

# LOS PAUB QHOV TSEEB.

UA TIB ZOO SAIB XYUAS TOM QAB TXHAJ COV TSHUAJ TIV THAIV TAS.  
TIV THAIV KOJ LUB ZEJ LUB ZOS.



Yuav tsum yog ob lub lim tiam tom qab txhaj cov tshuaj tas thiaj tiv thaiv tau koj ntawm COVID-19!



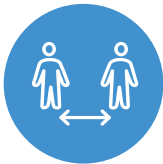
- Yog tias koj txhaj **cov tshuaj uas yuav tau txhaj ob-koob**, koj yuav tsum tos **2 lub lim tiam** tom qab koob tshuaj thib ob tso.
- Yog tias koj txhaj cov tshuaj uas tsuas txhaj **ib koob xwb**, koj yuav tsum tos **2 lub lim tiam** tom qab koob tshuaj ntawd tso.

## UA TIB ZOO SAIB XYUAS TOM QAB TXHAJ COV TSHUAJ TIV THAIV TAS

Cov kws txawj tseem tsis paub tseeb tias cov tshuaj yuav tiv thaiv koj ntawm COVID-19 mus ntev npaum li cas lossis seb koj puas yuav tseem kis tau COVID-19 mus rau lwm tus tom qab koj txhaj tshuaj tas. Tom qab txhaj koob tshuaj tiv thaiv tas, nco ntsoov:



Npog qhov ncauj qhov ntswg.



Xyaum nyob sib nrug.



Tsis txhob mus koom tej pawg uas muaj neeg coob.



Nquag ntxuav koj ob txhais tes.



Muab tshuaj so tej chaw uas kheev kov.

**Txawm koj twb txhaj cov tshuaj tiv thaiv tas lawm los, mus kuaj sai li sai tau seb koj puas kis tau COVID-19 yog tias:**



Koj tau nyob ze **ib tug uas kis tau COVID-19** thiab koj txawm pib tsis xis nyob. Koj kuj yuav tau nyob tsev thiab nyob sib nrug ntawm lwm tus.

Koj nyob hauv **ib tse uas muaj neeg coob** thiab tau nyob ze **ib tug uas kis tau COVID-19**. Txawm koj tsis mob qhov twg los, kavtsij mus kuaj. Koj kuj yuav tau nyob tsev thiab nyob sib nrug ntawm lwm tus.