

LOS PAUB QHOV TSEEB.

COV TSHUAJ TIV THAIV YOG MUAB PUB DAWB RAU TXHUA LEEJ.



- Tsis muaj ib tug neeg twg tuaj yeem tsis lees txais txhaj tshuaj tiv thaiv tau yog tias lawv tsis muaj nyiaj them taus.
- Koob tshuaj tiv thaiv kab mob yog pub dawb rau sawv daws, txawm koj yog neeg nkag teb chaws tuaj tshiab los xij los seb koj puas muaj los tsis muaj daim ID lossis ntaub ntawv kho mob.

Cov tshuaj tiv thaiv pab tiv thaiv koj kom tsis txhob kis tus kab mob COVID-19.

- Txawm koj kis tau COVID tom qab txhaj tshuaj tiv thaiv tas los, cov tshuaj tiv thaiv yuav pab kom koj tsis txhob mob hnyav heev.
- Txawm koj twb mob dua COVID-19 lawm los koj tseem yuav tsum tau txhaj cov tshuaj tiv thaiv.
- Txhaj koj cov tshuaj tiv thaiv kab mob COVID-19 kom raws sij hawm, nrog rau koob tshuaj loos ntxiv yog thaum koj tsim nyog txhaj lawm.



Cov tshuaj tiv thaiv COVID-19 yuav tsis ua li cas rau koj thiab zoo heev li. Cov tshuaj tiv thaiv YUAV TSIS muab kab mob COVID-19 rau koj.

- Kev txhaj tshuaj tiv thaiv yuav muaj kev nyab xeeb dua li kev kis kab mob COVID-19.
- Muaj ntau lab tus tib neeg tau txhaj tshuaj tiv thaiv yam muaj kev nyab xeeb lawm.
- Tsis tau muaj lwm yam tshuaj uas tau muab kuaj zoo npaum li no dua hauv U.S. tej keeb kwm.
- Tsheej txhiab tus tibneeg twb tau txhaj cov tshuaj tiv thaiv no lawm thiab pom tias tsis tsim teeb meem dabtsi rau lawv, tsis hais haiv neeg twg, tuaj lub tebchaws twg tuaj thiab txawm laus los hluas.
- Cov tshuaj tiv thaiv kab mob COVID-19 yuav tsis ua rau koj li DNA muaj kev hloov pauv.



COV KEV FAB TSHUAJ CES YOG IB QHO HAUJ SIM XWB.

Cov kev fab tshuaj no TSIS txhais tau tias yog koj kis tau tus kab mob COVID-19 lawm.

- Cov kev fab tshuaj no txhais tias yog cov tshuaj tiv thaiv tab tom qhia koj lub cev txog txoj hau kev tawm tsam tus kab mob COVID-19 xwb.
- Tej zaum koj kuj yuav muaj tej tsos mob xws li:
 - Mob mob lossis o o ntawm koj txhais npab uas txhaj koob tshuaj tiv thaiv.
 - Mob taub hau, ua daus no, los sis ua npaws.
- Yog tias koj hnov tsis xis nyob, koj yuav tsum tau so hauj lwm ob peb hnuv kom txog thaum koj hnov zoo tuaj tso.
- Koj yuav tau nyob 15–30 feeb tom qab koj txhaj koob tshuaj tiv thaiv tas kom saib seb koj puas haum cov tshuaj.



Koob tshuaj tiv thaiv COVID-19 tsis muaj kev cuam tshuam rau thaum tus neeg tab tom yuav tiav nkauj tiav nraug los si kev xeeb tub rau yam tom teb.

Koob tshuaj tiv thaiv kab mob muaj kev nyab xeeb rau cov uas tseem xav yug me nyuam lawm yav tom ntej thiab rau cov neeg uas tseem xeeb tub los yog pub niam mis.

Cov tshuaj tiv thaiv TSIS muaj

- Cov tshuaj rau kom txhob lwj
- Qe
- Cov khoom nqaij npuas
- Gelatin
- Latex
- Ib yam vais lav COVID-19 uas ciaj sia

Txhaj koj cov tshuaj tiv thaiv kom raws sij hawm.

- Cov tshuaj tiv thaiv kab mob COVID-19 yuav pab tiv thaiv kev muaj mob hnyav, kev tau mus pw hauv tsev kho mob, thiab kev tuag.
- Kev txhaj tshuaj tiv thaiv COVID-19 kom raws sij hawm yog ib qho tseem ceeb heev kom koj thiaj txais tau kev tiv thaiv ntau tshaj plaws.
- Txhaj cov koob tshuaj tiv thaiv COVID-19 kom raws sij hawm txhais tau hais tias yuav tsum tau txhaj ob koob tshuaj tiv thaiv, thiab tom qab ntawd yuav tsum tau txhaj koob tshuaj txhawb ntxiv yog thaum koj tsim nyog txhaj lawm.
- Yog koj tsis txhaj koj cov koob tshuaj tiv thaiv COVID-19 kom raws sij hawm, koj yuav muaj feem kis tau tus kab mob COVID-19 ntau dua, mob hnyav los si tuag tau, thiab hos yuav kis tau rau lwm tus.

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

Tam sim no, cov kws tshaj lij tseem tsis tau paub tias cov tshuaj tiv thaiv no yuav tiv thaiv koj ntev npaum li cas. Tom qab txhaj koob tshuaj tiv thaiv tas, nco ntsoov:



Rau daim ntaub npog qhov ncauj qhov ntswg.



Nco ntsoov nyob sib nrug.



Nquag ntxuav koj ob txhais tes tas li.



Tua kab mob hauv cov chaw uas muaj neeg kov heev kom tuab ntw.



NRC-RIM

National Resource Center for
Refugees, Immigrants, and Migrants