

LOS PAUB QHOV TSEEB.

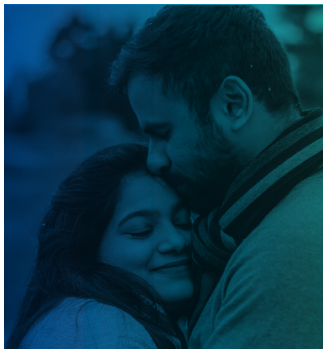
COV TSHUAJ TIV THAIV TSIS UA LI CAS RAU COV TXIJ NKAWM,
COV POJNIAM UAS XEEB TUB THIAB COV UAS PIB UA ME NYUAM NIAM ME NYUAM TXIV

TIV THAIV KOJ TUS KHEEJ.
TIV THAIV KOJ TSEV NEEG.
MUS TXHAJ TSHUAJ
TIV THAIV.



Thaum koj txhaj tshuaj tiv thaiv ces yog ib txoj kev rau koj kom muaj kev noj qab nyob zoo thiab muaj zog es koj thiaj mus khwv taus los yug koj tsev neeg. Thaum koj txhaj tshuaj tiv thaiv tas kuj pab tiv thaiv koj cov me tub me nyuam, rau qhov yuav tsis yooj yim rau koj kis mus rau cov neeg uas koj hlub tshua lawm.

COV TSHUAJ TIV THAIV YUAV TSIS UA LI CAS RAU KOJ



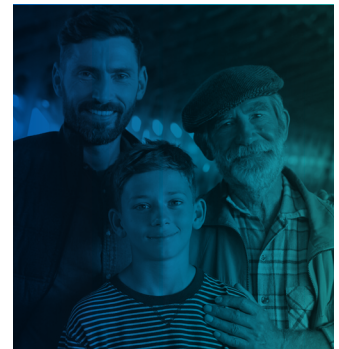
UA NTEJ KOJ MUAJ ME NYUAM



THAUM KOJ XEEB TUB



TOM QAB KOJ SO

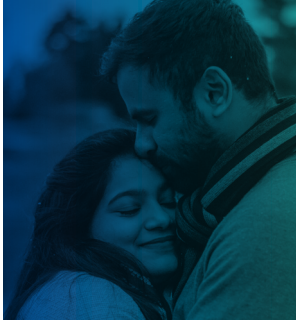


THAUM KOJ COV ME NYUAM LOJ HLOB LAW

COV TSHUAJ TIV THAIV

- ✓ **TSIS UA LI CAS RAU KOJ:** Tsheej plhom tus tsis hais haiv neeg twg, tuaj lub teb chaws twg tuaj thiab yuav laus yuav hluas los xij, twb tau txhaj cov tshuaj tiv thaiv no lawm thiab pom tias tsis tsim teeb meem dabtsi rau lawv. Yog tias koj kis tau COVID-19 ces koj tseem yuav haj yam mob hanyav dua li qhov uas thaum koj txhaj cov tshuaj tiv thaiv.
- ✓ **YEEJ PAB TAU TIAG:** Cov tshuaj tiv thaiv pab tiv thaiv koj kom thiaj kis tsis tau COVID-19. Yog tias koj kis tau los cov tshuaj tiv thaiv yuav pab kom koj tsis mob hanyav heev thiab kom thiaj tsis tuag.
- ✓ **PUB DAWB:** Txawm koj tsis muaj ntaub ntauv nyob hauv lub tebchaws, tsis muaj ID, los sis tsis muaj ib qho is sas las kho mob, los txhua tus yeej txhaj tau cov tshuaj tiv thaiv no dawb xwb.

COV TSHUAJ TIV THAIV YUAV TISIS UA LI CAS RAU KOJ



UA NTEJ KOJ MUAJ ME NYUAM

Cov tshuaj tiv thaiv COVID-19 yuav tsis ua li cas rau cov txiv neej thiab cov poj niam uas xav muaj me tub me nyuam los yog xav muaj tub muaj ki rau yav tom ntej.

Tsis tau muaj ib qho pov thawj twg qhia tias cov tshuaj tiv thaiv no yuav ua rau txiv neej los sis poj niam muaj tsis taus me nyuam.



THAUM KOJ XEEB TUB

Cov tshuaj tiv thaiv COVID-19 tsis ua li cas rau koj thiab xav kom cov poj niam uas xeeb tub no yim huab mus txhaj. Tsheej txhiab tus poj niam uas xeeb tub tau txhaj tshuaj tiv thaiv tas lawm los yeej tsis muaj teeb meem dab tsi rau lawv los sis lawv cov me nyuam li.

Yog cov poj niam uas xeeb tub kis tau COVID-19 ces tej zaum lawv yuav mob hnyav dua. Kuj ua tau rau lawv so ntxov los muaj thiab.

Cov tshuaj tiv thaiv COVID-19 yog yam uas zoo tshaj los tiv thaiv koj thiab koj tsev neeg kom tsis txhob mob hnyav yog tias kis tau COVID-19.



TOM QAB KOJ SO

Cov tshuaj tiv thaiv COVID-19 tsis ua li cas rau koj thiab xav kom cov poj niam uas pub mis niam yim huab mus txhaj.

Thaum cov neeg tu thiab saib xyuas lwm tus txhaj cov tshuaj tiv thaiv COVID-19, kuj pab tiv thaiv lawv tus me nyuam mos liab thiab:

- Tej zaum cov mis niam muaj tej keeb tiv thaiv uas tiv thaiv lawv cov me nyuam mos liab ntawm COVID-19.
- Qhov uas ib tug neeg tu thiab saib xyuas lwm tus tau txhaj tshuaj tiv thaiv tas lawm yuav tsis kis kab mob yooj yim mus rau lawv tus me nyuam mos liab uas me dhau lawm thiab tsis tau muaj feem txhaj cov tshuaj tiv thaiv.



THAUM KOJ COV ME NYUAM LOJ LAWV

Yuav tsis ua li cas rau cov me nyuam thiab cov hluas uas muaj hnuv nyoog txaus thaum lawv txhaj cov tshuaj tiv thaiv.

Cov tshuaj tiv thaiv pab tau sawv daws, tsis hais cov me nyuam thiab cov hluas, kom thiaj kis tsis tau COVID-19. Cov tshuaj tiv thaiv kuj pab kom cov me nyuam thiab cov hluas tsis mob hnyav heev yog tias lawv ho kis tau.

Cov tshuaj tiv thaiv yuav tsis ua kom koj tus me nyuam muaj tsis taus tub ki tom ntej. Cov tshuaj tiv thaiv COVID-19 yuav tsis ua li cas rau ib tug me nyuam thaum nws hlob tiav nkauj tiav nraug los sis kom muaj tsis taus tub ki tom ntej.

TIV THAIV KOJ TUS KHEEJ.
TIV THAIV KOJ TSEV NEEG.
MUS TXHAJ TSHUAJ TIV THAIV.



Yog tias xav paub ntxiv: cdc.gov/coronavirus