

LOS PAUB QHOV TSEEB.

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



Nws yuav siv sij hawm ob lub hlis diam tom qab koj txhaj tshuaj kawg kom tau txais tag nrho cov kev tiv thaiv cov tshuaj tiv thaiv.

Txhawm rau tiv thaiv COVID-19, Nws yog ib qho tseem ceeb uas yuav tsum ua raws li koj cov tshuaj tiv thaiv COVID-19, suav nrog kev txhaj tshuaj txhawb zog thaum koj tsim nyog.

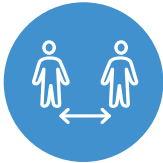


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Tom qab txhaj koob tshuaj tiv thaiv tas, nco ntsoov:



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, kav tsij mus kuaj. Koj kuj yuav tau nyob tsev thiab nyob sib nrug ntawm lwm tus.