev yog koj muaj mob thiab zam tsis txhob chwv nrog lwm cov neeg.
- Nquag ntshuav koj txhais tes nrog tshuaj xab npum thiab dej ntev txog 20 chib (xis nkoos); siv cov tshuaj xyaws kuab cawv tsawg kawg 60% yog tsis muaj dej thiab tshuaj xab npum.
- Zam tsis txhob chwv koj lub qhov muag, qhov ntswg, thiab qhov ncauj.
- Siv tshuaj tsuaj tua kab mob los sis so ntshuav txhua yam uas nquag chwv (xws li cov tes tuav ntawm qhov rooj thiab tej npoo).
- Thaum koj hnoos lossis txham yuav tau thaiv koj lub qhov ncauj. Siv daim ntaub so npog los sis txham rau sab hauv koj lub luj tshib, txhob txham rau koj txhais tes.