

# LOS PAUB QHOV TSEEB.

## HOM KAB MOB DELTA: TEJ UAS KOJ YUAV TSUM PAUB TXOG

Tej kab mob yeej hloov tas zog. Thaum muaj kev hloov ntau heev lawm, ces cov kws tshawb fawb muab hom kab mob ntawd tis ua ib lub npe txia tshiab. Muaj tej hom kab mob txia tshiab mas tsis plhom sij ua luaj twg, hos muaj lwm hom mas plhom sij kawg nkaus.






**Hom kab mob txia tshiab Delta yog ib hom uas cov kws tshawb fawb txhawj txog kawg li vim hais tias sib kis tau yooj yim thiab kuj ua tau rau yus mob hnyav heev dua.**



Muaj neeg coob leej ntau tus ntawm txhua lub hnuv nyoog xam tas nrho cov laus, cov hluas thiab cov me nyuam yaus twb kis tau hom kab mob Delta lawm.

### COV TSHUAJ TIV THAIV YUAV TIV THAIV TAU HOM KAB MOB TXIA TSHIAB DELTA

Qhov uas yuav pab tiv thaiv tau koj tus kheej, koj tsev neeg, thiab koj lub zej lub zos ntawm hom kab mob Delta yog mus txhaj tshuaj tiv thaiv kom txwm. Cov tshuaj tiv thaiv:

- 
**NYAB XEEB:** Muaj tsheej plhom tus tib neeg twb tau txhaj cov tshuaj tiv thaiv no lawm thiab pom tau hais tias tsis tsim teeb meem dab tsi rau lawv, tsis hais haiv neeg twg, tuaj lub tebchaws twg tuaj thiab txawm laus los hluas los xij. Yog hais tias koj kis tau COVID-19 los yog hom kab mob txia tshiab Delta nws haj yam yuav ua rau koj mob hnyav dua li qhov uas txhaj cov tshuaj tiv thaiv thiab.
- 
**UA TAU ZOO:** Cov tshuaj tiv thaiv pab tiv thaiv kom koj thiab kis tsis tau COVID-19 thiab hom kab mob txia tshiab Delta. Cov tshuaj tiv thaiv tseem yuav tiv thaiv koj kom tsis txhob mob hnyav thiab tas sim neej yog hais tias koj mob.
- 
**PUB DAWB:** Txawm hais tias koj tsis muaj ntaub ntawv, tsis muaj ID los sis daim ntawv kho mob, los cov tshuaj tiv thaiv no muaj pub dawb rau txhua leej txhua tus.



**Yog koj tsis tau txhaj cov tshuaj tiv thaiv, ces haj yam yooj yim yuav ua rau koj kis tau hom kab mob txia tshiab Delta, mob hnyav, thiab muab kis tau rau lwm tus.**

# KOJ MUAJ PEEV XWM UA TAU KOM TEJ KAB MOB TXIA TSHIAB PLHOM SIJ NO TSIIS TXHOB KIS NTXIV YOG THAUM KOJ TXHAJ COV TSHUAJ TIV THAIV NO LAWM



Tau muaj tej hom kab mob plhom sij txia tshiab xws li Delta tshwm sim tuaj twb yog vim tsiis muaj neeg coob txhaj tshuaj tiv thaiv txaus. Yav tom ntej no ntshetseem yuav muaj ntau hom kab mob txia tshiab xws li Delta ntxiv tuaj thiab. Txoj ncauj ke zoo tshaj plaws uas yuav pab tiv thaiv tau koj tus kheej, koj tsev neeg, thiab koj lub zej lub zos yog qhov uas kav tsij nrawm nroos mus txhaj tshuaj tiv thaiv sai raws li yuav sai tau.. Pab ua kom COVID-19 tsiis txhob kis ntxiv lawm.



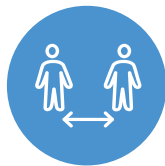
Tej hom tshuaj tiv thaiv yuav tsum tau txhaj ob koob. Yuav tsum yog li ob lub lim tiam tom qab txhaj koj koob tshuaj kawg tas thiaj yuav tiv thaiv tau koj kom zoo tshaj.

## TIV THAIV KOJ TUS KHEEJ THIAB KOJ LUB ZEJ LUB ZOS NTAWM DELTA

Hom kab mob txia tshiab Delta sib kis yooj yim dua lwm hom COVID-19 txia tshiab. Yog tias koj tsiis tau txhaj tshuaj tiv thaiv txwm, ces tiv thaiv koj tus kheej thiab koj lub zej lub zos li no:



Npog qhov ncauj qhov ntswg.



Xyaum nyob sib nrug.



Tsis txhob mus koom nrog tej pawg neeg coob coob.



Muab tshuaj so tej chaw uas kheev kheev kov.



Nquag ntxuav koj ob txhais tes.

**Cov kws kev noj qab haus huv tseem xav kom cov uas twb txhaj cov tshuaj tiv thaiv tas lawm los kom xyuam xim tib yam nkaus, tshwj xeeb tshaj yog thaum lawv nyob rau qhov chaw uas muaj neeg coob coob los sis mus sib koom nyob hauv tsev.**



Koj muaj peev xwm ua kom cov kab mob txia tshiab plhom sij no tsiis txhob kis ntxiv yog koj twb txhaj tshuaj tiv thaiv lawm.

**PAB UA KOM COVID-19 TSIIS TXHOB KIS NTXIV LAWM.**